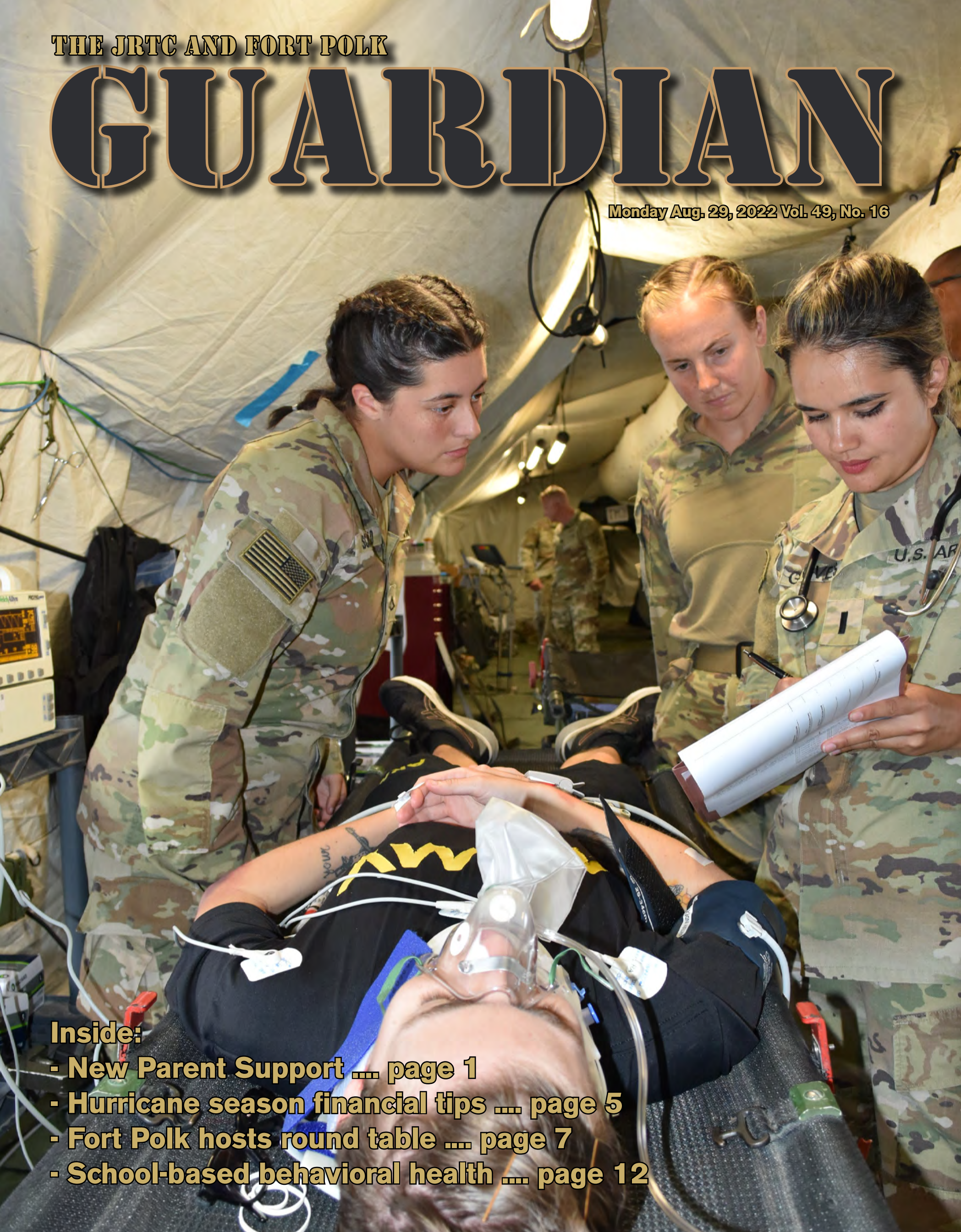


THE JRTC AND FORT POLK

# GUARDIAN

Monday Aug. 29, 2022 Vol. 49, No. 16



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## QUALITY OF LIFE LINES OF EFFORT



CHILD CARE



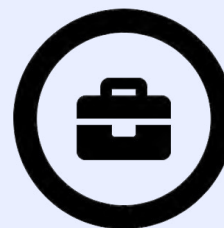
PCS MOVES



HOUSING



HEALTH CARE



SPOUSE



## JRTC and Fort Polk help Soldiers by supporting Families

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Links to the Guardian are also included in all-users emails to government email users and by request to non-military units. To be included on all-users messages email [usarmy.polk.id-readiness.list.fort-polk-pao-office@army.mil](mailto:usarmy.polk.id-readiness.list.fort-polk-pao-office@army.mil)

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

For more information on Fort Polk units and happenings visit the [@JRTCandFortPolk](https://www.facebook.com/JRTCandFortPolk/) Facebook page.

# JRTC, Fort Polk help Soldiers by supporting Families

By CHRISTY GRAHAM

Public Affairs Specialist

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk's top priority is the same as the U.S. Army's — put people first. Taking care of Soldiers includes ensuring the Soldier's Family (a Soldier's main support network) are cared for as well. At JRTC and Fort Polk, several programs exist to do just that — take care of the people that are supporting Soldiers as they train or deploy to fight and win the nation's wars.

One such program is the New Parent Support Program offered through Fort Polk's Army Community Service and Family Advocacy Program.

The NPSP is a voluntary and intensive visitation-based prevention program for expecting parents or those with children up to three years of age.

Kristina England, ACS FAP manager, said that some of the services offered to parents through NPSP include lessons on basic newborn care, developmental milestones, feeding, sleep, soothing, potty training and more.

NPSP's Baby Boot Camp Class can be offered in both group or one-on-one settings and is designed for new parents to learn about taking care of an infant after coming home from the hospital.

England explained that the term "new parent" isn't exclusive to parents who are bringing home

## Baby Boot Camp

- For families expecting a baby
- Learn about: bringing baby home, feeding, bathing, diapering, and soothing a crying baby.



Call NPSP for dates and times

## What to Expect the First 4 Months

- For families with babies up to 4 months old.
- Learn about: feeding your baby, soothing and sleep, baby's growth and development and the techniques of infant massage.



Call NPSP for dates and times

a baby for the first time; anyone bringing home a new baby (whether it be their first or third) is considered a "new parent."

Another class covers what to expect during the first four months after bringing home a new baby. This class includes four weekly sessions where parents are given infant massage instruction, bonding with baby classes and information on transitional feeding, infant safety and development.

"The mission of NPSP is to promote resilient Families and healthy parenting attitudes and skills to prevent child neglect/abuse and domestic abuse. Our goal is to provide Families with the education, tools and necessary resources to successfully navigate the challenges of parenting," England said.

NPSP also offers in-office, home-based or social-distanced visits, such as trips to community parks, libraries or pools.

"We also host a 'Walks and Talks' event every Wednesday morning at Honor Field. This is a chance for parents to have adult conversations and children get to socialize with peers," England said.

As military-connected Families can often feel isolated from their extended families, NPSP is a needed resource to serve as a support network for new parents or as a conduit to help those Families connect with other new parents, bolstering their support networks here on the installation, she said.

"NPSP offers much needed support, connection and reassurance that parents are not alone. The first few years of becoming a parent can be tricky, and we help them find their way in parenting. Our parents receive non-judgmental support and encouragement from us," she said.

If you'd like to learn more about NPSP, please call 531-9573 / 7040.



**Cover photo:** Warrior medics from the 115th Field Hospital, along with Soldiers from several installations, put their skills to the test during a field training exercise at the Polk Army Airfield, Aug. 3-24. Soldiers treated notional patients, with varying levels of realistic injuries, in a fully operational Field Hospital. (Photo Christy Graham/Guardian)



# Fort Polk's 115th Field Hospital hosts warrior medic training

*An UH-60 Blackhawk helicopter flies over the 115th Field Hospital during a field training exercise held Aug. 3-24. Warrior Medics from the 115th FH and Soldiers from several installations practiced their skills by treating notional patients with a wide range of realistic injuries.*

CHRISTY GRAHAM/ GUARDIAN





# SMA talks attacking inflation, building financial readiness

By Sgt. Maj. of the Army  
MICHAEL A. GRINSTON

WASHINGTON — With inflation affecting everything from gas prices and groceries to rent, some Soldiers and their Families are finding it harder to get by on the budgets they've used before. Soldiers of all ranks can seek guidance, assistance and advice through the Army's Financial Readiness Program.

The FRP offers a number of on-line resources and free, credentialed personal financial counselors to help Soldiers understand the financial landscape and take ownership of their personal financial management. Unfortunately, many Soldiers are not aware of these assets.

Soldiers and Families who know about and take advantage of these resources put themselves on a path toward a lifetime of solid financial health. Via online tools, phone calls with personal financial counselors and visits to the local installation Army Community Service Center, help is just a click, call or a walk away, and there's no time like the present to get started.

Please take a moment to familiarize yourself with the programs and services available to you and your Soldiers.

- Financial Frontline (<https://financialfrontline.org>) — Built as a one-stop shop, this online resource features calculators to determine the cost of permanent change of station moves and other expenses; educational videos on how to manage debt, spending and large purchases such as cars; a financial self-assessment tool; income tax resources, including links to free military tax consultants and software and information on how Soldiers can find no-cost financial counselors and counseling services. It also includes helpful brochures on how to best use the GI Bill and lower credit card and other interest rates through the Servicemembers Civil Relief Act.

- Milestone training — Soldiers are required to undergo financial literacy training at personal and professional milestones in their lives and careers. At [financialfrontline.org](https://financialfrontline.org), Soldiers can find checklists, handouts and videos

to help get their finances in order before experiencing 10 of the most important milestones: pre-deployment, post-deployment, PCSing, marriage, divorce (if applicable), investing in the thrift savings plan, promotion, having their first child, continuation pay, enrollment in the Exceptional Family Member Program and a disabling sickness or condition (if applicable). Each resource provides an easy-to-follow list of all of the things a Soldier should do before approaching these life events with standardized curriculums, products and course-completion certificates available through distributed learning, face-to-face instruction and/or group training. Additionally, standardized instruction occurs in specified institutional training and professional military education courses. Upon completion of the mandatory training, verification should be entered into the Digital Training Management System with the assigned task identification codes. See your unit training manager for more information.

- Find a personal financial counselor (<https://finred.usalearning.gov/pfcMap>) — All active-duty, National Guard and Reserve Soldiers and their Family members and survivors are eligible to receive no-cost, confidential financial counseling services. This website allows them to find one by clicking on their state. A list of counselors, who are available for in-person or virtual meetings, will appear. In addition, Soldiers can talk to financial counselors through <https://www.military-onesource.mil>, and counselors are also available at local installation Financial Readiness offices within Army Community Service or Family Support Centers.

- Milspouse Money Mission (<https://milspousemoneymission.org>) — This website explains in "spouse language" the aforementioned milestones and their financial considerations, and it offers a list of things that spouses should do. For example, after the birth of a child, the spouse should update legal documents, check their Soldier's leave and earnings statement to make sure it is updated and correct, apply for a social



**BUDGETING BASICS  
AND KEY ESSENTIAL  
FINANCIAL KNOWLEDGE**

Offered on the 1st and 3rd  
Wednesday of every month

**9 to 11 AM  
ACS BLDG 920**

The Financial Readiness Program  
will walk you through the basics  
of how to create a budget, the  
benefits of TSP/blended  
retirement, and how  
to use saving and  
investing to your  
advantage.

  
Please call ACS to  
RSVP at  
337-531-1957/1958

ACS  
1591 Bell Richard Ave.  
Bldg. 920  
Fort Polk, LA 71459

security number for the child and enroll the child in the Defense Enrollment Eligibility Reporting System. Similar lists for PCS moves, deployments and other milestones will make life easier and finances more manageable. There's even a MilKids section to help raise financially-fit kids, which includes teaching them good values and habits, tips on saving money and how to improve their communication skills.

- Service members Civil Relief Act (<https://finred.usalearning.gov/assets/downloads/USAF-Service-Members-Civil-Relief-Act-Handout-2019.pdf>) — On day one of joining the Army, Soldiers are granted legal protections of which many people are unaware. For example, Soldiers can request a 6% interest rate cap on debts incurred prior to military service (credit cards, loans, mortgages, etc.) for the duration of their military obligation and one

year thereafter for mortgages. This applies to individual debts of the Soldier and those incurred jointly with his or her spouse. Other protections include the ability to cancel cellphone contracts without being charged an early termination fee if deploying or moving overseas and the ability to terminate rental or automobile leases if one is going on active duty, PCSing or deploying. Soldiers are also protected from being evicted from housing if their duties affect their ability to pay rent, and they may also be protected against foreclosures of their homes. Soldiers are encouraged to ask their installation financial counselors about these and other protections, which include free legal services.

- Public Service Loan Forgiveness Program (<https://studentaid.gov/manage-loans/forgiveness-cancellation/public-service>)

Please see **Inflation**, page 4



# Inflation

Continued from page 3

— If you join the military and have a government student loan, the U.S. government will pay it off in 10 years through the Public Service Loan Forgiveness Program. To see if you qualify, use the PSLF Self-Help Tool at <https://studentaid.gov/pslf>.

•Zero interest loans (<https://www.armyemergencyrelief.org>) — Army Emergency Relief is a nonprofit organization that provides financial assistance to distressed Soldiers and Families through grants, interest-free loans and scholarships.

The assistance can be used to cover costs related to food, emergency or PCS travel, natural disasters, rent or mortgage problems, temporary lodging, utilities, funerals, home repairs and more. Those eligible include active duty, Army Reserve and National Guard Soldiers activated on Title 10 orders for more than 30 days and qualified dependents.

•Supplemental Nutrition Assistance Program (<https://www.benefits.gov/benefit/361>) — SNAP, a U.S. government program, provides benefits to eligible low-income individuals and families via an electronic benefits transfer card that can be used like a debit card to purchase eligible food in authorized retail food stores. Service members and their Families may be eligible. To determine qualification, visit <https://www.fns.usda.gov/snap/state-directory> or call the SNAP information line at (800) 221-5689.

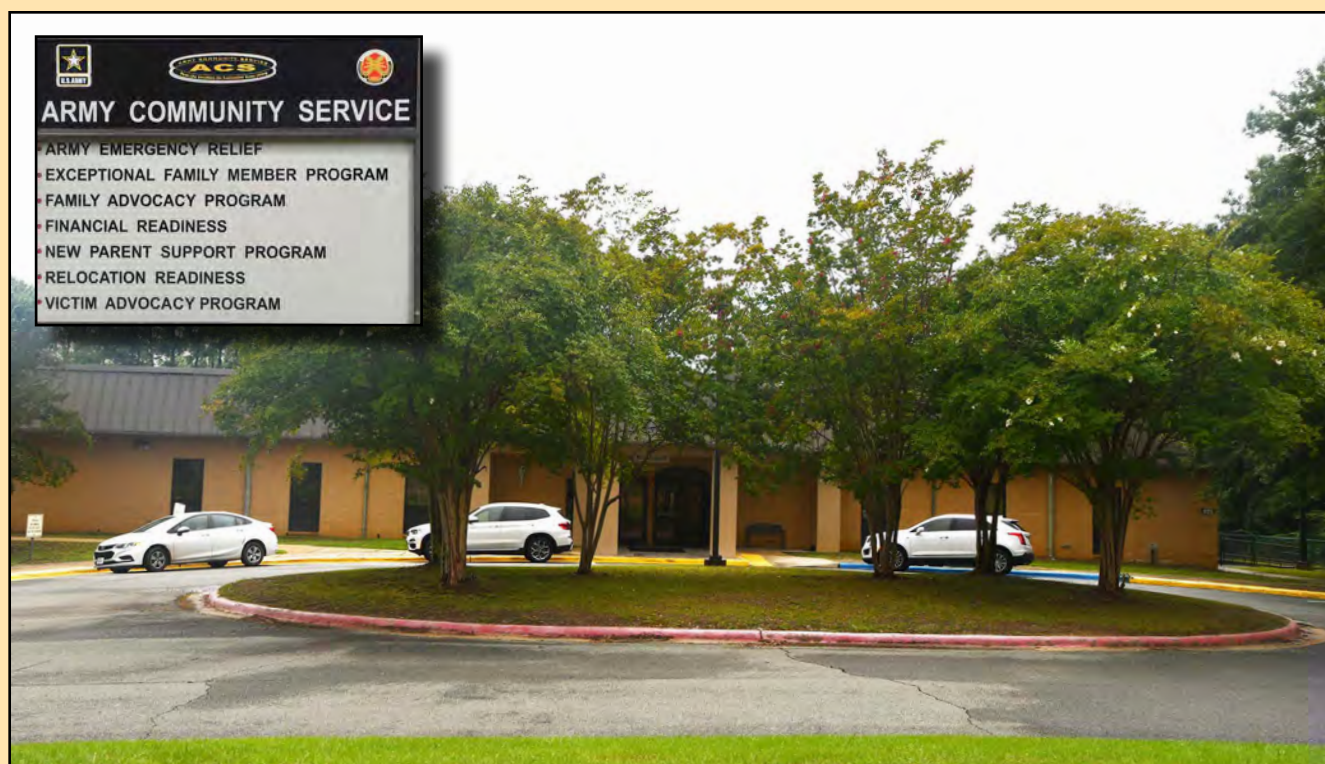
•Military leaders economic security toolkit (<https://www.militaryonesource.mil/leaders-service-providers/economic-security>) — This toolkit helps leaders and service providers support the economic security of service members by providing information on housing availability, food insecurity, PCS moves and financial well-being.

•Army Vantage (<https://www.army.mil/vantage>) — Starting in late summer of 2022, the Army Vantage Data Analytics Platform will offer leaders a tool to track the progress of their Soldiers regarding their financial education requirements.

After logging in, leaders will be able to pull data on their Soldiers' milestones and see how many have completed their training. For example, if a unit is getting ready to deploy, the leader will see how many Soldiers completed their training and checklists. Those who have not can be advised to get started and to learn about the financial counseling opportunities available to them.

Leaders should ensure they have access to the Vantage platform; requests can be made on the website.

For more information, call Fort Polk's Army Community Service at (337) 531-1941.



An advertisement for the Army Financial Literacy Program. It features a woman in a white lab coat looking at a clipboard. The text reads: ARMY COMMUNITY SERVICE, ARMY FINANCIAL LITERACY PROGRAM. Below this is a section titled 'CLASSES OFFERED' with two columns of bullet points, each preceded by a green star. The classes include: Prepare Finances for Vesting in the TSP, Prepare Finances for Continuation Pay Under Blended Retirement System, Prepare Finances for a Deployment, Prepare Finances for Return From Deployment, Prepare Finances for a PCS, Prepare Finances for a Marriage, Prepare Finances for Welcoming a New Baby, Prepare Finances for Divorce, Prepare Finances for a Disabling Sickness or Condition, and Prepare Finances for a Promotion. At the bottom, it states: All classes are offered monthly at ACS or online at olms.armyfamilywebportal.com. To register face to face, please call ACS at (337) 531-1957/1958, 1591 Bell Richard Ave Bldg 920. There is a QR code with the text 'Scan me' and an arrow pointing to it. The bottom of the ad features several logos, including the Army, Airborne, MWR, and ACS logos, along with the tagline 'Real-Life Solutions for Successful Army Living'.



# Time to prepare **finances** for hurricane season is now

## FEMA

Resilience starts with financial preparedness according to the Federal Emergency Management Agency.

Hurricanes happen often with little or no warning, and the unexpected can take a toll on your financial planning. Below are financial-preparedness tips that may help you get ready for the 2022 hurricane season.

- Keep cash in a safe place. Most ATMs in Puerto Rico were inoperable after Hurricane María. Have some cash handy in case you need to buy fuel or supplies.

- Create a budget for disaster-related expenses. Keep your income and fixed expenses in mind. Estimate costs of insurance deductibles, possible mandatory evacuations and essentials like food, clothing, shelter, gas and emergency medical assistance.

- Document your finances before an emergency. This will save time and stress when registering for disaster assistance, if necessary.

- Build an emergency fund. Consider saving money in an emergency savings account and set a monthly savings goal. This will get you into the habit of saving regularly and being financially prepared for hurricane seasons.

- Download FEMA's Emergency Financial First Aid Kit. This guide is designed to help you organize and secure documents you will need during the recovery process: [www.ready.gov/financial-preparedness](http://www.ready.gov/financial-preparedness).

- Review your insurance coverage. Make sure your policy covers your family's specific needs. Homeowners insurance does not typically cover flooding, so you may need to purchase flood insurance.

- Keep financial documents safe and protected. Copies of important documents like stock and bond certificates; IRA or 401(k) account numbers; bank statements and tax records, including W2s and important receipts, should be kept in plastic bags to protect against water damage. Upload digital copies of important disaster-related expenses.

- Take care of your urgent financial issues. Contact your lenders, creditors and banks to let them know of the situation in case of a hurricane warning. Also, make a list of places that may provide financial assistance in case you need it after the disaster.

### Financial Recovery Resources

- <https://www.mymoney.gov/Hurricane>

- Looking for a location for a FEMA Disaster Recovery Center in your area? Check out <https://egateway.fema.gov/ESF6/DRCLocator> For Individuals and Families: Financial counselors

Financial counseling can help you make decisions about how to move forward with rebuilding your life after a disaster.

These counseling agencies have trained staff



that can help you develop a budget for your emergency assistance funds, determine critical financial items that need to be addressed, manage your creditors and more.

These national and local non-profit counselors are available to help you and your family gain control over your financial lives.

The financial-counseling resources included below are not federal government resources. The U.S. Department of the Treasury provides links to other web sites solely for your information.

The sites listed below are operated or controlled by third parties that are unaffiliated

with the U.S. Department of the Treasury.

The U.S. Department of the Treasury does not monitor the linked web sites and has no responsibility whatsoever for or control over the content, services or products provided on the linked web sites.

The privacy policies and security at the linked web sites may differ from Treasury's privacy and security policies and procedures. You should consult privacy disclosures at the linked web sites for further information.

### National Counselors Available by Phone

- Project Porchlight (877) 833-1742

- Operation Hope (888) 387-4673





Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commanding general, passes a backpack filled with school supplies to a military Family during the Operation Homefront: Backpack Brigade Distribution Aug. 13.



Better Opportunities for Single Soldiers volunteered to help pass out backpacks at the Operation Homefront: Backpack Brigade Distribution held at Parkway Elementary School Aug. 13.

## Providing back to school support

On Aug. 13, the Operation Homefront: Backpack Brigade Distribution took place at Parkway Elementary School. The Joint Readiness Training Center and Fort Polk leadership, Parkway Elementary officials, installation education partners and Better Opportunities for Single Soldiers volunteers had a good time giving back to the community by handing out backpacks filled with school supplies.

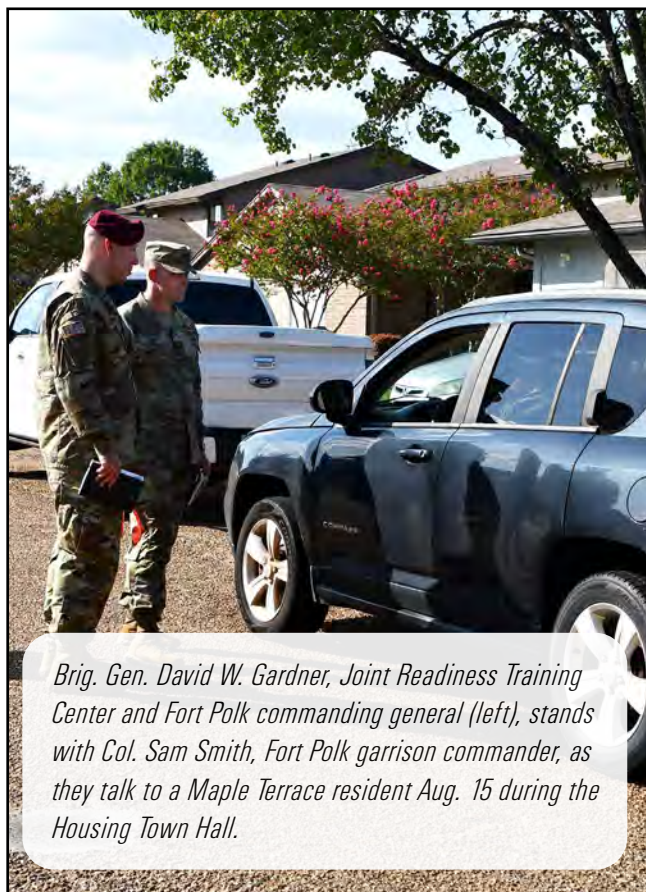


Fort Polk command and Better Opportunities for Single Soldiers volunteers work together to pass out Operation Homefront backpacks at Parkway Elementary School Aug. 13.

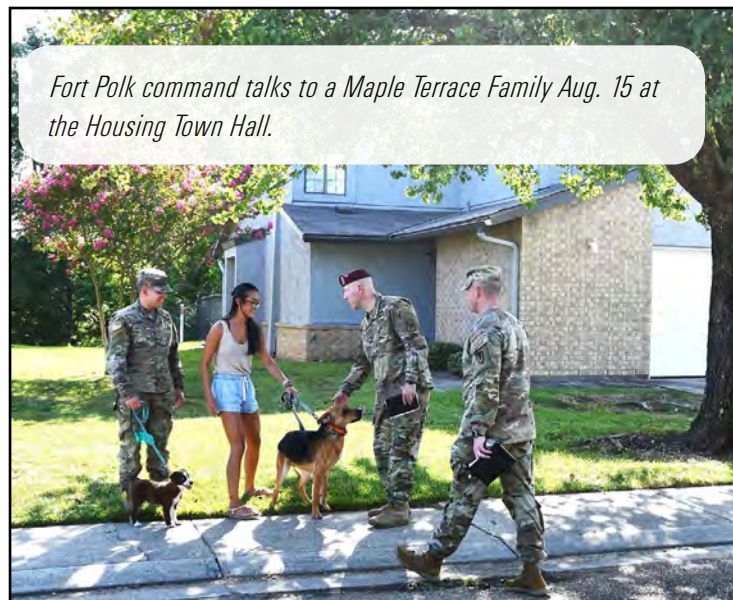
CHRISTY GRAHAM/GUARDIAN

## Housing Town Hall

Installation leadership, housing officials and unit and organization representatives hosted a Housing Town Hall in the Maple Terrace community Aug. 15. Residents were able to share their housing questions and concerns, maintaining the open dialogue between the Fort Polk community and JRTC and Fort Polk leadership.



Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commanding general (left), stands with Col. Sam Smith, Fort Polk garrison commander, as they talk to a Maple Terrace resident Aug. 15 during the Housing Town Hall.



Fort Polk command talks to a Maple Terrace Family Aug. 15 at the Housing Town Hall.



2nd Lt. Victoria DeFilippo, 3rd Brigade Combat Team, 10th Mountain Division, speaks with Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commanding general,



Lt. Col. Patrick Murphy, 519th Military Police Battalion commander, shared his observations with Fort Polk command at the conclusion of the Aug. 15 Maple Terrace Housing Town Hall.



# JRTC, Fort Polk hosts round table for area civic leaders

By **CHUCK CANNON**  
Public Affairs Specialist

FORT POLK, La. — Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commander, hosted a luncheon Aug. 17 to introduce himself to area civic leaders and let them know their importance to the installation.

Gardner replaced outgoing commander Maj. Gen. David Doyle in a change of command ceremony July 11.

Gardner shared his priorities with the civic leaders, including the importance of caring for Soldiers and their Families, building readiness and success in the JRTC and Fort Polk campaign plans.

“We are in a unique situation at Fort Polk in that even though we are small, we have everything a much larger base has,” Gardner said. “But it’s not just about what we have; at Fort Polk you’re not just a name or a number. You’re part of the Fort Polk Family.”

He shared how Fort Polk units were aligned with area parishes to provide support. They included:

- 3rd Brigade Combat Team, 10th Mountain Division with Vernon and Sabine parishes
- Bayne-Jones Army Community Hospital with Natchitoches Parish
- 46th Engineer Battalion with Rapides Parish
- 519th Military Police Battalion with Be-auregard Parish
- 32nd Hospital Center with Calcasieu Parish

Gardner also gave an update on the Naming Commission and provided a timeline for the expected renaming of the post, no later than Jan. 1, 2024.

Among the elected officials in attendance were State Rep. Charles Owen, State Sen. Mike Reese, Leesville Mayor Rick Allen, New Llano Mayor Carolyn Todd, Anacoco Mayor Keith Lewing and DeRidder Mayor Misty Clanton. Also in attendance were Tommie Seaton representing U.S. Sen. Bill Cassidy, Woody Daigle representing U.S. Sen. John Kennedy and Lee Turner representing U.S. Rep. Mike Johnson.

Reese thanked Gardner for spreading the “positive” things about Fort Polk with the rest of the Army during Winning the Fight for Talent visits with other installations.

“We’re open to recommendations and suggestions to improve things for Soldiers,” Reese said.

Allen also pledged Leesville’s support to JRTC and Fort Polk, especially with infrastructure improvements.

“Entrance Road has never looked like it was headed to the Home of Heroes,” Allen said. “We’re going to change that.”

The JRTC and Fort Polk will host other



Fort Polk command, along with state and local leaders, met at the Fort Polk Warrior Center Aug. 17 to discuss a wide range of topics from the importance of caring for Soldiers and Families to an update on the Naming Commission timeline for Fort Polk.

CHUCK CANNON/GUARDIAN



Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commander (center), speaks with Rick Allen, Leesville mayor, (right) and Keith Lewing, Anacoco mayor, at a round table for area civic leaders held Aug. 17.



Louisiana State Rep. Charles Owen (left), gets to know post Command Sgt. Maj. David Hanson (center) and Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commander, at a round table held Aug. 17.



Col. Sam Smith, Fort Polk garrison commander (left), talks to Louisiana State Sen. Mike Reese at the Fort Polk round table held Aug. 17.

events for area educational and civic organization leaders on Aug. 30 at the annual State of JRTC event Sept. 2.



## ***The Army Inspector General*** **New Soldier Experience Survey**

The Inspector General needs your input to help to inform Army Senior Leaders. Your open, frank responses are needed to provide information for decisions affecting policies and Soldiers.

### **Survey topics include:**

- ❖ Training
- ❖ Sponsorship
- ❖ Leadership
- ❖ Families
- ❖ Personal and Professional Growth

## **New Soldier Experience Survey**

E1-E4 and All Family Members



### **Scan Me**

*Participants remain anonymous*  
*Survey ends on 23 September 2022*

## ***The Army Inspector General*** **New Soldier Experience Survey**

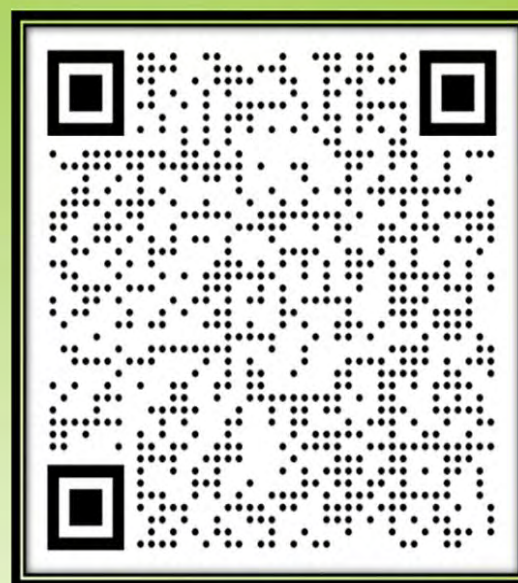
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- ❖ Personal and Professional Growth

## **New Soldier Experience Survey for Leaders**

01-02, W01 - W02, E5-E7



### **Scan Me**

*Participants remain anonymous*  
*Survey ends on 23 September 2022*





## Pledging excellence

*The Joint Readiness Training Center and Fort Polk garrison command team and installation directors gather and sign the U.S. Army Installation Management Command Leadership Pledge, demonstrating their commitment to their employees, Soldiers, Families and IMCOM's Service Culture Initiative Aug. 18 at the Warrior Center.*



CHRISTY GRAHAME/GUARDIAN

## Fort Polk Soldiers compete

*U.S. Army Soldiers assigned to 7th Squad, Blue Platoon, 1st Battalion (Airborne), 509th Infantry Regiment, based out of Fort Polk, participate in the urban training event of U.S. Army Forces Command's Best Squad Competition at the Military Operations in Urban Terrain site at Fort Hood, Texas, Aug. 17. The Best Squad Competition promotes esprit de corps and recognizes Soldiers who demonstrate commitment to Army Values and embody the Warrior Ethos.*



Pvt. ALEJANDRO CARRASQUEL/U.S. ARMY



# Antiterrorism focuses on **protection** of standalone facilities

DPTMS

FORT POLK, La. — The terrorist and insider threat is increasing and it's vital to maintain a guard against potential espionage and sabotage threats to Army readiness for deploying forces. The Army must anticipate emerging and nontraditional threats and leverage databases to push out our perimeter.

In today's era of persistent conflict and asymmetric threats, protecting standalone facilities against a prospective terrorist attack presents a particular challenge. In most cases it requires thoughtful action beyond prescriptive instruction. It requires resourcefulness, initiative and creativity.

Tackling unusual, unpredictable challenges is nothing new. Army policy and doctrine provide a basis for success, but this is often not sufficient in the case of SAFs. The words resourcefulness, initiative and creativity apply emphatically to SAF-type situations so diverse they defy a fixed code guiding template solutions. Terrorist actions can't be accurately forecast, nor can authoritative protective measures be designed against this uncertainty. The fact recent trends indicate an increased likelihood of attacks on SAFs makes it particularly significant in protecting its facilities and people.

An inability to predict the future does not suggest incapacity to provide solutions. People must prepare in advance with well-conceived plans and programs.

Most terrorist attacks occur in areas outside of traditional military barriers. Terrorist attacks mostly focus on more vulnerable targets within a community. Transportation systems, community gatherings, hotels, recreational areas and more have been the targets of recent attacks.

Reports and actions also indicate a clear desire for some terrorists to attack U.S. military operations and activities, such as recruiting stations and Reserve or Guard facilities. Because SAFs are embedded in the community and represent the U.S. military, they could be the most likely and vulnerable terrorist target in the U.S. Army. Some might argue protecting against a terrorist attack is a routine security requirement.

Those same people might suggest the possibility for attack is remote and police and other security personnel serve as sufficient protection.

The persistent possibility of terrorist attacks, limited authority over the targeted area, greater dependency upon community and other external security assets and limited SAF capabilities require a more imaginative application of protective measures than provided by an established installation security template or from local law enforcement alone.

The Army is committed to maintaining efforts and providing guidance to ensure availability of resources and mission success. The

**EVOLVING Threats**

Today's Army faces a world of complex threats. **Terrorists** are relentless in the pursuit to gain an advantage by developing new strategies and attack methods. The threats we face include the use of **unmanned aircraft systems** with explosives attached, the use of **improvised explosive devices** and **suicide bombers**, the use of **cyber-attacks** to gain information, and low-tech tactics such as **vehicle ramming** and **edged weapons** attacks.

**Violent extremists, active shooters** and the possible use of **chemical** and **biological** weapons remain persistent threats.

We must be forward leaning in anticipation of **new** terrorist **tactics** to stay one step ahead in our efforts to prevent terrorism. Our enemy's success depends on us letting our guard down. The Nation and the Army community is depending on each of us to stay Vigilant (Always Ready, Always Alert) to combat the constantly **evolving** terrorist **threats**.

 **ALWAYS READY. ALWAYS ALERT.**  
Because someone is depending on you.

**ARMY STRONG.**

COURTESY U.S. ARMY

anti-terrorism officer can provide help to the challenged SAF through funding and guidance.

Higher Headquarters Vulnerability Assessments can assist by providing tactics, techniques and procedures based on historical precedent, assigned legal constraints and defined basic policy.

These narrow the focus, and frame potential solutions for SAF leaders. TTPs prevent unnecessary and often ineffective responses and offer possibilities not included in more formal training venues.

The considerations drawn from historical data and experience will continue to help those who face the challenge of developing protective measures aimed at preventing a terrorist attack.

Moreover, it provides concepts and best

practices that can be applied as the situation warrants. Through constant awareness and vigilance, effective application of tactical principles and proven intelligence capabilities, Fort Polk can achieve the Army leadership vision of preventing a successful terrorist attack on SAFs.

Reporting Channels

•iSALUTE: <https://www.inscom.army.mil/isalute/>

•Fort Polk Directorate of Emergency Services (337) 531-2677 (911)

•LA Safe: <http://la-safe.org/mobileApp.html>

If you have questions regarding AT awareness and iWATCH call (337) 531-0413/6007 or email [mitchell.smith3.civ@army.mil](mailto:mitchell.smith3.civ@army.mil) or [adam.t.lynn.civ@army.mil](mailto:adam.t.lynn.civ@army.mil). Remember if you See Something ... Say Something!



Instilling Antiterrorism awareness

The Fort Polk Installation Antiterrorism Office set up a display to educate the Fort Polk community during Antiterrorism Awareness Month at the Main Post Exchange Aug. 23. The purpose was to instill heightened awareness and vigilance to thwart terrorist attacks and protect military personnel and critical resources from acts of terrorism.



COURTESY DPTMS



Training during rotation

21st Brigade Engineer Battalion, 101st Airborne Division, lead a review of the obstacle plan during rotation 22-09.

Cadets tour Fort Polk

Sea Cadets from Chennault Battalion/Training Ship Avenger enjoyed a day at Fort Polk Aug. 12. The tour included the Fort Polk Museum, parachute simulator, military working dogs, and 1st Battalion, 5th Aviation Regiment. The Cadets learned what Army aviation is about while engaging with some of the best pilots in the U.S. Army.



CHUCK CANNON/EGUARDIAN

X EXCHANGE					Labor Day Weekend Holiday Hours of Operation				
Facility	Friday 2 Sep	Saturday 3 Sep	Sunday 4 Sep	Monday 5 Sep					
Main Store	0900-1900	0900-1900	1000-1800	1000-1800					
Military Clothing	0900-1600	0900-1600	CLOSED	CLOSED					
Starbucks	0700-1800	0800-1700	0800-1600	0800-1600					
Subway	1030-1900	1030-1900	1030-1700	1030-1700					
Charley's	1030-1800	1030-1700	1030-1600	1030-1600					
Qdoba	1030-1800	1030-1700	1030-1600	1030-1600					
Slim Chickens	1000-1900	1000-1900	1000-1700	1000-1700					
Panda Express	1000-1900	1000-1900	1000-1700	1000-1700					
Optical Shop	0900-1900	0900-1900	1100-1700	1000-1600					
Concessions	1000-1800	1000-1800	1100-1700	1000-1600					
Patriot Outfitters	0900-1900	0900-1900	1100-1700	1000-1600					
GNC	0900-1900	0900-1900	1100-1700	1000-1600					
Alterations	0900-1600	0900-1600	CLOSED	CLOSED					
GameStop	0900-1900	0900-1900	1100-1700	1000-1600					
Barber Shop	1000-1800	1000-1800	1000-1700	1000-1600					
Mini Mall (Bldg 3310)	0900-1500	0900-1500	CLOSED	CLOSED					
Firestone	0700-1800	0700-1800	CLOSED	0700-1800					
Smoothie King	0900-1500	1000-1500	CLOSED	CLOSED					
North Fort Troop Store	0700-2000	0700-2000	1000-1700	1000-1700					
Barber Shop	0900-1600	0900-1600	1100-1500	1000-1600					
Patriot Outfitters	0900-1900	0900-1900	1000-1600	1000-1700					
Pizza Hut (North Fort)	1000-2400	1000-2400	1000-2300	1000-2300					
Dunkin	0600-1900	0700-1900	0700-1900	0800-1500					
Baskin Robbins	1000-1900	1000-1900	1000-1900	1000-1500					
Hospital Express	CLOSED	CLOSED	CLOSED	CLOSED					
Barber Shop	CLOSED	CLOSED	CLOSED	CLOSED					
Burger King Dining Rm	0600-1800	1100-1500	1100-1500	CLOSED					
Burger King Drive Thru	0600-1900	1100-1500	1100-1500	CLOSED					
Express 1 (Bldg 5498)	0600-2300	0600-2300	0600-2300	0600-2300					
Express 3 (Bldg 7000)	0600-2000	0700-2100	0800-2000	0800-1700					
Class Six	1000-1900	1000-1900	1000-1600	CLOSED					
Hickory Smokehouse	1100-1500	CLOSED	CLOSED	CLOSED					
Bayou Theater	CLOSED	CLOSED	CLOSED	CLOSED					
Pizza Hut (South Fort)	1000-2400	1000-2400	1000-2300	1000-2300					
Normal hours of operation will resume Tuesday, 6 August 2022.									



# Fort Polk hospital launches school-based behavioral health services

By JEAN CLAVETTE GRAVES

BJACH Public Affairs Officer

FORT POLK, La. — Bayne-Jones Army Community Hospital is partnering with the Vernon Parish School board to provide school-based behavioral health services to North Polk and Parkway Elementary Schools beginning this school year. The program increases access to behavioral health care for military children at the Joint Readiness Training Center and Fort Polk.

In the short term, the program increases access to care, improves collaborative-care coordination and decreases absenteeism.

“Long term, the program will improve health, wellness and resiliency of military children,” said Lt. Col. Alexander Ragan, installation director of psychological health. “The services our provider delivers will improve academic achievement, optimize social, emotional and behavioral functioning, maximize wellness and ultimately promote optimal military readiness.”

Dr. Patricia Cornelious, chief of child, adolescent and family behavioral health services for BJACH, said having behavioral health providers in the school offers convenience and consistency to military Families.

“For children, it is very important because they are in a familiar environment where they spend most of their day,” Cornelious said. “Children feel comfortable there, and it’s often a place where their problems occur. It’s the place where they interact with their teachers and their peers. Having a behavioral health provider within the school system makes it easier for children and Families to get the support they need.”

The program not only gives support to patients, but also teachers.

“Being right there in the school, in the middle of it all, you can see children in their natural environment. For very young children their social interactions are very telling if there are problems. This is a huge benefit to a provider to have this opportunity,” Cornelious said. “Teachers do such a great job handling and juggling so many things throughout the day. Mental health is not their expertise, but they are still tasked to educate children with mental health diagnoses and behavioral health concerns. This program provides extra support to our military Families and our teachers. This partnership brings Families, mental health providers and teachers together to support the child.”

Tiffany Franklin-Koch, school liaison officer for JRTC and Fort Polk, said the program is important to the school district and the Army.

“Our military children live in a unique environment full of experiences and sometimes challenges,” Franklin-Koch said. “By providing a behavioral health clinician from BJACH,



*Bayne-Jones Army Community Hospital is partnering with the Vernon Parish School board to provide school-based behavioral health services to North Polk and Parkway Elementary schools this year. The program will increase access to behavioral health care for military children at the Joint Readiness Training Center and Fort Polk. Pictured from left: Christina Heather, assistant principal at North Polk Elementary School, Brandy Sanders, NPE principal, Tiffany Franklin-Koch, school liaison officer for JRTC and Fort Polk, Allison Hannah, licensed clinical social worker and Dr. Patricia Cornelious, chief of child, adolescent and family behavioral health services for BJACH.*

we put a subject matter expert where we need them most — the place our military children spend the majority of their day.”

School-based behavioral health will increase time management and access to care for busy military Families.

“This allows a clinician practicing in a clinical setting to see patients at the school the child attends,” Franklin-Koch said. “This takes away the burden of checking students out of school, parents being away from work and students having to make up missed school work.”

Allison Hannah, licensed clinical social worker for BJACH, has high expectations for the school year and is splitting her time between North Polk and Parkway Elementary.

“With this being our inaugural year providing school-based behavioral health services, my goal is to help lay the building blocks for a strong program that will have a positive, last-

ing impact on students, Families, the school and Fort Polk for years to come,” Hannah said. “This will be a year full of learning and growing as we establish and implement this program at our unique location.”

Hannah said the program is effective because it meets students where they are.

“We can cut down on the time away from school to attend therapy. Parents will no longer be required to make the impossible choice between mental health or education,” Hannah said. “Teachers will also be getting another added layer of support. Whether they need to consult on a specific child in their class to better support their social, emotional or behavioral needs, or if they are needing more general support, training or strategies to promote well-being and resilience, I will be there to help.”

For more information call Fort Polk’s School Support Services at (337) 531-6673.

JEAN CLAVETTE GRAVES/BJACH PUBLIC AFFAIRS OFFICER



# Red Cross volunteer muscles up on training in Fort Polk rehab department

By JEAN CLAVETTE GRAVES

BJACH Public Affairs Officer

FORT POLK, La. — Bayne-Jones Army Community Hospital Rehabilitation Department welcomed a new American Red Cross volunteer this summer.

Christina McDonald, a member of the Crimson Tide Reserve Officer Training Corps Battalion and a kinesiology major from the University of Alabama, spent two weeks shadowing the physical therapists at the Joint Readiness Training Center and Fort Polk.

McDonald said her brother, the chief nurse officer in charge of the BJACH emergency department, suggested volunteering during her summer break.

"I was talking to my brother about visiting, and he suggested I volunteer at the hospital to check out the physical therapy department," McDonald said. "Ever since I switched my major to kinesiology, becoming a physical therapist has been my goal. I've job shadowed at several civilian clinics but being at BJACH has reinvigorated my passion for the profession. It's nice seeing the military side of it. I absolutely love it and have been excited to come to work every day."

McDonald said she plans to volunteer again next summer after her ROTC advanced camp.

She is also planning to apply to the Army-Baylor University Doctoral Program in Physical Therapy.

Maj. Cody McDonald, CNOIC for BJACH ED, said he thought volunteering with the Red Cross in the BJACH rehab department was a great opportunity for his sister.

"I love my sister. She means the world to me, and I would do anything to help her achieve her dreams," Maj. McDonald said. "I am blessed we have such an amazing team willing to facilitate her growth!"

Maj. McDonald said this experience will benefit her as a future Army officer and physical therapist.

"The diversity of working in a military treatment facility provides a glimpse into a world many cadets do not get the opportunity to explore," Maj. McDonald said. "Hopefully this experience will help her understand the cultural and team approach we need to function as a unit. I know the Baylor program is very competitive. This experience will look great on her application and help her build her network. Volunteering at BJACH will also give Christina a better understanding of what might be expected of her as a future Army officer."

1st Lt. Steven Candeto said having a Red Cross volunteer in the rehabilitation department has been gratifying.

"Christina has been a great addition to our team in rehab. I have always been a supporter of having volunteers in the clinic who are in-



*1st Lt. Steven Candeto (right), demonstrates the Obers Test, which evaluates a tight, contracted or inflamed tensor fasciae latae and iliotibial band for Christina McDonald, a member of the Crimson Tide Reserve Officer Training Corps Battalion and a kinesiology major from the University of Alabama. McDonald spent two weeks shadowing the physical therapists as an American Red Cross volunteer for Bayne-Jones Army Community Hospital.*

terested in pursuing physical therapy," Candeto said. "Being able to share my clinical experience is rewarding. By allowing volunteers in our footprint, we continue to encourage everyone to provide relevant, research-based education. This is not only beneficial to our patients but also for the future of our profession."

Candeto said he hopes the experience was beneficial for McDonald.

"I hope this experience helps develop her passion for what we do as rehab professionals in the Army," Candeto said. "Rehab in the Army is very different than the civilian world. This face-to-face experience is invaluable to provide perspective on how we operate and fulfill our primary mission of getting Soldiers back into the fight. Prior to physical therapy school, I was given a similar opportunity to spend time in an Army MTF. If being a physical therapist in the military is something you want to do, seeing how we do it in real life is motivating."

McDonald said she comes from a long lineage of veterans. Her brother, father, uncles, several cousins and both grandfathers all served in the Army, and her grandmother was in the Navy.

"I've always been very proud of my military family," she said. "But it wasn't until my sophomore year in high school that I decided to pursue a military career."

McDonald said the experience has been extremely productive.

"I've learned so much. I'm not only learning what a physical therapist in the Army does on a day-to-day basis, but through this

shadowing opportunity. I've also learned a lot that I can apply to my life," McDonald said. "The biggest thing is the problem solving. I've been sitting in on consultations and evaluations in the mornings. I watch the physical therapists figure out the root cause of a patient's pain through a variety of tests and descriptions. They rule out what it isn't, then create treatment plans to fix the situation. Then they see how the treatment has affected the patients at the next visit. It has been very interesting to witness."

McDonald said volunteering with the Red Cross has also been a unique experience that she plans to continue when she returns to Alabama next week.

"I'm very excited that I am now a Red Cross volunteer because there are so many things I can do with this organization," McDonald said. "The Red Cross team at Fort Polk has been great. They helped me get squared away before I got here and welcomed me by making me feel at home. They were a great resource. The Red Cross is a wonderful organization that does so much for the community."

McDonald said the knowledge she's gained as a volunteer at BJACH has been invaluable.

Stacey McLean, interim program manager, American Red Cross of Louisiana Service to the Armed Forces & International Services, said there are a lot of volunteer opportunities at BJACH.

"Before beginning your journey as a Red Cross volunteer at the Fort Polk hospital, there are several requirements that need to

Please see **Red Cross**, page 15

JEAN CLAVETTE GRAVES/BJACH PUBLIC AFFAIRS OFFICER



# Fort Polk's Hospital ombudsman champion of games, fitness, life

By JEAN CLAVETTE GRAVES  
BJACH Public Affairs Officer

FORT POLK, La. — The military ombudsman for Bayne-Jones Army Community hospital brought home eight medals to Fort Polk from the 36th annual National Veterans Golden Age Games. Kevin Stuart, retired command sergeant major and combat medic, is an example of fitness and resiliency for veterans of all ages.

According to the Department of Veterans Affairs, the National Veterans Golden Age Games is the premier senior adaptive rehabilitation program in the United States, and the only national multi-event sports and recreational seniors' competition program. The program is designed to improve the quality of life for older veterans, including those with a wide range of abilities and disabilities. The games serve as a qualifying event for competition in a number of events in the National Senior Games.

This year's competition was held in Sioux Falls, South Dakota and was the third Stuart participated in.

Stuart says being physically active is the best way to build resiliency and improve overall health.

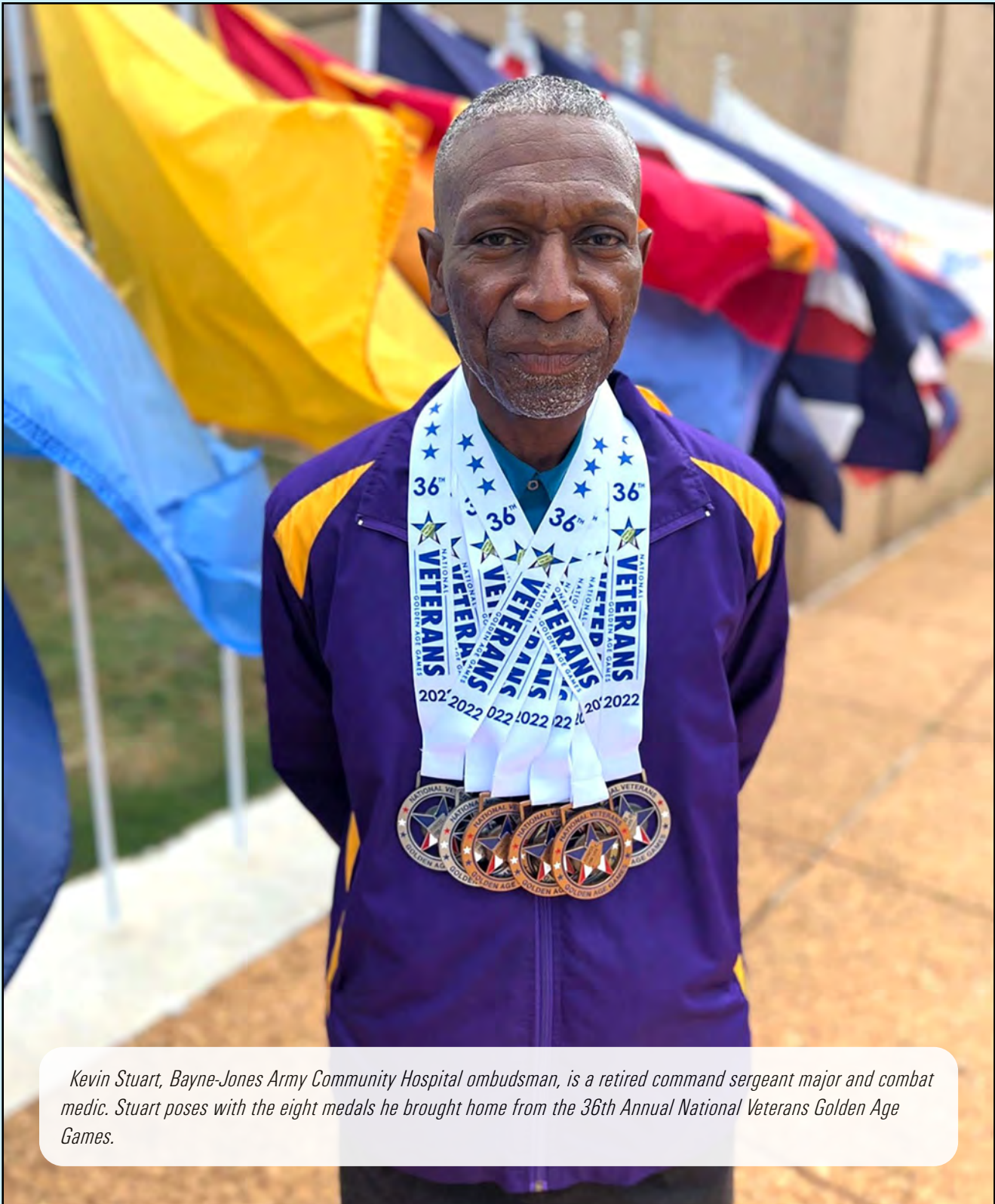
"I'm 62 years old and exercise and fitness are part of my daily life," Stuart said. "There's a reason the Army does physical training first thing in the morning. It gets those endorphins flowing. Endorphins make us feel good, look good and help us perform our best. I encourage everyone to get up and move as often as they can. Simple things people can do, such as parking farther away or taking a little walk during a break at work, can improve overall well-being. Moving makes us feel healthier and allows us to serve our patients and beneficiaries better."

Stuart heard about the NVGAG in 2016.

"The games are held annually in different cities around the country for veterans 55 years and older," Stuart said. "I participated in the Albuquerque, New Mexico, Anchorage, Alaska, and Sioux Falls, South Dakota, competitions."

There are a variety of activities for male and female veterans to include air pistol, air rifle, badminton, basketball, blind disc golf, bocchia, bowling, cornhole, cycling, adaptive cycling, field, golf, horseshoes, nine ball, pickleball, power walk, shuffleboard, swimming, table tennis and track. The events are open to ambulatory, wheelchair users and blind athletes with age classifications including 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and 90 plus. Stuart competed in nine events.

"This year I competed in the air rifle event for the first time. I finished eighth. I earned medals in the other events I competed in. I



*Kevin Stuart, Bayne-Jones Army Community Hospital ombudsman, is a retired command sergeant major and combat medic. Stuart poses with the eight medals he brought home from the 36th Annual National Veterans Golden Age Games.*

finished first in the 1500-meter power walk, 2nd in the 400-meter run and pickleball, third in the 3000 and 1500-meter runs, as well as badminton and table tennis," Stuart said.

Stuart said he used partner-finder (a page found on the <https://nsga.com/tpf/> site that helps participants find partners for team sports.) for both badminton and pickleball and met his partners for those sports on the day of the event.

"I've met a lot of great people competing in these games. Veterans from the Korean War, Vietnam, Desert Storm, Iraq and Afghanistan," Stuart said. "When I competed in the Anchorage games, there was a 101-year-old female World War II veteran who won first place in bowling."

Many of the participants spend a lot of time practicing their events and own top of the line equipment.

"This is a huge deal. The medals are a culmination of their hard work. The medals and games are motivating and inspiring," Stuart said.

Stuart said the fellowship found at the NVGAG games is second to none.

"It's the same camaraderie we had in the military — that sisterhood and brotherhood we have in these events. When we were in the military, we were competitive. When we got a mission or a task, we wanted to be the best. These are games, but it's also life; fitness for life. You can't just show up to these games and perform. You have to prepare. These games have connected me to other veterans from across the country in different branches and eras of service that I wouldn't have met if I hadn't decided to compete," Stuart said.

Please see **Stuart**, page 15



# Red Cross

Continued from page 13

be completed, but we will help guide you through it," McLean said.

McDonald said volunteering can give people a sense of purpose and the Red Cross is a great organization to help potential volunteers pursue things they are interested in.

"I appreciate the community here, everyone at BJACH has been sweet and approachable and reaffirmed my goals of serving in the military and pursuing a physical therapy career," McDonald said. "Fort Polk is nice. The amenities offered to Soldiers and their Families are great: the bowling alley, movie theater and gyms. Since I've been here, I've gone to Alexandria and Lake Charles; and if I were here longer, I know I would visit New Orleans, Houston and other great places, which aren't that far away. A quote in the hospital

orientation really stuck with me. It said, 'welcome to Fort Polk, you're in the middle of everything' and it's so true. Every place is really what you make of it."

If you are interested in being a Red Cross volunteer, the first thing to do is register with [volunteerconnection.redcross.org](https://volunteerconnection.redcross.org). Next, attend the Red Cross Volunteer orientation, complete an occupational health screening and Health Insurance Portability and Accountability Act (HIPAA) training, attend the BJACH orientation, get a badge and finalize child background checks and credentialing if necessary and appropriate for your volunteer position.

McLean can be reached at (337) 531-4783 or potential volunteers can email the BJACH Red Cross program lead, Syble McGrew, at [syble.mcgrew@redcross.org](mailto:syble.mcgrew@redcross.org).



UNIT-LEVEL  
2022 Season  
**FLAG FOOTBALL**

Register by  
**9 SEPT**

- 7-15 players max. per team
- Registration form on MWR Intramural Sports Website
- Six week season play
- Post season tournament to follow

Teams can consist of Active Duty, Dependents, Retirees & DoD Civilians ages 18 and over

Call 337-378-2201 or email [travyon.a.amir.naf@army.mil](mailto:travyon.a.amir.naf@army.mil) or [kandy.e.partyka.naf@army.mil](mailto:kandy.e.partyka.naf@army.mil) for more information

[POLK.ARMYMWR.COM](https://polk.armymwr.com)

Logos: USAA, Corvias, BENOIT, SWB, PAPA JOHN'S

# Stuart

Continued from page 14

Stuart served on active duty for 32 years in the Army and retired in 2014. He became the ombudsman for BJACH in 2018.

The Joint Readiness Training Center and Fort Polk ombudsman functions as an independent, neutral and impartial resource for military service members and their Families. The ombudsman can assist in addressing medical concerns and can assist in addressing other issues.

Stuart says he enjoys his position because he wants to share his knowledge and experience to help others. In his role he serves as a liaison, advocate and resource to Soldiers and their Families.

"If a Soldier or Family member brings an issue to me, I take on that problem as if it were my own," Stuart said. "I coordinate, collaborate, communicate and, in some cases, mediate to help that individual get their issue addressed."

Col. Aristotle Vaseliades, commander of BJACH, said Stuart embodies resiliency.

"Mr. Stuart has the ability to find positivity in everything," Vaseliades said. "As a retired command sergeant major, working on the government civilian side of the house, he has the ability to connect with almost anybody in

the hospital. He understands the perspective they are coming from and provides useful tools and recommendations for them to become more resilient."

Vaseliades said he encourages resiliency within his organization.

"First, during in-processing, I remind all employees that their health and wellness is integral to them providing their best on a day-to-day basis. I encourage them to do whatever they need to physically, psychologically, spiritually and emotionally stay on top of their wellness," Vaseliades said. "At BJACH, we offer a meditation room and a resiliency gym to the staff where they can take a quick break to relax or work off stress if they need it. We've also started a resiliency team comprised of a cross section of hospital staff, both Soldiers and civilians, charged with looking at areas within the hospital that can be improved to help with resiliency. Mr. Stuart is in charge of looking at our wellness line of effort."

Stuart said he encourages everyone to try new things.

"People were not made to be alone, especially as we get older. These games bring people together and help us stay connected," Stuart said. "It's important for veterans to

join and participate in veterans organizations and advocate for each other and for those still serving."

Stuart said everyone should stay active.

"Everyone should get involved in some type of activity or event to keep them going," Stuart said. "Everyone has a niche, but sometimes they don't know what that is until they engage in it. I would say to anyone out there, give yourself an opportunity to participate in something. If you can, get involved in some sort of activity or group and give back to the community. Sometimes we are the vessel to help others and we don't even realize it until we get involved."

Being positive is part of the way Stuart lives his life.

"Get out of the house, get out of the barracks," Stuart said. "There are all sorts of things to do and participate in, both on and off post. In life there is a sunny side and a slummy side. I tend to look on the sunny side. I don't need the negative vibes, I need the positive vibes. The positive vibes have a tendency to get me moving, thinking and being positive."

Stuart said there is good in every day, you just have to find it.



# Fort Polk's All-Star baseball team hits home run with kids, parents

By **ANGIE THORNE**  
Public Affairs Specialist

FORT POLK, La. — When you're a kid, there's nothing like playing baseball. It's part of summer culture right along with snow cones, swimming, hot dogs and lazy days. When the season is done, kids move on to other summer pastimes until the next school season looms. As Fort Polk kids head back to school, it's worth taking note that something a little different happened this baseball season.

When the regular baseball season ended, an All-Star team was formed and a few Fort Polk kids got to extend their baseball season for a little longer.

"This is the first time in 11 years that Fort Polk has had an All-Star team, ages 7 to 8," Brian Lowman, co-captain of the All-Star team, said.

Fort Polk had five little league baseball teams during its regular season and pulled the All-Star team from those rosters.

In the beginning, Lowman said they didn't even know having an All-Star team was an option. Lowman is a dad and grandparent that has volunteered as a coach for years on his kids' teams. So, he started asking questions.

"I feel that every military child should have the same opportunity as kids off post have. The problem is baseball season happens at the same time as block-leave, so there is a shortage of people who are available to take on all that is necessary to make an All-Star team happen," Lowman said. "When I found out none of the kids had done this, I said lets do it. The kids and parents thought it was great."

In building the program, Lowman noted that Fort Polk is at a slight disadvantage to other teams because military children move often. That means the All-Star team, named Fort Polk Americans — All-Star Team, is made up of kids who haven't played together before.

"The teams we were playing against have children that have known each other and been playing together since T-ball. That can be tough, but it doesn't mean the Fort Polk kids shouldn't get the same opportunity as everybody else to play. That was my motivation for starting the program," Lowman said. "All the other coaches have helped me, and it's been a great experience."

Four coaches participated, Lowman, his co-captain, Ryan Phillips, Douglas Roberts and Elshadi Haywood.

The All-Star team was made up of 12 military kids and one child of a Department of the Army civilian, who happened to be a girl.

"She is the only girl in the area that is actually playing on an All-Star team. The other parents in the area didn't know they could," Lowman said. "We went through the process to make sure it was allowed. She is six, and they let her play up to seven for the team. It's



*The Fort Polk All-Star team with their sportsmanship awards.*



*The Fort Polk All-Star team in action.*



*The Fort Polk All-Star team huddles up to talk strategy.*

pretty neat. She's a doll," he said.

For its first year, the Fort Polk All-Star team competed in the sub-district tournament, which was in Leesville. They qualified to go to district. The team also won the sportsmanship award at the sub-district level.

The award was bestowed on the team at the district tournament that was held in Lecompte, Louisiana, June 30-July 3. The award was won due to the behavior of both the team and parents.

"The sportsmanship award is about how the team reacts on the field and the parents react in the stands. It's voted on by the All-Star committee and the umpires. I think they were impressed with us, because we displayed hustle, didn't back talk the umps, didn't have any bad language and displayed an overall positive attitude," Lowman said. "There are some

excitable parents out there. It can get wild and crazy, but our team represented Fort Polk well. The parents and team didn't cause any issues or problems."

Lowman was proud of the team.

"It makes me feel good from the perspective of the kids never doing something like this before and being successful. Setting up this program means Fort Polk kids will be able to do this next summer. That's the goal," Lowman said.

Lowman coached his grandchild on the All-Star team and said this is something he plans to be part of in the future. He said he can't wait until next summer to do this again.

COURTESY FORT POLK'S ALL AMERICANS ALL STARS



## Anger management

Fort Polk Army Community Service, 1591 Bell Richard Ave., building 920, hosts an anger, stress and crisis management class. The class helps people learn to identify triggers and potential stressors, along with positive methods of coping. The next class is held from 11 a.m.-noon Sept. 26. If you are interested, call (337) 531-0636/1938.

## Career classes

Fort Polk Army Community Service, 1591 Bell Richard Ave., building 920, hosts the Stars Are Lined Up For Military Spouses For Federal Careers classes. Class dates are Sept. 20, Oct. 4, Nov. 1 and Dec. 6. The class is from 10-11:30 a.m. If you are interested, call (337) 531-6922 to register.

## Leesville church anniversary

The Mount Olive Baptist Church, 808 Anacoco St., Leesville, is scheduled to host its 111th church anniversary Sept. 11 at 3 p.m. The guest speaker is Rev. Roger Green, Mount Zion Baptist Church, Alexandria. For more information call (337) 239-3933. All are welcome to attend. Also, the church is seeking a keyboard or organist to play at church services. For more information call (318) 550-7969.

**GET IN THE FIGHT  
& GET YOUR IPPS-A TRAINING!**

**JRTC and Fort Polk is facilitating the required Leader Course every Thursday, from 1530 to 1700, at both AAR Theaters in building 1456. Seating capacity is limited to 200.**

Leaders and Managers at all levels are required to complete the Release-3 Leader Training.

**Last Session is scheduled for November 17th, 2022.**

# #FortPolkThingsToDo

**Sept. 1:** Louisiana Shrimp and Petroleum Festival, Morgan City. The event is the oldest chartered harvest festival in Louisiana honoring the two industries that built the area. Activities include an arts and crafts show, live music, children's activities, carnival, a blessing of the fleet, street parade, 5K run/walk, fireworks, car show, art show, an outdoor Mass and plenty of food. This event is free.

<https://www.shrimpandpetroleum.org/events-info>

**Sept. 9-11:** Tawasi Antiques and Art Show, Thibodaux — this event showcases art dealers from across the U.S. Check out a variety of antiques including furniture, silver, glass, porcelain, jewelry, linens, maps, and more.

<https://www.louisianatravel.com/events/events/tawasi-antiques-and-art-show>

**Sept. 15-Nov. 15:** Frogmore Plantation picking and ginning, Frogmore. Experience the cotton harvest as you drag a sack through the fields or watch your guide demonstrate the art of picking cotton. Call (318) 757-2453 for times and dates to verify the modern gin operation.

<https://www.frogmoreplantation.com>

**Sept. 16-17:** Le Tour De Bayou, Alexandria.

Take part in the multilevel event for cycling, running and family fun. Run or ride beautiful scenic byways and party on the bayou. All rides are led and followed by assistance vehicles and there are plenty of stops along the routes. After

the rides, enjoy live entertainment, food, fun and southern hospitality. Registration is open now to take part in this fun event.

<https://www.bikereg.com/le-tour-de-bayou>

**Anytime:** Louisiana Art and Science Museum, Baton Rouge. The museum has both rotating and permanent exhibitions for every interest, including ancient Egypt and the solar system. A highlight is the OmniGlobe. Using the touchscreen on the kiosk, visitors can explore over 200 images and animations related to atmospheric science, ocean science, geophysical science, cosmology, heliophysics and more. Stop by the Irene W. Pennington Planetarium, which houses a 60-foot domed theater that presents digital movies and sky shows.

<http://www.lasm.org/>

**Sept. 22-25:** Louisiana Sugar Cane Festival, New Iberia. Ever wonder about the sugar you use in your sweet recipes? If so, you might stop by the Sugar Cane Festival. Enjoy a street fair, fais do-do's (Cajun dance party), coronation of Queen Sugar, blessing of the sugar cane crop, photo and art exhibits and more.

<https://hisugar.org/>

**Oct. 5-9:** West Louisiana Forestry Festival, Leesville. Kick off fall at the West La. Forestry Festival, held annually during the first full week of October at the Vernon Parish Fair Grounds. The festival features rides and shows, food from local service organizations,

exhibits and vendors.

<https://www.leesvillela.gov/227/West-Louisiana-Forestry-Festival-Fair>

**Oct. 4-8:** Beauregard Parish Fair, DeRidder. It's time for candy apples, funnel cakes and carnival rides at one of the oldest agricultural fairs in the state. The fair is held at the Beauregard Parish Fair Grounds, 506 West Dr., and includes a parade, heart racing rides, exhibits, food, live music and entertainment. Admission is \$5 per person.

<https://beauregardparishfair.com/>

**Oct. 6-8:** Zwolle Tamale Fiesta, Zwolle. The fiesta offers a tamale making demonstration, tamale eating and judging contests, treasure hunt, live bands and dancing, arts and crafts and a parade. The event also features pageants, arm wrestling contests for all ages, a trail ride, Spanish costume contests, carnival rides and food booths, Fiesta Mud Bog Race for trucks and more than 20,000 dozen tamales for sale.

<https://zwolletamalefiesta.com/>

**Oct. 1-9:** Red River Revel Arts Festival, Shreveport. The Red River Revel is an annual festival of food, culture, art and music. Check out more than 80 artists specializing in oils, acrylics, sculpture, jewelry, woodwork, glass, metal and more. There is an entire area for children's activities. This year's festival will be held at Festival Plaza, 101 Crockett St.

<https://redriverrevel.com/>



# Jeffries relishes opportunity to lead Fort Polk religious flock

By **CHUCK CANNON**  
Public Affairs Specialist

FORT POLK, La. — When new Fort Polk Garrison Chaplain (Col.) Michael Jeffries arrived at the sprawling installation in south central Louisiana, it almost felt like a homecoming.

Jeffries grew up in Columbus, Georgia, and said south Louisiana is not much different than South Georgia, with its sandy hills and pine forests.

“I’m not a big city person, so Leesville is a good size for me,” Jeffries said. “Being at Fort Polk is phenomenal.”

Jeffries assumed the role as the installation’s religious leader during a Change of Stole ceremony July 29 at Fort Polk’s Main Post Chapel. Jeffries said he’s excited to be at Fort Polk.

“I believe this is a divine calling and look forward to what God will do in our midst while we are here together,” Jeffries said. “God is definitely at work here.”

Jeffries developed a military tie during college. He began to feel “called” to the ministry and happened to make friends with an active-duty air defense artillery officer and a member of the Georgia National Guard. His National Guard friend said he should consider the Army Chaplain Corps because the Georgia National Guard was short on chaplains.

In the fall of 1992, Jeffries drove to Fort Worth, Texas and began seminary at Southwestern Baptist Theological Seminary. There, he took a chaplaincy class. The Army recruiter talked about the job of chaplain in the Army, and Jeffries said it clicked with him.

“The recruiter told us about the Army Chaplain Candidate program,” Jeffries said. “It sounded like a good deal to me, sort of an ROTC for preachers, so I decided to give it a shot.”

In the summer of 1993, Jeffries headed to Fort Monmouth, New Jersey and the Army Chaplain School. For the next couple of years, Jeffries would spend 45 days annually as an Army Chaplain, primarily at Brooke Army Medical Center in San Antonio, Texas.

Jeffries graduated from seminary in 1996, but at that time it was difficult for a Southern Baptist minister to enter the Army full-time as the focus was on signing up high liturgical ministers such as Lutherans and Episcopalians. So, Jeffries remained in the Army Reserves and went to South Carolina to pastor his first church.

“I pastored there for four years,” Jeffries said. “We were doing well; the church was growing. But I was nearing the time I needed to decide if I was going to become a full-time Army chaplain or resign my commission.”

Jeffries opted to enter the chaplaincy full-time and began active duty. At that time the



*Garrison Chaplain (Col.) Michael Jeffries at his Changing of the Stole ceremony, held at Fort Polk's Main Post Chapel July 29.*



*Garrison Chaplain (Col.) Michael Jeffries at his desk at Fort Polk's Main Post Chapel.*

Army had begun increasing the Chaplain Corps, so it seemed to Jeffries the wise course of action.

In June 30, 2000, he was accepted into the Chaplain Corps and was assigned to Fort Jackson, South Carolina as a basic training chaplain. Following assignments included Germany (with a deployment to Iraq), Fort Benning, Georgia, another Iraq deployment, and back to Fort Benning. He attended Family Life School at Benning and then headed to Fort Bliss, Texas.

Following an assignment as an instructor at the Chaplain School, Jeffries headed to Fort Dietrick, Maryland, where he learned how to be a leader of a team, instead of a one-man band-type of assignment.

“It was a challenge, and I learned so much about being a leader,” Jeffries said. “It was an eye-opening assignment for me.”

From Dietrick, Jeffries was supposed to be headed to Fort Stewart, Georgia, but he got a

call from the Chief of Chaplain Corps about heading instead to a division assignment in Afghanistan.

“He called back a couple of days later and said they wanted to offer me the job as division chaplain with 1st Cavalry at Fort Hood, Texas,” Jeffries said. “So, I did that, deployed to Afghanistan, then followed that assignment with Fort Leavenworth, Kansas.”

At Leavenworth, Jeffries was chaplain of the Mission Command Training Program and U.S. Army Combined Arms Center. That was followed by his current assignment at Fort Polk.

“Everyone I had talked to about being stationed here, especially the married folks, said they loved Fort Polk,” Jeffries said. “We love it here.”

Jeffries said he feels “blessed” to follow Chaplain (Col.) Scott Hamilton. He said the program at Fort Polk is top-notch, and he looks forward to continuing the strong work on the installation.

CHUCK CANNON/LE GUARDIAN



ARMY COMMUNITY SERVICE



# HIRING EVENT

**AUGUST 31 @ 10AM**

**ACS BLDG 920**  
1591 Bell Richard Ave.

Need more info? Contact  
Employment Readiness  
at  
**337-531-6922**



10 September 2022

# CINEMA TIME

## McFarland, USA

Being shown at Bayou  
Theater at 1300hrs  
(1pm).



Bring your family and  
friends

FORT POLK MWR PRESENTS

# LOUISIANA Hayride

HOME OF HEROES PARKING LOT

**OCTOBER 1**  
**11 AM - 4 PM**



- LIVE MUSIC
- PUMPKIN DECORATING
- HAYRIDES
- BOSS CAR SHOW
- CARDBOARD REGATTA
- BBQ COOKING CONTEST

AND MANY MORE!  
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# AFAP TOWN HALL

Army Family Action Plan

## THE VOICE OF THE CUSTOMER

**6 SEPTEMBER**  
**1730-1830**  
ARMY COMMUNITY SERVICE  
BLG 920

FOR MORE INFORMATION CALL  
**337-531-7087**



GARRISON COMMANDER'S

# GOLF

SCRAMBLE & SOCIAL

**2 SEPT**

**9 AM** Warrior Hills  
Golf Course

Lunch & Social at 1:30 PM  
Lunch will be served at  
completion of scramble

PLEASE CALL  
**337-531-4661**  
FOR MORE INFORMATION  
POLK.ARMYMWR.COM

Registration open at the Warrior Store  
until 5 PM August 31

**\$50**  
\$55 AFTER  
AUG 31

PRICE INCLUDES  
• GREEN FEE  
• HALF CART  
• AWARDS



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# Chapel Religious Education

Religious Support Office

## Protestant Women of the Chapel (PWOC).

PWOC is a protestant small group, fellowship program. Focusing on small group learning, biblical based studies, and fellowship opportunities PWOC Meets on Tuesday's @ MPC. Join us on facebook @ PWOC Fort Polk.



## Adult Bible Study.

A biblically based family style study diving deeper into the weekly sermon. Wednesday nights @ MPC. A weekly investigation into the Bible. Join us on facebook @ Unity Fellowship.



## Catholic Women of the Chapel (CWOC).

CWOC is a catholic women small group program. Focusing on study, and fellowship opportunities, this group can help you find your tribe of Catholic sisters. CWOC meets on Wednesday mornings @ MPC. Join us on facebook @ Fort Polk CWOC for more information.



## Little Explorers



A wednesday night study for little people, This program , for school age kids meets two to three times a month on Wednesday evenings. This season children will be exploring the parable path. For more information join us on facebook @ Fort Polk Little Explorers.

## Catholic Religious Ed. ( CCD, RCIA, RCIC)

A traditional catechesis for school age children, or rite of christian initiation courses for children/ adults seeking to become Catholic. Weekly meetings, after Mass @ MPC. For more information join us on facebook @ Fort Polk, St. Francis of Assisi Catholic Community.



## Youth of the Chapel

A Christian group just for military teens. This group is busy, from small group study, retreats, service projects and more. Come for the fun, stay for the fellpwhship! Open to military teens grades 6-12. Fall schedule TBA.

## Parents of Little Kids @ Polk

A nondnominational program based on Christian Values. This program strives to connect with the family as a while Investing in military specific topics, offering spiritual relevance, and practial guidance. This group celebrates the military village. Weekly meetings on Thursday's at MPC. For more information join us on facebook @ Parents of Little Kids at Polk,



## Fort Polk, Religious Education.

For more information contact: Director, Religious Education, Chrissa M. Gross @ Chrissa.m.gross.civ@army.mil or 337-531-7056



# JRTC and Fort Polk 46<sup>th</sup> Annual Retiree Appreciation Day!

**15 October 2022**

**Opening Ceremony 8:00AM**

**Consolidated In & Out Processing**

**1716 3<sup>rd</sup> Street, BLDG 250**

**Fort Polk, LA. 71459**

**Open to all DOD ID card holders.**



**We will have Information Booths,  
Equipment Displays, refreshments,  
Legal, ID card services and a  
Soldier for Life Golf Tournament!**

**After the opening ceremony, and cake cutting**

**Bayne-Jones Army Community Hospital**

**1585 3<sup>RD</sup> Street. BLDG 285**

**will be offering Information Booths, Health Screenings,  
Immunizations as well as Pharmacy and Dental Services.**

**Come out and  
see what we  
have for you!**



**Sponsored by your  
Fort Polk Retired  
Soldier Council**

# Soldier For Life Golf Tournament

**JRTC and Fort Polk's Retired Soldier Council**

**Invites all DOD Id card holders on**

**15 October 2022**

**4 Person Team Scramble  
Price is \$50 per head for all  
fees, lunch and prizes galore!**



**The Event Begins at 9:00am**

**Register Today at (337) 531-  
4661**

**Warrior Hills Golf Course**

**1321 Corps Road**

**Fort Polk, LA. 71459**

**This tournament is part of the 46<sup>th</sup> Annual Retiree Appreciation Day  
Activities and sponsored by the Retired Soldier Council.**



## Illegal stormwater dumping washes future down drain

**DPW-ENRMD**

FORT POLK, La. — At the Joint Readiness Training Center and Fort Polk, there is a Water Resources Team who monitors waterways to ensure they are healthy and well maintained.

Visual assessments, quarterly sampling and erosion-control measures are an integral part of monitoring waterways. The best way to ensure the health of Fort Polk's waterways is to keep unnatural materials out of streams. One way to do that is to report illegal dumping and illicit discharges.

This is where the Fort Polk community er

comes in. Illicit discharges are materials that flow into a storm drain that are not composed entirely of storm water. The only exceptions are discharges authorized under a stormwater permit.

Should you see any of the following, call the stormwater response line at (337) 531-9626.

- Illegal dumping
- Spills of more than 10 gallons, call the Department of Emergency Services
- Soapy and foaming pipe discharges
- Excessive sediments entering a storm drain
- Constant wet conditions during dry weather

- Excessive trash
- Illegal dumping of wastes into a storm drain
- Sanitary sewer overflows
- Visible observation of pollutants entering the storm drain
- Sewage smell or floatables from storm drain outfalls
- Leaks from exterior pipes

Should you see any of the above, please note the following:

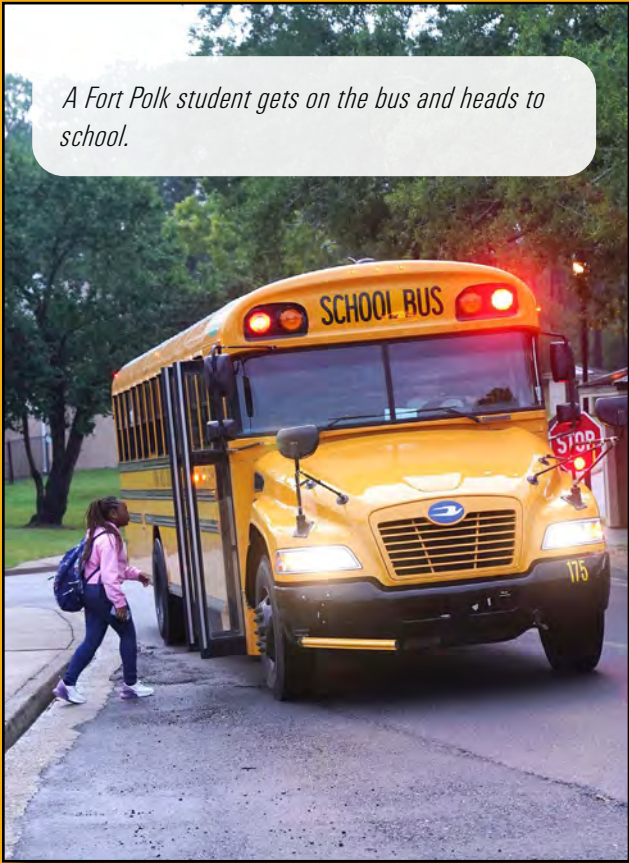
1. Facility location and building number
2. Address, including street name
3. Description of the water leak or stormwater discharge

Do your part. Healthy waterways support a healthy environment and are vital for future generations.





# Fort Polk command supports students as they head back to school



A Fort Polk student gets on the bus and heads to school.



Garrison command staff takes time to visit with Vernon Middle School staff and students.

KEITH HOUIN/6GUARDIAN



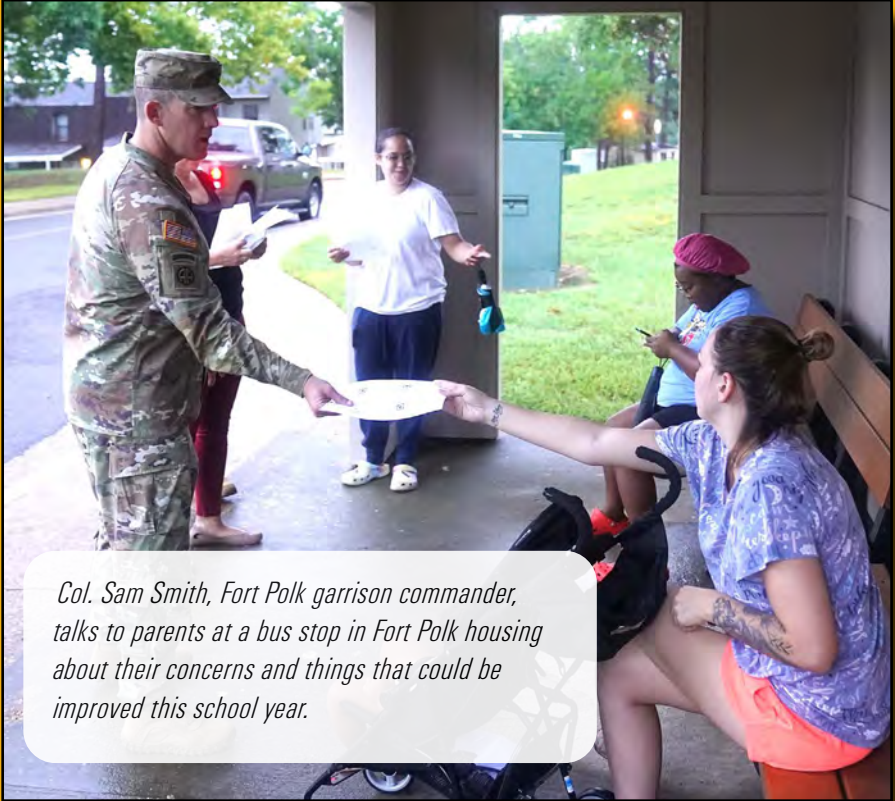
Fort Polk garrison Command Sgt. Maj. Stephen Nielson talks to a couple of Fort Polk students at a bus stop in housing as they wait for the bus.



Col. Sam Smith, Fort Polk garrison commander, fist bumps students as they arrive at Pickering Elementary School Aug. 23.



Col. Sam Smith, Fort Polk garrison commander, greets parents and students at Vernon Middle School Aug. 23.



Col. Sam Smith, Fort Polk garrison commander, talks to parents at a bus stop in Fort Polk housing about their concerns and things that could be improved this school year.



# Beach **Bash** brings beneficial boost of fun to single Soldiers



*Better Opportunities for Single Soldiers hosted its annual Beach Bash at Fort Polk's Toledo Bend Recreation Center Aug. 19. Single Soldiers were able to take the day off to have some fun, eat and relax on Toledo Bend Lake.*



COURTESY BOSS





# Women have come long way to celebrate day of equality

By KEVIN B. STUART

BJACH Ombudsman

FORT POLK, La. — Imagine living in a society in which you have no voice. You can't vote or hold a job without your spouse's approval; and if you are employed, then your wages belong to your spouse.

If unmarried, jobs were probably low-paying and physically demanding positions in a factory, mill or possibly an equally low-paying job as a teacher, nurse or secretary. Complaining the system and laws are unfair would probably mean losing the job.

It was a time in which law did not hear your voice, nor recognize your claims or concerns. You are helpless and must rely on the "good nature and wisdom" of those around you.

This was the everyday life and helpless status of numerous women in America for many years until changes were made in property laws and women won the right to vote in 1920.

By presidential proclamation, every year since 1973, Americans have officially commemorated Women's Equality Day on Aug. 26, the anniversary of the ratification of the 19th Amendment (Aug. 26, 1920), giving women the right to vote. The constitutional

amendment was the culmination of a massive civil rights movement by women, and a few men, that had its formal beginning in July 1846, at the Women's Rights Convention in Seneca Falls, New York.

Many women were instrumental in gaining the right to vote; one name that is familiar to many is Susan B. Anthony (first woman in American history to have her image on a U.S. currency-dollar coin).

She was born in 1820 and was a teacher, writer and temperance and abolition organizer who is widely known as the founder of the women's right's movement.

She and other suffragists, such as Elizabeth Cady Stanton, Lucretia Mott, Lucy Stone, Carrie Chapman Catt, Anna Howard Shaw, Martha C. Wright and Mary Ann McClintock, paved the way for women to vote and enter politics.

The struggle for the ratification of the 19th Amendment was a long and arduous one but successful in the end.

Drawing on the energy of women and men who supported the temperance and abolition movements, the conference implored women's right to suffrage. Today, we celebrate Women's Equality Day in remembrance of the years of hard work to secure the rights of women to vote. This day also recognizes the

contributions civilians and women in the military have made in America's history. Women have made great strides and continue to break glass ceilings in several areas.

I think it is crucial the voice of women are heard and used to secure rights for those who will follow in the future. As Women Equality Day continues to be celebrated, the brave and visionary women and men who struggled, suffered and campaigned for equal rights should be acknowledged.

Women's Equality Day gives us an opportunity to reflect on the continued struggle for equality in the workplace and other areas of society. Women in public service and government have long served this nation by working to clear barriers, enforce laws and implement new ideas to help modify people's attitudes.

I truly believe that equality equates to opportunity and opportunity relates to progress, which ultimately leads to unity and success for all in America. Every citizen must have the chance to achieve success without regard to gender, color, nationality, religion, national origin or race.

Women's Equality Day is a reminder of the opportunity and, in some instances, the responsibility to help create a society that gives both women and men an equal voice and right to vote!

## COMMENTARY

AUTO SKILLS CENTER PRESENTS

# VEHICLE AUCTION

AUG 12 - SEPT 5



Scan to view cars

BLDG 4529

Viewings will run from August 19 to Sept 2

FOR MORE INFORMATION VISIT [POLK.ARMYMWR.COM](http://POLK.ARMYMWR.COM)







# Fort Polk Soldiers found guilty for 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 assigned to 46th Engineer Battalion was separated from the Army with a general discharge for possession of marijuana and bared from the installation. A general discharge may result in a loss of benefits and could cause difficulty obtaining civilian employment.

- A private first class assigned to 1st Battalion (Airborne), 509th Infantry Regiment received a permanently filed General Officer Memorandum of Reprimand for domestic violence.

- A specialist assigned to 1st Bn (Abn), 509th Inf Reg received a permanently filed GOMOR for domestic violence.

- A sergeant assigned to 1st Bn (Abn), 509th Inf Reg received a permanently filed GOMOR for abusive sexual contact.

- A specialist assigned to 519th Military Police Battalion received a Field Grade Article 15 for wrongful use of tetrahydrocannabinol.

They received a punishment of reduction to the grade of E-1, forfeiture of half of one month’s pay for two months, 45 days of extra duty and 45 days of restriction.

- A staff sergeant assigned to Medical Department Activity — Fort Polk received a Field Grade Article 15 for wrongful use of cocaine. They received a punishment of reduction the grade of E-5 and 45 days of extra duty.

- A specialist assigned to 519th MP Bn received a permanently filed GOMOR for driving under the influence of alcohol.

- A private assigned to 1st Bn (Abn), 509th Inf Reg was separated from the Army with a general discharge for possession of marijuana. A general discharge may result in a loss of benefits and could cause difficulty obtaining civilian employment.



## 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.

1988	Chevrolet	3500	4195
2011	Dodge	Avenger	1373
2014	Nissan	Altima	6092
2016	Kia	Reo	5808
2008	Ford	Explorer	3754
2001	Volvo	S 40	1073
2007	Acura	RDX Turbo	1092
1995	Chevrolet	Caprice	3876
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
2010	Nissan	Altima	6499
2005	Ford	Explorer	4483
2012	Chevrolet	Malibu	1689
2016	Chevrolet	Malibu	5420
2002	Dodge	1500	7497
2006	Ford	F150	6507
2015	Ford	Escape	8502
2004	Infinity	Q35	8469
2012	Kia	Optima	1405
2011	Nissan	Sentra	4417
2009	Honda	Civic	3562
UNK	Baja Warrior	Mini bike	UNK
1997	Dodge	1500	3720
2012	Dodge	Avenger	0247
2016	Jeep	Cherokee	7670
2006	Ford	Focus	5525
2020	Kia	Sorento	5641
2018	Toyota	Corolla	9110
2000	Dodge	Durango	1293
2012	Chevrolet	Malibu	7822
2004	Chevrolet	1500	1742
2008	Mitsubishi	Galant	1159
2013	Dodge	Dart	1997
2015	Kia	Cadenza	1160
2003	Honda	Accord	6673

