

THE JRTC AND FORT POLK

GUARDIAN

Monday, Dec. 19, 2022 Vol. 49, No. 24



Inside:

- Hospital recognized with award page 1
- North Fort green sand ribbon cutting page 4
- Spouses take part in employment workshop page 7
- BOSS distributes holiday toys page 8

QUALITY OF LIFE LINES OF EFFORT



HEALTH CARE



CHILD CARE



SPOUSE
EMPLOYMENT



HOUSING

Fort Polk Hospital earns top national recognition

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital was nationally recognized as a Top Hospital by The Leapfrog Group during their annual meeting and awards dinner in Washington, D.C. Dec. 6.

Col. Aristotle Vaseliades, BJACH commander, said the Leapfrog Top Hospital recognition is widely acknowledged as one of the most competitive awards American hospitals can receive.

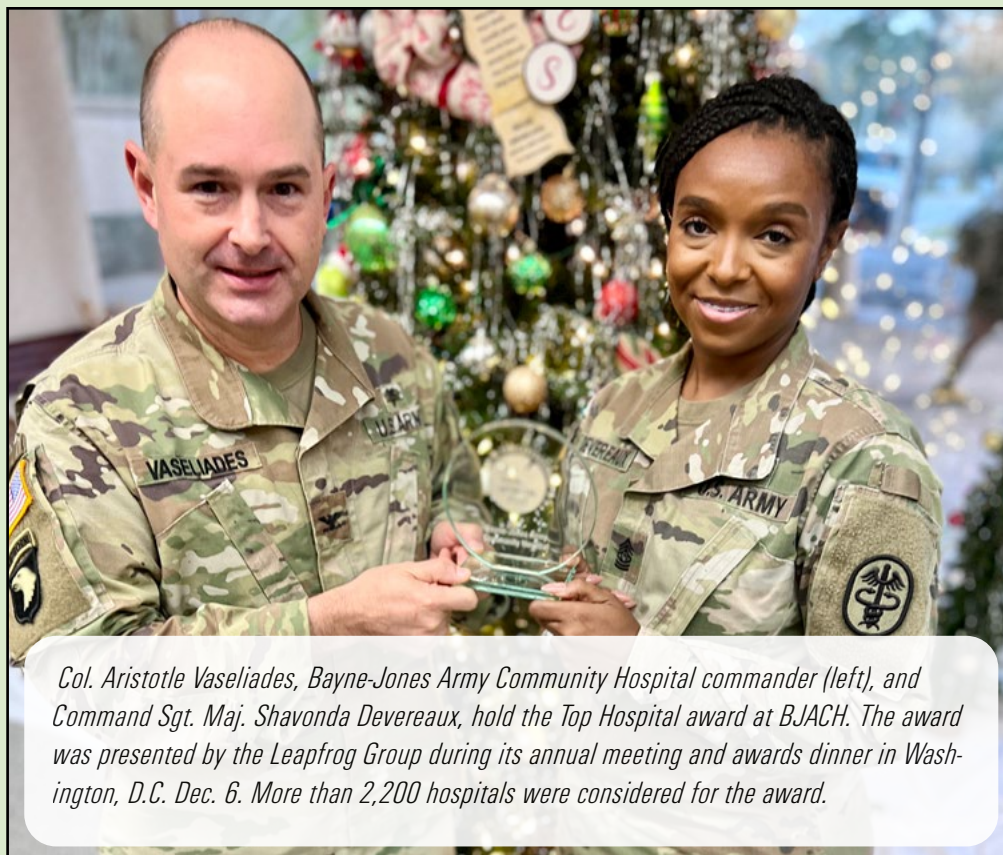
"This recognition means a lot! Our staff and beneficiaries should be proud," Vaseliades said. "Leapfrog is an independent organization that looks at hospitals across the country and evaluates them on their quality and safety. This award signifies how well BJACH compares to similar facilities."

According to the Leapfrog Group, only 5% of eligible hospitals earn Leapfrog Top Hospital.

"As a recognized Leapfrog Top Hospital, we are committed to putting our patients first," Vaseliades said. "We're proud of our commitment to offer safe, high-quality care every day."

Vaseliades said safety, quality and transparency are prioritized at BJACH.

More than 2,200 hospitals were considered for the award. Among those, BJACH received a Top Rural distinction. A total of 115 top hospitals were selected as Top Hospi-



Col. Aristotle Vaseliades, Bayne-Jones Army Community Hospital commander (left), and Command Sgt. Maj. Shavonda Devereaux, hold the Top Hospital award at BJACH. The award was presented by the Leapfrog Group during its annual meeting and awards dinner in Washington, D.C. Dec. 6. More than 2,200 hospitals were considered for the award.

tals, including 12 Top Children's, 32 Top General, 13 Top Rural and 58 Top Teaching.

The quality of patient care across many areas of hospital performance is considered in establishing the qualifications for the award, including infection rates, practices for safer surgery, maternity care and the hospital's capacity to prevent medication errors.

The rigorous standards are defined in each year's Top Hospital methodology.

"We are honored to recognize Bayne-Jones Army Community Hospital as a Top Hospital this year," said Leah Binder, president and CEO of The Leapfrog Group.



Bayne-Jones Army Community Hospital

"BJACH has demonstrated that they truly put patients first. We congratulate the command, staff and clinicians whose efforts made this honor possible."

Stacy Hall, chief of quality and safety for BJACH, said to qualify for the Top Hospitals distinction, hospitals must rank top among peers on the Leapfrog Hospital Survey, which assesses hospital performance on the highest standards for quality and patient safety.

"The survey measured the safety culture across numerous dimensions such as patient safety, infection prevention, medication

Please see **Recognition**, page 2



JRTC and Fort Polk

Brig. Gen. David W.
Gardner

Joint Readiness Training Center
and Fort Polk

Commanding General

Col. Sam Smith

Garrison Commander

Timothy M. Andersen

Deputy Garrison Commander

Deven B. King

Director of Public Affairs

Keith Houin

Deputy Public Affairs Officer

Public Affairs Staff

Angie Thorne

eGuardian Editor

Jeff England

Broadcast

Chuck Cannon

Community Relations Officer

1st Lt. Juncheng Lai

Social Media

Spc. Kelly Acevedo

Writer

Editorial Offices

Building 4919, Magnolia Street

Fort Polk, LA 71459-5060

Voice (337) 531-4033

Fax (337) 531-1401

Email: usarmy.polk.id-readiness.list.fort-polk-pao-office@army.mil

Fort Polk Homepage

home.army.mil/polk/

The Guardian is an authorized publication for members of the U.S. Army. Contents of the Guardian are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or Fort Polk.

The Guardian can be found on the JRTC and Fort Polk web site at home.army.mil/polk/ and the JRTC and Fort Polk Facebook page at [@JRTCandFortPolk/](https://www.facebook.com/JRTCandFortPolk/). Guardian archives can also be found on the JRTC and Fort Polk website.

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

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.



Cover photo: A Fort Polk Family chooses holiday presents at the Directorate of Public Works building 2613 Dec. 14. The toys were donated to help make the season brighter for Soldiers and their Families. (Photo by Spc. KELLY ACEVEDO)



ANGIE THORNE/CGUARDIAN

Palmetto housing town hall

A Housing Town Hall was held Dec. 12 in the Palmetto Terrace neighborhood. Installation leadership, housing officials and unit and organization representatives were able to talk to residents as they shared their housing concerns and asked questions. The town hall is a way for Fort Polk leadership and the community to maintain a positive connection through open communication.



Recognition

Continued from page 1

safety, staffing, leadership and patient care,” Hall said. “These results are used to advance the military health system in providing ready and reliable care, assist beneficiaries in making healthcare decisions, augment transparency measures and provide tools for system-wide standardization, benchmarking and improvement.”

It’s important for patients to feel confident in the care they receive.

“I was confident we would be in the running to be named a Top Hospital because of the culture of safety we have worked hard to create from the command team to the patient care providers and everywhere in between,” Hall said. “This distinction is an honor and a tes-

tament to how hard our organization works. This is just the beginning. We must continually strive to improve and provide safe, high-quality care to our Soldiers, their Families and our retired military beneficiaries.”

Being named a top hospital says a lot about BJACH.

“Our patients can rest assured that while stationed at Fort Polk they will receive exceptional health care,” Vaseliades said. “We are on par with the some of the best in the country when it comes to safety and quality.”

BJACH has supported the American warfighter for more than 80 years at the Joint Readiness Training Center and Fort Polk. Originally established as a field hospital in 1941, the cur-

rent facility was opened in 1983 and named in honor of Brig. Gen. Stanhope Bayne-Jones, a New Orleans native and renowned bacteriologist, responsible for the control of typhus in Europe at the conclusion of WWII.

Today, BJACH operates a 20-bed facility and provides medical care to rotational units, Soldiers and Families stationed at JRTC and Fort Polk, along with a large retiree population.

The Leapfrog Group was founded in 2000 and is a national nonprofit organization driving a movement for giant leaps when it comes to patient safety. To learn more about Leapfrog Group, and see the full list of institutions honored as 2022 Top Hospitals, visit www.leapfroggroup.org/tophospitals.

FLU VACCINE FOR SERVICE MEMBERS



**ARE YOU AN ACTIVE DUTY OR GUARD/RESERVE MEMBER?
YOU'RE REQUIRED TO GET THE FLU VACCINE.**

3 OPTIONS FOR GETTING THE FLU VACCINE

ALWAYS CALL AHEAD TO MAKE SURE THE FLU VACCINE IS AVAILABLE



MILITARY HOSPITAL OR CLINIC

- You have priority at military hospitals and clinics.
- Call to make sure it is available.

PARTICIPATING NETWORK PHARMACY

- You can also get vaccines at participating retail network pharmacies. Not all network pharmacies participate in giving vaccines. Call ahead to confirm.
- Be sure to get your vaccine from the pharmacist, not from a health provider in a pharmacy clinic, to avoid possible out-of-pocket costs.
- If you go to a participating network pharmacy, you won't have any cost-shares or copayments if the flu vaccine is administered by a pharmacist. You can also go to a TRICARE-authorized provider at a participating network onsite clinic.

TRICARE-AUTHORIZED PROVIDER

- If seeing a provider other than your Primary Care manager (PCM), you must have a referral from your PCM.
- In addition, you may have to pay copayments or cost-shares for the office visit.

**AVOID HAVING TO GET
THE SHOT TWICE!
SAVE YOUR RECEIPT.**

FOR YOUR RECORDS

WHEN YOU GET A FLU VACCINE FROM A PARTICIPATING NETWORK PHARMACY OR A TRICARE-AUTHORIZED PROVIDER, FOLLOW YOUR SERVICE POLICY GUIDANCE FOR RECORDING THE VACCINE IN YOUR SHOT RECORD. YOU'LL NEED THE FOLLOWING INFORMATION:

- THE DATE THE VACCINE WAS GIVEN
- THE VACCINE NAME OR CODE
- MANUFACTURER
- LOT NUMBER



TRICARE.mil/flu



North Fort ribbon cutting completes Fort Polk's green sand filtration

By **CHUCK CANNON**
Public Affairs Office

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk held a ribbon-cutting ceremony Dec. 6 on North Fort Polk for the installation's fourth and final green sand filtration system, the last three part of a \$21 million project to improve the quality of life for Soldiers, Family members and civilian workers, as well as rotational troops who train at the JRTC.

The North Fort plant, along with two plants on South Fort and one in the North Fort housing area, filters magnesium and iron from Fort Polk's underground aquifers, removing the brown coloration from the water.

Nathan Jernigan, Directorate of Public Works Operations and Maintenance Division chief, said the green sand filtration system is important to water quality on the installation.

"This one in the North Fort cantonment area completes the project," Jernigan said. "It benefits our rotational units as they draw water for their training, that is free from iron and manganese and the brown water that comes with it. It also benefits any facility here on North Fort cantonment."

The first plant was built in the 1990s and ran for about 10 years. In 2014, American Water was asked to get the plant back up and running to see if it was a viable way to combat the brown water on Fort Polk.

After proving successful in the North Fort housing area, the current project was approved, and construction began in 2019. Two plants were constructed in the South Fort cantonment area, followed by the North Fort cantonment area.

"This completes the installation," Jernigan said.

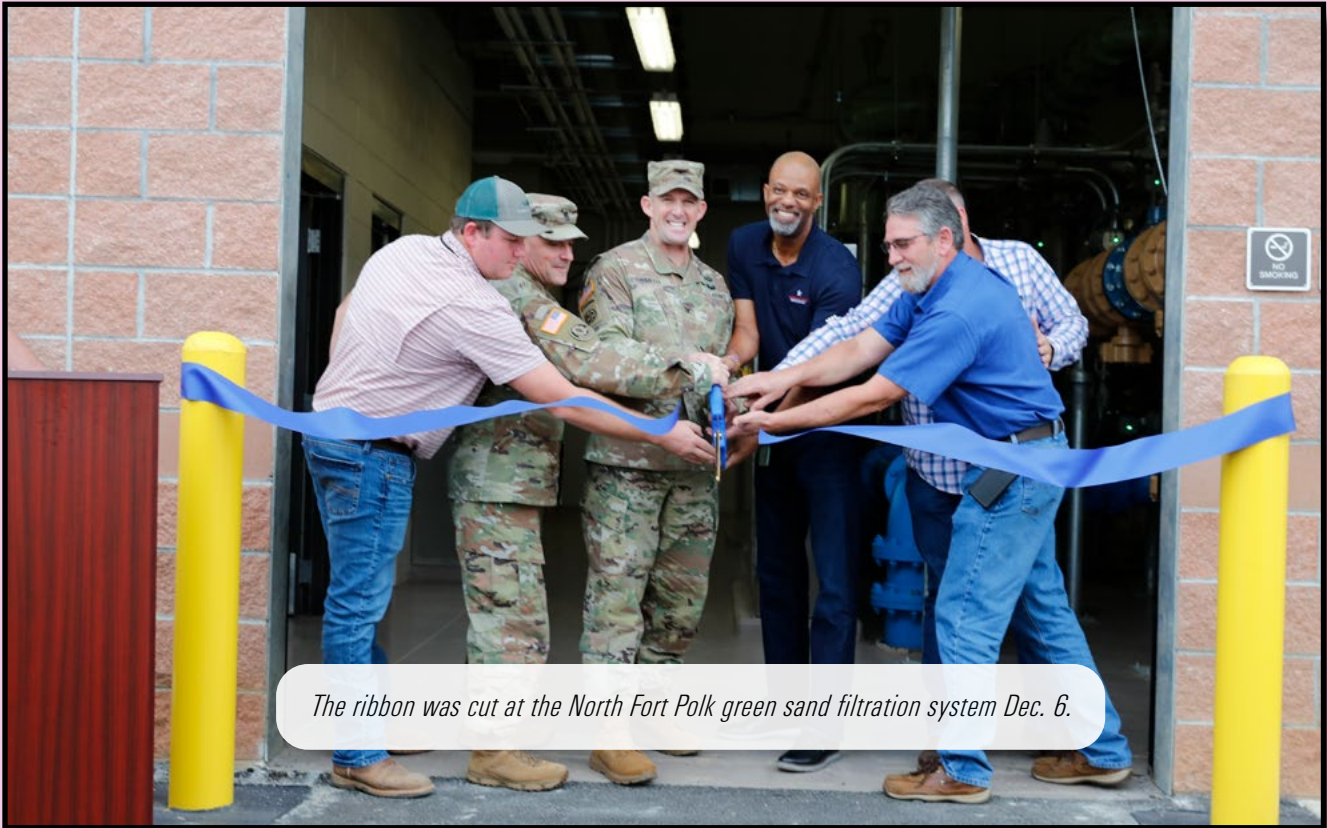
Col. Sam Smith, commander, U.S. Army Garrison Fort Polk, said the ribbon cutting was a great day for Fort Polk residents, workers and visitors.

"Water quality varies from place to place, depending on the condition of the source from which it is drawn and the treatment it receives," Smith said. "We have always met the EPA regulations for our water, but the color has not been ideal. Today this changes."

Smith said the Fort Polk command team takes water quality seriously and the safety of Soldiers, Families and civilians is their number one priority.

"Ensuring we provide high-quality water service is our business," Smith said. "The water is monitored and tested at multiple points throughout the process of drawing it from its source, treating it to meet drinking water standards, and distributing it."

American Water treatment plant operators and the Directorate of Public Works perform sophisticated drinking water testing and anal-



The ribbon was cut at the North Fort Polk green sand filtration system Dec. 6.

CHUCK CANNON/ eGUARDIAN



Col. Sam Smith, Fort Polk garrison commander, spoke at the North Fort Polk green sand filtration ribbon cutting held Dec.6.



Garrison Command Sgt. Maj. Stephen Nielson, tours the inner workings of the North Fort Polk green sand filtration system Dec.6.

ysis and Fort Polk's drinking water scores among the highest of all water companies.

Sean Wheatley, vice president of American Water Military Service Group, said his company enjoys its working relationship with Fort Polk.

"It's great to come here today and unveil the new treatment plant," Whitley said. "We're excited to support the warfighters and their Families and are concerned about their health and welfare. We're happy to be part of the team here at Fort Polk."

Since 1941 Camp Polk — now Fort Polk — has encountered brown water given the high manganese and iron in the Louisiana environment.

Smith said thanks to the partnership with the local community, the Army and American Water, the corner is turned on addressing the color of Fort Polk's water.

"We have the means with investments from the Army and the partnership with American Water to improve our water quality," Smith said. "With the opening of this North Fort treatment plant, we will eliminate 99% of the brown water that is caused by the high iron and manganese. This is a significant advancement and development for our installation. We owe the best water quality for our Soldiers, Families, civilians and today our Army and partnerships have delivered."

Team Polk focused on supporting warfighter with its construction efforts

By RANDY CEPHUS

U.S. Army Corps of Engineers-Southwest Division

FORT WORTH, Texas — Leesville, Louisiana, is a small, rustic town engulfed by a variety of pine and oak trees. This quiet little hamlet prides itself as being a place that offers a smile, a handshake and strong sense of community. It is a place where life has not changed much since the 1970s.

Just outside of town lies a military installation with a unique mission, emerging from the forest of oaks and evergreens. Welcome to Fort Polk, the home of the Joint Readiness Training Center!

“Fort Polk is the premiere light infantry training center in the world. The light infantry units come here before deploying overseas,” said Fort Polk resident engineer, Steve Sherrill.

The installation is also home to the 3rd Brigade Combat Team, 10th Mountain Division, the 519th Military Police Battalion, the 5th Aviation Battalion, the 46th Engineer Battalion, and the Joint Readiness Training Center Operations Group.

As the resident engineer, it is Sherrill’s responsibility to manage the various projects that support the mission and provide quality of life for Soldiers and Family members.

“The Fort Polk construction program is very robust and complex, so we try to match our Corps personnel to their strengths when assigning responsibilities for its execution,” said Sherrill. “But the most important thing is to build and maintain relationships with our contractors, stakeholders and other partners. It’s all about relationships.”

The resident office manages numerous renovations, maintenance, and new construction projects by maintaining positive working relationships with Fort Polk’s Directorate of Public Works, and according to Sherrill, this is vital to ensuring Fort Polk remains a premiere place to work, live and play.

“The DPW is our stakeholder, and they hire us to deliver quality projects to them. We do this because at the end of the day, it is the Soldier, the end user, that will benefit from what we deliver,” Sherrill said.

Sherrill and the Polk office are part of the Fort Worth District’s Eastern Area Office, which also oversees Corps projects at Barksdale Air Force Base, just outside of Shreveport, Louisiana, and the Red River Army Depot in Texarkana, Texas.

“Our Fort Polk resident office maintains a program consisting of barracks construction and renovation, life support, support to the warfighter and disaster relief projects,” said Gary Westby, the engineer in charge of the Fort Worth District’s Eastern Area Office.

A major deliverable item is barracks for single and unaccompanied Soldiers. As one drives around the installation, various barracks complexes can be seen nestled up against natural



Construction crews make renovations to VOLAR barracks at Fort Polk, which will solve maintenance challenges caused by condensation and provide quality-of-life upgrades for Soldiers.

wooded green space to provide a comfortable and relaxed atmosphere.

“With our new barracks initiatives, we tried to make it more like a private home and incorporate many quality-of-life aspects into the buildings,” said Sherrill.

The enlisted barracks designs have transformed over the years to align with the changing views on supporting the Soldier. During the World War II era they took on a squad bay style, then transitioned to the Volunteer Army or VOLAR barracks after Vietnam, where around six Soldiers shared a room and the entire unit shared shower and living spaces.

Today, the barracks focus changed to offer Soldiers more privacy, where a single Soldier has his own living space or where two Soldiers share common spaces such as living, dining and kitchen areas, but have private bedrooms.

“Some of the new buildings offer shared common areas but private sleeping areas like a two-bedroom apartment,” added Sherrill. “With this concept, you have a buddy to look after you, but still maintain some level of privacy.”

Over the past few years, a focus on energy efficiency was incorporated into the overall VOLAR renovation program on Fort Polk. These new VOLAR designs are required to meet LEED Silver requirements.

Recently, the team completed a \$17 million dollar barracks renovation project. Sauer Inc. was awarded the contract in 2018 as a design-build project. It consisted of drainage improvements, increased energy efficiency, and engineering a vapor barrier. Additionally, the project converted existing two-bedroom areas to larger one-bedroom suites.

“These are state-of-the-art design solutions that will solve all current maintenance challenges caused by condensation, thus bringing

the barracks up to current standards, and improving the quality of life for Soldiers while extending the life of the facility,” said the Fort Worth District’s deputy chief of Engineering and Construction, Clay Morgan.

To complement initiatives established by privatized housing, where neighborhoods provide playgrounds and parks to keep family members entertained, the Fort Polk team has made major contributions to quality-of-life, or life support initiatives. Work included renovations to the installation’s Olympic-sized pool, upgrades to the locker room, and the addition of a waterslide.

Sherrill said they also refurbished a children’s splash pad at a separate location. Another quality-of-life upgrade that is underway is the overhaul of a teen youth center which will receive a new game room, computer lab and basketball court.

“I get an extreme sense of pride and satisfaction whenever we turn over a project to our stakeholder. We treat each project the same whether it’s a \$30 million barracks or a \$250,000 maneuver trail,” added Sherrill.

Key to the overall Fort Polk military construction program is the support the team provides to the warfighter’s mission. In past years, the team repaired the old rail system so military units can ship equipment from their home station to the training site. They also constructed ranges and life support areas for units going through training.

Sherrill also highlighted a few renovations to tactical equipment maintenance facilities that are in the works. Renovations include gutting buildings to replace electrical lines, HVAC systems, Petroleum, Oil and Lubricant, or POL systems, and vehicle exhaust and air compres-

Please see **Construction**, page 6

If you **did not** drop it, **do not** pick it up!

UXO, Dud, Training Round, War Trophy, Souvenir
NO MATTER WHAT YOU CALL THEM! THEY CAN BE DEADLY!

Learn and Follow the **3Rs**

RECOGNIZE: The danger that a souvenir munition poses to yourself, your family and your neighbors

RETREAT: Do not disturb, touch or move it
 Do not give or throw it away

REPORT: Call 911

Recognize
Retreat
Report

www.denix.osd.mil/uxo

You never know who you'll run into at Fort Polk

Especially when you're texting and driving

Construction

Continued from page 5

sion systems.

"This is just the start," he said. "We plan to ultimately renovate all of the maintenance facilities on the installation."

The state of Louisiana and Fort Polk have been hit in recent years by natural disasters. As part of the recovery effort, the team has been allocated funding for storm damage repairs. According to Sherrill, his team is working on several contracts to do major repairs caused by hurricanes Laura and Delta which occurred in August and October of 2020.

"The majority of the repairs are to fix damaged roofs and doors on many of the maintenance and other buildings. We are also repairing the steeple to the main post chapel," said Sherrill.

Sherrill notes that managing the Fort Polk program is very exciting, but it does have its challenges. Therefore, teamwork and collaboration are very important. But what makes it all worthwhile for team Polk is completing projects that will greatly benefit Soldiers, Families and the Fort Polk community.

"We would not be successful without the combined efforts of the local teams and partners here at Fort Polk and the folks in our area and district offices. It takes a total team effort," he said.

"These types of projects matter and make a difference in our Soldiers' lives and are among the top priorities on this installation. This is where the rubber meets the road when we say Fort Polk is a quality-of-life installation. What we are doing here and within the Army to modernize our facilities and improve the quality of life for our Soldiers proves that," said Brig. Gen. David W. Gardner, JRTC and Fort Polk commanding general.



Corps personnel inspect ongoing construction at one of the VOLAR barracks on Fort Polk during a recent site visit. The barracks renovations will raise ceilings, improve lighting and convert existing two-bedroom areas into larger one-bedroom suites.



Corps representatives inspect the newly completed \$17 million dollar barracks renovation project, Nov. 2 on Fort Polk. Sauer Inc. was awarded the contract in 2018 as a design-build project consisting of drainage improvements, increased energy efficiency and a vapor barrier. Additionally, the project converted existing two-bedroom areas to larger one-bedroom suites.

RANDY CEPHUS/ U.S. ARMY CORPS OF ENGINEERS- SOUTHWESTERN DIVISION

Spouses engage in Employment Readiness Programworkshop

By Spc. KELLY ACEVEDO
Public Affairs Office

FORT POLK, La. — As Soldiers across the nation raise their right hand during the oath of enlistment, their spouses make a life-changing commitment as well. They promise to support and love that Soldier regardless of the circumstances the military may put them in.

There is so much pride that comes with marrying a Soldier, but the downside is spouses are expected to make sacrifices as well.

For instance, they move every few years, leave behind Family and friends and take on the role of both parents when their Soldier deploys, or trains for days or weeks.

Many spouses dread a permanent change of station move. Will their new home be what the family needs? How much farther will they be from their family back home? Then to top it all off, where will they work to help provide for the Family?

Soldiers and Families heading to Fort Polk as a new duty station have support and opportunities when it comes to spouse employment because the installation's Army Community Service Family Readiness Center facilitates an Employment Readiness Program that helps military spouses seeking work, including government jobs on Fort Polk.

Stacey Delgado, the Employment Readiness Program Manager, administers a spouse employment workshop that educates and guides spouses in their efforts to obtain employment. A workshop took place Dec. 6.

During the lesson Delgado gives a walk-through of the USAJOBS website, provides examples of a federal resume and hands out "The Stars are Lined Up for Military Spouses for Federal Careers" booklet for the students to keep. The booklet covers topics such as how to find USAJOBS announcements, jobs on military bases and how to apply for them.

The environment in the classroom is a comfortable place for spouses to ask questions, attain knowledge from the other spouses and help one another. Students in the workshop shared how they benefitted from the lesson.

"When I typed military spouse on the USAJOBS search engine, only three available jobs appeared. Whereas here, more jobs appeared after Ms. Delgado demonstrated how to properly search," said Shawn Smith, a spouse who arrived at Fort Polk from Fort Stewart in November.

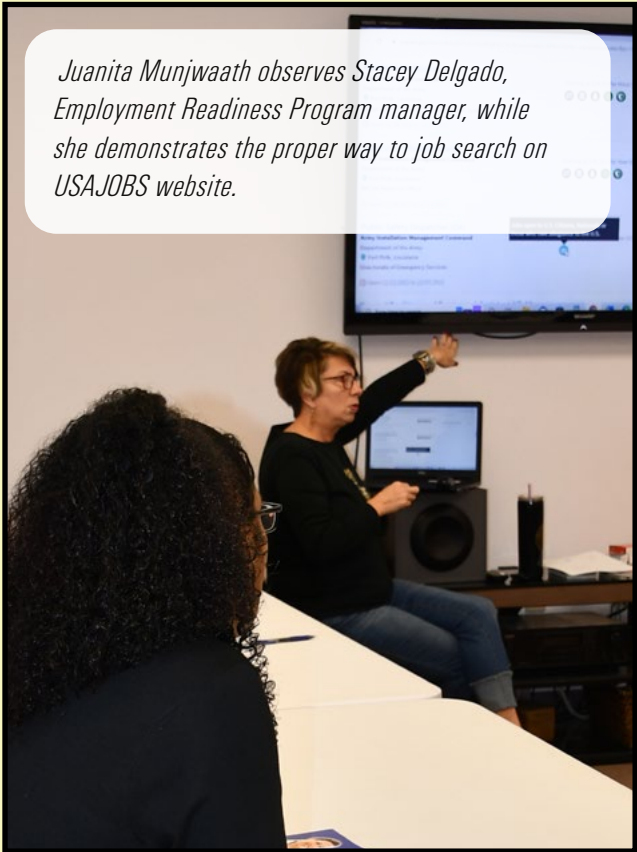
"I didn't know free typing tests were available online. Tonight I'm going to take one and upload the results to USAJOBS," said Juanita Munjwaath, a spouse who arrived at Fort Polk from Hawaii in October.

"I took notes throughout the course while following along. I plan to update my resume," said Fideles Capucao, a spouse who arrived at Fort Polk from the Philippines in January.

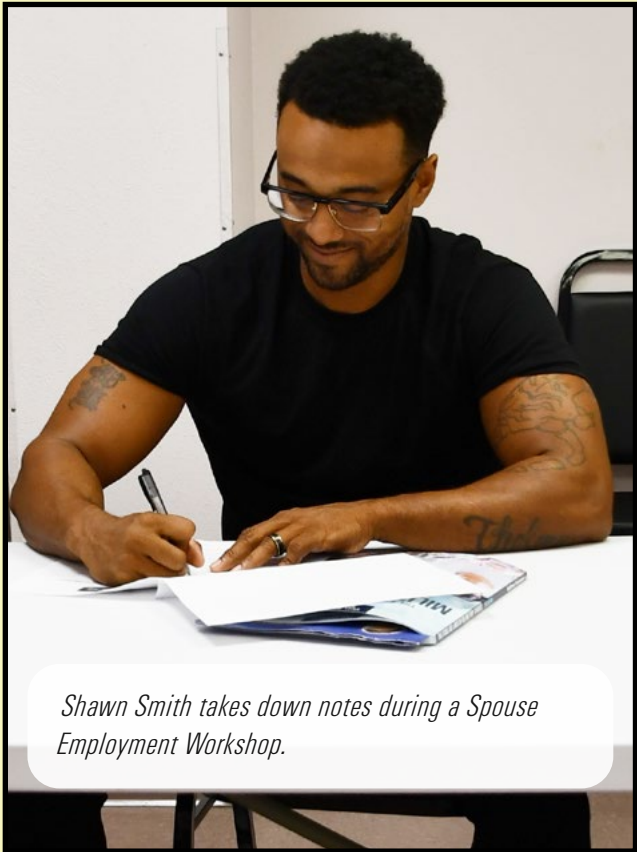


Spouses study the USAJOBS website while Stacey Delgado, Employment Readiness Program manager, does a walk-through of resources on the website.

Spc. KELLY ACEVEDO/ eGUARDIAN



Juanita Munjwaath observes Stacey Delgado, Employment Readiness Program manager, while she demonstrates the proper way to job search on USAJOBS website.



Shawn Smith takes down notes during a Spouse Employment Workshop.

At the end of the course Delgado offered students one-on-one sessions for assistance with their resumes, and mock interviews. Her advice to spouses on post seeking employment is to see her. For spouses on other bases, she recommends using government approved

websites or trusted social media sites to find job announcements.

"The resources are here. Take advantage of the workshops offered," said Delgado.

For more information or to schedule a spot in the next workshop call (337) 531-6922.

Gift giving embodies Christmas **cheer** by bringing toys, support

By Spc. KELLY ACEVEDO
Public Affairs Office

FORT POLK, La. — Tis the season of giving. Fort Polk Families can enjoy the holidays with less stress thanks to Operation Homefront and Better Opportunities for Single Soldiers. The duo partnered to gather and distribute gifts. Not having to buy presents for the kiddos is a financial relief for many military Families and is one thing that can happily be marked off the holiday to-do list.

Operation Homefront is a nonprofit organization created by three military spouses from San Diego. The organization stemmed from the spouses witnessing the hardships veteran Families faced in the civilian world. They believed they could help many people in the military community and so they did.

“For more than 20 years, we have provided programs that offer: relief through critical financial assistance and transitional housing programs, resiliency through permanent housing and caregiver support services and recurring Family support programs and services throughout the year that help military Families overcome short-term bumps in the road so they don’t become long-term chronic problems,” according to the Operation Homefront website.

Fort Polk’s BOSS president, Cpl. Toymeisha Patterson, Headquarters and Headquarters Company, United States Army Garrison, and her team helped organize the toy drive.

“Myself and Spc. Guyarbenchie Lebrun (BOSS vice president) registered as volunteers to pick up toys from Dollar Trees through Operation Homefront. We partner with them twice a year, for the toy drive and for operation back to school. Last year, approximately 500 kids received toys,” Patterson said.

As far as giving goes, the toy drive is held annually and the public is welcome to donate presents to military Families on the installation.

On the receiving side of things, Soldiers and spouses filled out registration forms at the Home of Heroes Recreation Center in order to receive the presents for their Families.

The donations were handed out Dec. 14-15 at the Directorate of Public Works building 2613.

Military Families give and do so much for the nation. The annual toy drive is one way of showing how much they are truly appreciated.

For more information on Operation Homefront and their mission to help military Families, visit: www.operationhomefront.org/.

For more information about BOSS and its programs call (337) 531-1948/5540.



Members of the Fort Polk community make the holidays merrier as they gather presents for their children thanks to the Better Opportunities for Single Soldiers program and Operation Homefront organization Dec. 14.



Give back to Earth by reducing **waste** this season

www.rethinkrecycling.com

FORT POLK, La. — With a little thought, you can reduce, reuse and recycle during the holidays to give the environment the precious gift of less while saving yourself time, money and stress.

From Thanksgiving to New Year's Day, household waste increases by more than 25 %. Added food waste, shopping bags, packaging, wrapping paper, bows and ribbons — it all adds up. And it's not just trash. The average American spends \$800 on gifts over the holiday season.

Follow these tips to get started:

Throw a green holiday party — here are 10 tips for making your holiday gathering a little greener:

1. Provide recycling containers for cans, bottles and other recyclables that may be produced at your party.

2. Put out containers for food waste recycling. Compost any food waste from the party in your backyard compost bin. If you do not have a bin, consider asking a friend or neighbor with a bin if they would be willing to compost food waste from your party. If you think you might have leftover food, contact local shelters or food kitchens to learn about food donation opportunities.

3. Provide reusable plates, cups, silverware and linens. If you do not have enough reusable items, consider asking to borrow some from a friend or renting items.

4. Provide information on bike and transit routes to your home, or encourage your guests to carpool when possible. Consider offering to shuttle guests from transit stops to your home.

5. Consider distributing invitations electronically to reduce paper waste. If you prefer paper invitations, purchase invitations made from a minimum of 30% post-consumer content recycled paper.

6. If you are making your own food, consider using local food such as from a farmer's market or your own backyard garden. Many local farmers can provide food items during the winter. If food for your event is being catered, talk to your catering company about how they can incorporate local food into the menu.

7. Provide condiments in bulk instead of individual servings. For example, provide a sugar bowl instead of individually wrapped packets.

8. Use decorations that can be reused in future years or consider borrowing decorations from a friend that has thrown a similar party. Consider using alternatives to balloons, such as fresh-cut flowers from your garden, or look for biodegradable balloons.

9. If you are providing party favors, consider providing sustainable favors such as a potted plant, or gifts made from recycled or reused materials.

10. Encourage reuse by setting up a "collection corner" at your party for unwanted items to be swapped or donated. Tie it into the theme of your party (for a movie night, collect unwanted DVDs).

Give the gift of togetherness. Sometimes the most cherished gifts you can give are your time, love and energy. Consider making a charitable donation in someone else's name. Or, give an experience or an event to remember, such as:

- Candlelit dinner
- Tickets to a concert or sporting event
- Passes to a favorite park
- Gift certificates to dinner, for a massage or day at the spa
- Membership to a museum or zoo
- Make a coupon or gift certificate that offers your time to walk a pet, babysit or help with extra chores

Giving the gift of an experience is a great option for children who want to give family gifts but don't have the money or a way to buy them. Let children know that homemade gifts and gifts of their time are more valuable to you.

Take reusable cloth bags on shopping trips. Thousands of bags end up in landfills during the holidays. Reduce the number of bags by bringing reusable shopping bags for holiday gift shopping. If you do use paper bags or plastic bags, recycle them when you no longer need them.

Give quality gifts. Durable products last longer and save money in the long run. Cheaper,

less durable items wear out quickly and create more landfill waste.

Use Earth-friendly gift wrapping alternatives, such as:

- Scarves, handkerchiefs and bandannas
- Old posters and maps
- Newspapers (the comic sections works great)
- A present in a present — Place gifts inside reusable containers like cookie tins, flower pots and baskets or wrap the gift in cloth napkins or kitchen towels.
- Give a "treasure map" to find an unwrapped gift hidden elsewhere in the house.
- Wrap gifts in your children's or your own artwork.
- Look through old magazines, catalogs and calendars to use attractive photos.
- Use re-useable or re-used gift bags.
- Replace ribbons and bows with natural evergreens, berries or dried flowers. Keep them as decorations or compost them after the gifts are unwrapped.
- Use rechargeable batteries. About 40% of all battery sales occur during the holiday season. Rechargeable batteries reduce the amount of potentially harmful materials thrown away, and can save money in the long run. Turn off or unplug holiday lights during the day. This saves energy and lights last longer. Recycle unwanted or broken string lights.
- When the holiday season is over, recycle your holiday tree and wreath.





THIS WEEK 28 NOV - 2 DEC 2022



THE COST OF A DWI ARREST

Texas doesn't play around when it comes to penalties for driving while intoxicated, with fines up to \$20,000 and up to 20 years in jail for extreme offenders. However, the state isn't kind to first-time offenders either. An arrest for DWI can have a devastating impact on a Soldier's military career.



WINTER SPORTS

Though there are risks, winter sports can be an exhilarating and fun form of healthy exercise. It is important to do what you can to reduce the risk of incurring winter sports-related injuries by following best practice guidelines.



VEHICLE PREP

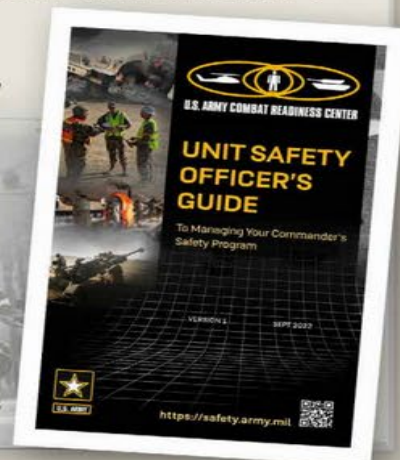
My first assignment after entering active duty was on Fort Drum, New York. As someone who'd spent his entire life in South Carolina and Georgia, it was an environmental shock to say the least.

WHAT'S NEW

Unit Safety Officer's Guide

The USACRC recently released the Unit Safety Officer's Guide. This guide is intended for unit safety officers as a supplemental resource to current regulations and pamphlets to assist in the management of their commander's safety program.

Click here to download your copy.



POST THIS

Prevent Home Hazards!

Heat Sources

- When using a fireplace, wood stove, portable heater or generators, use safeguards and properly ventilate.
- Use certified heaters that have safety features (auto off). Never leave unattended. Place heaters on a nonflammable level surface. Keep combustible materials at least 3 feet away from heaters.
- If you're using a gas furnace, make sure vents are not blocked by snow.

Carbon Monoxide Poisoning

- Known as the invisible killer because you cannot see or smell it!
- Make sure to have working carbon monoxide detectors in your home.

Never use portable generators, charcoal grills or camp stoves inside your home.

Test smoke alarms to make sure they are working. Replace batteries once a year.

Put a FREEZE on Cold Weather MISHAPS



For more information visit <https://safety.army.mil>



CLICK TO DOWNLOAD

WATCH THIS



CLICK TO VIEW

PRODUCTS & TOOLS



Learn the safety culture and climate within your organization.



A family of information technology systems that underpins the Army Safety and Occupational Health Management System.



Great resource for finding a local riding association and learning to be a safer rider.



An interactive, easy-to-use, automated system designed to assist users with the application of risk management.



Make your Soldiers aware of the off-duty hazards they'll face with the Off-Duty Safety Awareness Presentation.



A collection of resources to aid commanders and leaders in the management of range operations and safe weapons handling.

DID YOU KNOW?

RISK MANAGEMENT is always looking for contributors to provide ground, aviation, driving and off-duty safety articles. Don't worry if you've never written an article for publication. Just write about what you know and our editorial staff will take care of the rest. Your story might just save another Soldier's life. Click the **SUBMIT AN ARTICLE** tab below to share your story.



SUBMIT AN ARTICLE

SUBSCRIBE TO SAFETY PRODUCTS

CONTACT US



Peanut butter, jelly dates back to WWI ‘Doughboys’ stretching rations

DEFENSE COMMISSARY AGENCY

FORT LEE, Va. — Mention peanut butter and jelly to an American Soldier and many can recall making that “perfect” PB&J sandwich to hit the spot when their stomach needed a quick, tasty snack.

No one knows who invented the PB&J, but for U.S. service members that sandwich goes back to at least World War I when enterprising troops combined elements of their rations to create a culinary masterpiece.

“Troops in the field have always been quite imaginative when it comes to making a tasty treat out of an otherwise bland ration,” said Marine Sgt. Maj. Michael R. Saucedo, senior enlisted advisor to the Defense Commissary Agency director. “Back in garrison, service members and their Families need only visit their commissary to find the peanut butter, jelly and bread they require for their pièce de résistance — at savings of at least 25% compared to commercial stores.”

So, what’s the story behind peanut butter, jelly and bread in the U.S. military? Well, let’s take the ingredients one at a time, starting with bread.

Regardless of what kind of sandwich you like, the foremost ingredient is a good bread.

Throughout history, bread was one of the most common items given to U.S. troops in their daily ration. Troops could expect a pound of flour or a loaf of baked bread. In fact, bread was such a common item in rations that military branches would eventually open their own baking schools and bakeries.

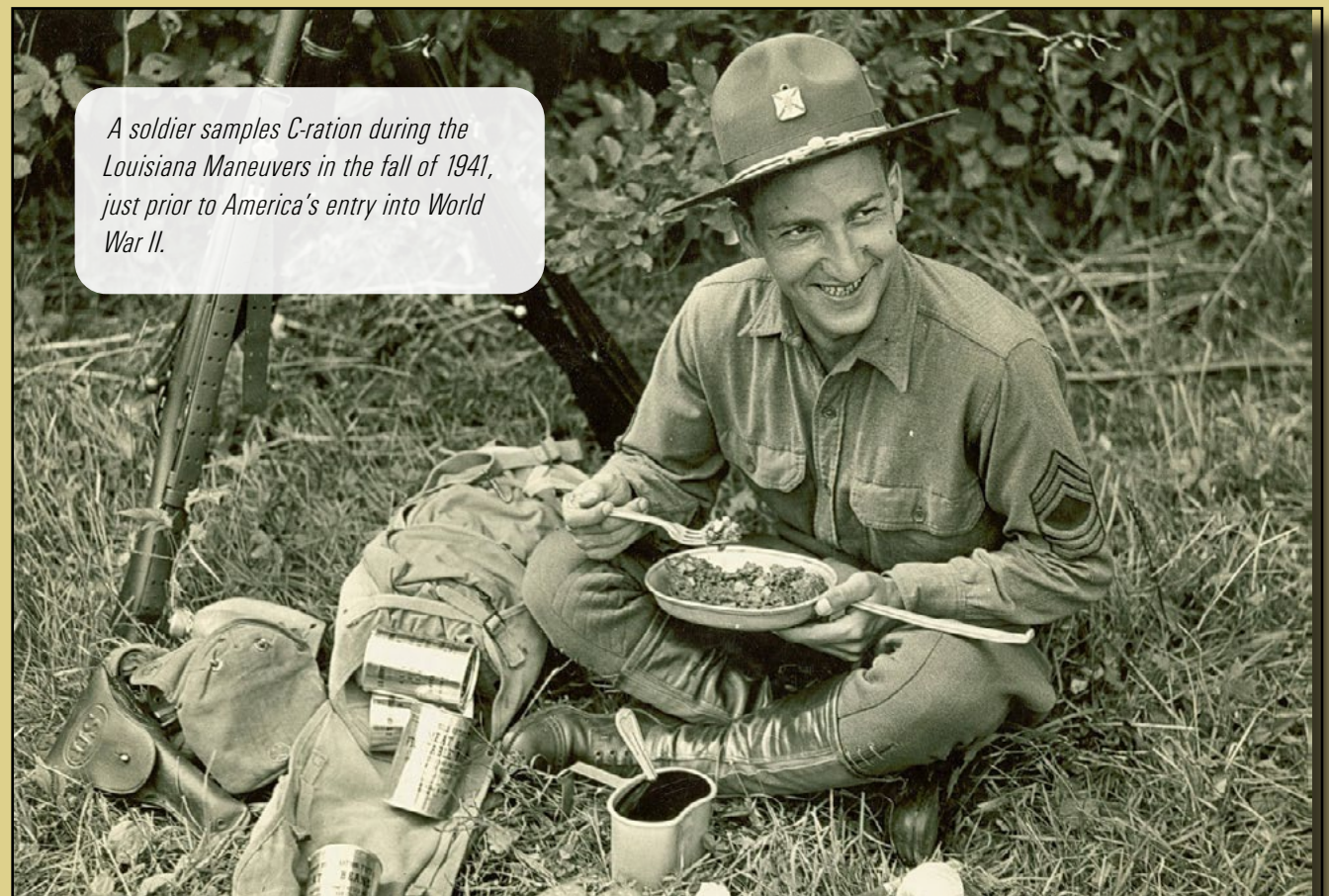
During the American Revolution when baked bread wasn’t available, troops made fire or ash cakes by mixing together flour from their rations, water and a pinch of salt. They would then lay the dough over the warm ashes to bake. Sailors at sea were served ships’ biscuits, also known as hardtack. The weevils and maggots that often infested them were just an added source of “protein.”

During the American Civil War, hardtack was still standard fare for Soldiers, however the Union Army had bakeries where thousands of loaves of fresh bread were baked each day, often shipped by train and arriving while it was still fresh and warm.

When America entered World War I, bakeries were providing fresh, hot bread to the troops in the trenches each day, and by World War II, bread was being included in C-rations and served in mess halls.

During the Korean War, U.S. Soldiers were receiving ration cans with various types of bread and crackers. The B-ration was known as the bread ration, and it held a slice of bread, some crackers and usually a cookie or slice of cake.

Now let’s talk about peanut butter. Americans each eat more than 6 pounds of peanut



A soldier samples C-ration during the Louisiana Maneuvers in the fall of 1941, just prior to America’s entry into World War II.

DEPARTMENT OF DEFENSE



butter every year. One peanut butter sandwich contains at least 6 grams of protein and more than 3 grams of dietary fiber. It’s also rich in vitamin E and magnesium. Add jelly to the sandwich and you have about 15 grams of carbohydrates, giving you plenty of energy.

Soldiers in both world wars, the Korean War and Vietnam War were issued a one-and-a-half ounce can of creamy peanut butter in their rations. Most of the cans were issued in B-ration kits along with crackers and dessert.

The trio of peanut butter, jelly and bread seems to have collided for Soldiers during World War I.

Many of them began taking the bread ration, peanut butter spread and concord grape jelly and adding them together to stretch their rations. Throughout World War II, Soldiers continued to create PB&J sandwiches from the in-

gredients in their B-ration kits. Meat shortages during the wars made the sandwiches an important protein source.

Saucedo encourages patrons to use DeCA’s new mobile app to go online to order their peanut butter, jelly, bread and more through DeCA’s Commissary CLICK2GO online payment and curbside pickup program. The app is free for download via the Google Play and iOS app stores for Android and Apple devices, respectively.

“If your family loves peanut butter and jelly sandwiches like mine does, then head to your local commissary, where you’ll find a wide selection of peanut butter and jelly, as well as several varieties of fresh bread,” Saucedo said. “We even have our own commissary store brands, such as Freedom’s Choice, to save you even more money.”



Have Ideas?

Fort Polk's garrison commander recognizes you have great ideas to share and is looking for innovation from Soldiers, Families and civilians to increase efficiency and enhance garrison processes and quality of life.

<https://ice.disa.mil/index.cfm?fa=card&sp=144893&s=257>

Submit your innovative ideas through the Interactive Customers Evaluation system under the Plans, Analysis and Integration Office Garrison Innovation Program by the clicking the link above.

Scholarships for Military Children accepting applications for 2023-24

By **MIKE PERRON**
DeCA public affairs specialist

FORT LEE, Va. — Applications have now opened for the Scholarships for Military Children program for academic year 2023-2024.

The program, entering its 23rd year, recognizes the contributions of military families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life.

Fisher House Foundation, a nonprofit organization dedicated to helping service members, veterans and their Families, administers the program.

The program has awarded more than \$22 million to 12,812 students selected from a pool of nearly 113,000 applicants.

"The Defense Commissary Agency is again honored, for the 23rd year in a row now, to team with Fisher House Foundation and industry to promote this extraordinary opportunity for the children of military Families to pursue their dreams in higher education," said Marine Corps Sgt. Maj. Michael R. Saucedo, senior enlisted advisor to the DeCA director.

For scholarship year 2023-24, Fisher House Foundation will award 500 scholarship grants

of \$2,000 each. The selection process will begin immediately following the application deadline of Feb. 15, at 11:59 p.m. PST

Funding for the program comes from commissary business partners and other contributions to Fisher House Foundation designated specifically for the scholarship programs.

"We thank the Defense Commissary Agency for partnering with us to provide scholarships to our youngest members of the military community," said Ken Fisher, chairman and CEO of Fisher House Foundation. "We also appreciate the donors and supporters who value how important our military families are and support them through our scholarship program."

Selection qualifications are straightforward. Requirements include completing the application; submission of the student's official transcript indicating a minimum cumulative GPA of 3.0 or above on a 4.0 scale for high school applicants, or college transcript indicating a cumulative minimum GPA of 2.5 or above on a 4.0 scale for students already enrolled in college; and a 500-word essay.

The subject of this year's essay is listed at the militaryscholar.org website under "Scholarships for Military Children."

Eligibility for the program is determined us-

ing the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military dependent ID card.

The applicant must also be planning to attend or already be attending an accredited college or university full time in the fall of 2023 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants who are awarded a full scholarship to attend a college or university or receive an appointment to one of the service academies or affiliated preparatory schools are not eligible to receive funds from this program. A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees and other expenses.

All rules and requirements for the Scholarships for Military Children program, as well as links to frequently asked questions are available at militaryscholar.org.

Fisher House Foundation also has a free, easy to use custom scholarship search engine tailored to military families called "Scholarships for Service." It's available for both mobile devices and desktop computers at militaryscholar.org.



Corvias Yard of the Month December



Maple Terrace — Col. Sam Smith, Fort Polk garrison commander (left), and Garrison Command Sgt. Maj. Stephen Nielson are impressed with the decorating skills found at the home of Sgt. Dustin Isabell.

TIS THE SEASON FOR SPARKLING LIGHTS, FESTIVE DECOR AND THE HOPE THAT HOLIDAY WISHES COME TRUE.

THE FORT POLK FAMILIES IN THESE HOMES BEST REPRESENTED THESE CHRISTMAS THEMES WITH THEIR OUTDOOR ORNAMENTATION. THAT MEANS ONE OF THEIR GIFTS CAME EARLY IN THE FORM OF CORVIAS YARD OF THE MONTH BRAGGING RIGHTS.

Dogwood Terrace — This is the home of 1st Sgt. Justin Reyes and his spouse, Ashley, pictured with Col. Sam Smith, Fort Polk garrison commander (left), and Garrison Command Sgt. Maj. Stephen Nielson.



Palmetto Terrace — Garrison Command Sgt. Maj. Stephen Nielson (left) and Col. Sam Smith, Fort Polk garrison commander (right), stand with Master Sgt. Alex Pearce as they congratulate his family on a great decorating job and winning Yard of the Month.

Fort Polk pet care

The Veterinary Treatment Facility is open Monday through Wednesday from 8 a.m.-4 p.m. and Friday from 8 a.m.-3 p.m. All pets on post are to be registered and microchipped.

Register in person or by email. Your pets should also be up to date on all mandatory and recommended vaccines. For more information call (337) 531-1322.

Spouses workshop

Take the opportunity to participate in the Stars are Lined Up for Military Spouses for Federal Careers workshop held Jan. 10 from 10-11:30 a.m.

Registration is required. To register email stacey.r.delgado.civ@army.mil. There are only eight spots available.

Virtual training

Virtual key contract training takes place Jan. 9 from 6:30-7:30 p.m. The course is free and is meant to train key contacts on their roles and responsibilities, as well as how to handle crisis phone calls. This is suggested training for all Soldier and Family Readiness Group leaders and

key contacts/points of contact. The training is open to anyone wanting to learn more about the SFRG communication structure.

The course includes tips and techniques for executing the role, as well as practical exercises and scenarios.

Registration is required. To register call (337) 531-9743 or email kristi.d.pelfrey.ctr@army.mil.

Virtual command training

The two-day command Family readiness representative course is Jan. 11 from noon-1 p.m. The course is designed to prepare Soldiers who are appointed as CFRRs to assist with the operational, logistical and administrative aspects of the SFRG.

Registration is required. To register call (337) 531-9743 or email kristi.d.pelfrey.ctr@army.mil.

Learn to play pool

The Home of Heroes Rec Center hosts an open class Jan. 11 from 6-7 p.m. focused on teaching

the basics of playing pool to help Soldiers learn to play and improve their technique. The event is free.

Sunday brunch

Make plans to attend the Sunday Brunch at Fort Polk's Warrior Center Jan. 22 from 10 a.m.-2 p.m.

Whether you pick an egg white frittata, treat yourself to some chicken and waffles or build your own omelet, make sure to pair your meal with some classic brunch beverages.

Bar services are available and brunch is à la carte. For more information call (337) 531-7668.

Yoga and brunch

Take part in a calming session of Mardi Gras themed yoga followed by mimsas and a small brunch Jan. 21 from 9 a.m.-1 p.m. Preregistration is \$20 per person.

Register at the Wheelock Fitness Center or at the Forge. For more information call (337) 531-1898.



#FortPolkThingsToDo

Through Dec. 23: Noel Acadien au Village, Lafayette.

Noel Acadien au Village features half a million lights, including the fully lit chapel, new animations, lighted holiday displays, live entertainment, carnival rides, local cuisine, photos with Santa, holiday shopping in the Christmas Store and much more! For more information visit:

<https://acadianvillage.org/noel-acadien-au-village/>

Through Dec. 31: Christmas Lightshow in Leesville.

Enjoy exciting lights galore with more than half a million lights, including a light show set to some of the most popular Christmas music classics! For more information visit:

<https://christmasontheranchla.com/>

Dec. 19-23: Christmas in Roseland 2022, Shreveport.

The American Rose Center is transformed into a whimsical winter wonderland from the day after Thanksgiving until the weekend before Christmas. Featuring thousands of twinkling lights, dozens of lighted displays, giant Christmas cards to the community, nightly entertainment, photos with Santa, and tons of fun for the whole family!

Please note that Christmas in Roseland is a walking event only and no carts are available.

<https://www.rose.org/christmas-in-roseland>

Through Jan. 1: Christmas Light Show, De-

Ridder.

The DeRidder Christmas Light Show takes place through Jan. 1 from 5:30 p.m. to midnight in downtown DeRidder, near city hall, 200 S. Jefferson St. Tune into FM 101.1 as you arrive. The show gets bigger and better each year and is free for the whole family. The nightly show is weather permitting.

Through Dec. 31: Victorian Christmas at the Joseph Jefferson Home and Rip Van Winkle Gardens, New Iberia.

Celebrate the holiday season at the Joseph Jefferson home, built as a hunting lodge on Jefferson Island in 1870. He was an actor and played the part of Rip Van Winkle on stage more than 4,500 times. That is where the garden got its name: Rip Van Winkle Gardens on Jefferson Island. The Joseph Jefferson Home and Rip Van Winkle Gardens are decorated for the holiday Season.

<https://ripvanwinklegardens.com/>

Through Dec. 31: Shadows Holiday Harvest Home and Garden, New Iberia.

You could make a day of it in New Iberia and take both the Jefferson and Shadows tours. The Shadows offers a special holiday home and garden tour which explores what the holiday season meant to both the Weeks family and those enslaved on the family's plantations.

<https://www.shadowsontheteche.org/>

Through Jan. 6: Natchitoches Christmas Festival, Natchitoches.

Named after a Native American tribe,

Natchitoches (pronounced Nack-a-tish) is the oldest permanent settlement in the Louisiana Purchase Territory. Since 1927, its been home to one of the oldest community-based holiday celebrations in the country. Starting as a one-day festival, the Natchitoches Christmas Festival has evolved into a six-week long Christmas Season event. The Festival begins on the Saturday before Thanksgiving and concludes on Jan. 6, the Epiphany. More than 300,000 lights and 100 plus set pieces are on display every night at dusk.

<https://www.natchitocheschristmas.com/>

Through Dec. 25: Dark Woods Christmas, Natchitoches.

Dark Woods Christmas in the Park provides the perfect setting for family holiday memories. This event runs select dates from Black Friday through Christmas Day.

Experience the sights, sounds and smells of a hometown holiday while taking a leisurely stroll through more than 250,000 dazzling LED twinkling lights.

Gather the whole family for homemade doughnuts and gourmet hot chocolate. Plus, enjoy other seasonal favorites like caramel apples, campfire s'mores, Natchitoches meat pies and other delectable treats. There is interactive fun for kids, uplifting holiday music, nightly entertainment including special meet and greet locations for the kids to see Mr. and Mrs. Claus and other holiday character favorites.

<https://www.darkwoodschristmas.com/>



Fort Polk Soldiers charged with UCMJ violations

OFFICE of the STAFF JUDGE ADVOCATE

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 first lieutenant assigned to 1st Battalion, 509th Infantry regiment received a permanently filed general officer memorandum of reprimand for fraternization and interfering with an administrative investigation.
- A sergeant assigned to 46th Engineer Battalion was separated for domestic violence. They received a characterization of general discharge (under honorable conditions).
- A private first class assigned to 519th Military Police Battalion received a Field Grade Article 15 for use of illegal drugs. They received a punishment of reduction to private forfeiture of \$916 pay per month for two months, extra duty for 45 days and restriction for 45 days.
- A private assigned to 46th Engineer Battalion was separated for resisting apprehension by law enforcement and disobeying a lawful

order. They received a characterization of general discharge (under honorable conditions).

- A specialist assigned to 2nd Battalion, 2nd Infantry Regiment was separated for Misconduct (abuse of illegal drugs). They received a characterization of general discharge (under honorable conditions).

- A specialist assigned to 46th Engineer Battalion was separated for refusing to be vaccinated against COVID-19. They received a characterization of general discharge (under honorable conditions).

- A specialist assigned to 2nd Battalion, 2nd Infantry Regiment received a Field Grade Article 15 for use of illegal drugs.

They received a punishment of reduction to private, forfeiture of \$916 pay per month for two months, extra duty for 45 days and restriction for 45 days.

- A private first class assigned to 2nd Battalion, 2nd Infantry Regiment received a Field Grade Article 15 for use of illegal drugs. They received a punishment of reduction to private, forfeiture of \$916 pay per month for two months, extra duty for 45 days, restriction for 45 days and an oral reprimand.

- A specialist assigned to 2nd Battalion, 4th Infantry Regiment received a Field Grade Article 15 for wrongful disposition of government property. They received a punishment of reduction to private, forfeiture of \$916 pay per month for one month, suspended for 15 days, 15 days of extra duty and restriction for 15 days.

- A private assigned to 2nd battalion, 2nd Infantry Regiment was separated for commission of a serious offense. They received a characterization of general (Under Honorable Conditions).

Check VIN numbers

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

2010	Nissan	Altima	6499
2016	Chevrolet	Malibu	5420
2003	Honda	Accord	6673
2003	Jeep	Liberty	3545
2001	Ford	F150	0450
2004	Ford	Mustang	4127
2008	BMW	328i	9559
2007	Audi	A4	6439
2013	Audi	A6	7319
2011	Hyundai	Elantra	4018
2007	BMW	650i	2192
2000	Honda	Accord	0717
2005	Kawasaki	M/C	0133
2010	Jeep	Patriot	0760
2005	Ford	Focus	4767
2006	Ford	Escape	3900
2009	Ford	Mustang	0250
2010	Dodge	Challenger	9430
2006	Accura	3.2TL	6947

NEW YEAR NEW ME 2023

\$40
entry fee

New Year New Me is an 8-week program to get people more involved in their fitness/health for the new year. Participants will be provided with a fitness journal, exercise guide, calendar, t-shirt, and water bottle

Orientation will take place
JANUARY 9 @ 1 PM
at the
ARMY WELLNESS CENTER

JAN 9 TO MAR 3

PREREGISTRATION OPENS
DECEMBER 1ST

337-531-6795
peyton.g.fahringer.naf@army.mil
polk.armymwr.com

Scan to register!
Don't limit your challenges
Challenge your limits!

Got News? Call the Guardian at 531-7203