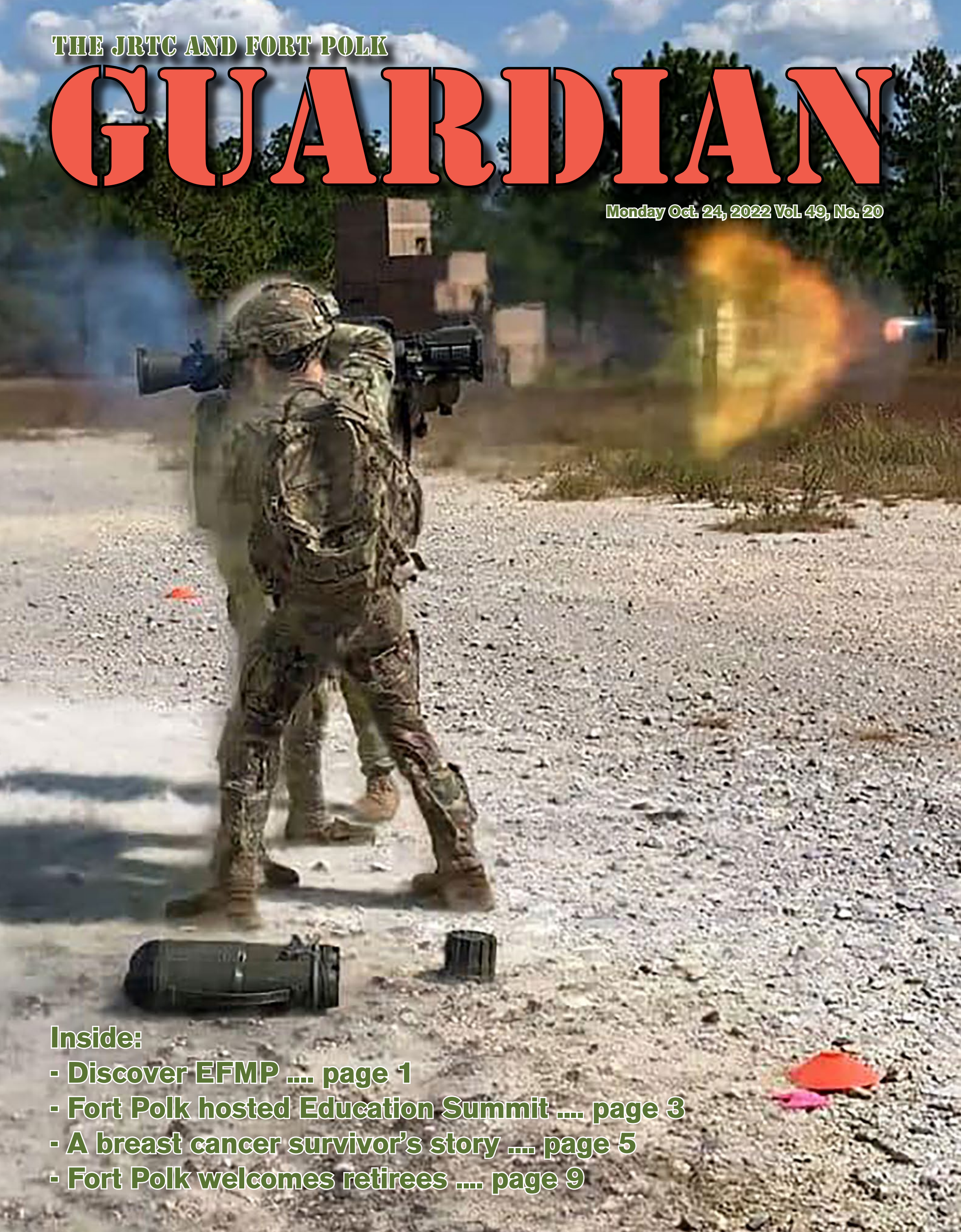


THE JRTC AND FORT POLK

# GUARDIAN

Monday Oct. 24, 2022 Vol. 49, No. 20



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## QUALITY OF LIFE LINES OF EFFORT



CHILD CARE



HEALTH CARE



SPOUSE  
EMPLOYMENT



HOUSING



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and Fort Polk

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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 [@JRTCandFort Polk](https://www.facebook.com/JRTCandFortPolk/) Facebook page.

# Ease way with **Exceptional** Family Member Program endeavors

By **ANGIE THORNE**  
Public Affairs Office

FORT POLK, La. — There's nothing like sitting across from your doctor as they explain a prognosis you can't imagine dealing with. How do you even begin? Feelings of fear and isolation are probably the first emotions to hit, especially if there's not a strong support system place. It can be a difficult issue, especially for military Families far away from home.

If you have a Family member who has been diagnosed with a physical, emotional, developmental, intellectual or educational challenge, Fort Polk's Exceptional Family Member Program can provide a source of strength and comfort.

Trisha Kearns, Army Community Service Exceptional Family Member Program coordinator, and Chris Barrett, ACS EFMP system navigator, inform, support and guide military Families through the realities of their medical results and the EFMP process.

Barrett said she and Kearns take the time to explain to Families what that diagnosis actually means.

"We do research and pass that information on to the Families as we give them support and walk them through this new and scary diagnosis. We try to reassure them it's not the end of the world. We are their support system at this installation," Barrett said.

Kearns said it's important to be available to listen to their Family members fears when it comes to their diagnosis.

"Providing the information they need to better understand and get them comfortable about what comes next. This is particularly true with autism. Families will think the worst when it comes to a future for their kid and that's not often the case," Kearns said. "You don't usually get that kind of support from a doctor. It's not really their role, so it's up to us."

It's critical to note that EFMP is a mandatory enrollment program in accordance with Army regulation 608-75, a Department of Defense public law. Enrollment ensures Family members' medical needs are considered during the assignment coordination process. Enrollment applies to Family members of active duty Soldiers, Reserves and National Guard serving under authority of Titles 10 and three.

Family members must be enrolled in the Defense Enrollment Eligibility Reporting System.

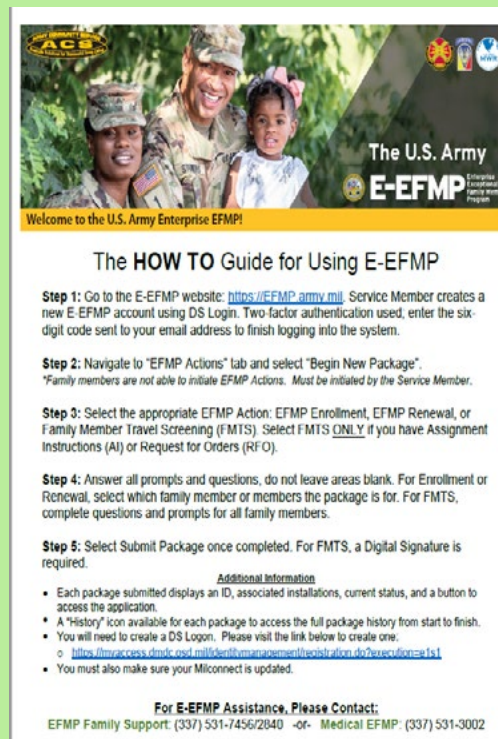
Some of the common EFMP issues include autism, severe allergies, limited mobility and more. Some needs often overlooked include migraines, arthritis, heart conditions and more.

Barrett said one of the easiest ways to explain to people who don't know much about their program, and might be eligible, is to tell them if they have a Family member with a doctor that has an "ology" as their specialty — neurology, cardiology, ophthalmology, rheumatology, psychology and more — they should contact EFMP.

"Most people have a narrow per-



*Chris Barrett, Army Community Service Exceptional Family Member Program system navigator (left), and Trisha Kearns, ACS EFMP program coordinator, are waiting to help your Family.*



ception of special needs and EFMP covers a wide range of care. We don't just help Families with diagnoses such as down syndrome, special education or physical disabili-

Please see **Exceptional**, page 2



**Cover photo:** Bringing out the Big Guns! Soldiers get some training on anti-tank weapon systems like the Carl-Gustaf M4 Recoilless Rifle. 3rd Squadron, 89th Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, is wasting no time transitioning from training future officers at cadet summer training to refining their lethality as a squadron. (Courtesy 3rd Brigade Combat Team, 10th Mountain Division)





CHUCK CANNON/6GUARDIAN



## Friday night lights

Col. Sam Smith, Fort Polk garrison commander, tossed the coin at the Leesville High School vs. DeRidder High School football game Oct. 14. The two teams meet annually to battle it out for the Hooper Trophy. Congratulations to the Leesville High School Wampus Cats on their victory!

# Exceptional

Continued from page 1

ties," Barrett said.

Kearns said many military Families don't know about the aid they can get from EFMP.

"Many Families don't realize there are two sides of EFMP — medical enrollment and Family support. Family support is what they need to get those additional supports and have a better understanding of what's going on and how to contact different providers and navigate the systems. That and other important EFMP information isn't necessarily passed to the spouse or Family members and that's who needs it the most," Kearns said.

Some of the assistance offered at Fort Polk's EFMP office, located at ACS, building 920, includes:

- System navigation — provides access and information to various resources for specialty care needs. Also provides a connection for adults or children on a variety of resources such as learning materials, Social Security and more

- Family support-service plans — A complete needs assessments and or plans and non-clinical case management

- Assistance with permanent change of station transition

- School support — helps with early intervention, special education (Individualized Education Program/504), attend meetings if needed and options after graduation

- Housing coordination and accommodations

- Respite care — Family member must meet level III or IV criteria and a max of 25 hours per month if qualified

- Multi-agency meetings to ensure childcare is available at Child and Youth Services Centers specific to medical and behavioral needs

- Medical travel reimbursement for more than a 100 miles

Barrett said they just found out about the travel reimbursement themselves

"Families can get reimbursed up to a year back. Now that we know, we are contacting people and spreading the word. They need to get this money back for all those appointments they had to travel to," Barrett said. "Families we are already working with can come to us and we can direct them to the right place."

Whether it's guiding Families through programs like travel reimbursement or being a soft place for Families to land when their diagnosis seems overwhelming, Fort Polk's EFMP Office is there to help. For more information call (337) 531-2840.





# Education summit focuses on successful initiatives, future

By **ANGIE THORNE**  
Public Affairs Office

FORT POLK, La. — American religious leader and author Gordon B. Hinckley said, “Education is the key to opportunity.”

Opportunities for a better education are what the Joint Readiness Training Center and Fort Polk strives to offer its Soldiers and Family members. With that in mind, Fort Polk hosted the third annual Education Summit at Fort Polk’s Warrior Center Oct. 13.

Education is a key quality of life issue, and the event fostered an occasion to gather representatives from the Vernon and Beauregard Parish school boards, Fort Polk Garrison Command, Child and Youth Services, teachers, Army Community Service, elected officials and more to discuss strides made in the last year, as well as plans for the future.

The summit offered an opportunity for education stakeholders, including students and parents, to communicate and get feedback that benefits everyone.

The summit also highlighted the partnership between Fort Polk, parents and local schools.

“You have to have that connection to better understand the needs of the community,” said Tiffany Koch, Fort Polk school liaison officer. “We stay engaged as we discuss what’s mutually beneficial for all stakeholders and move toward enhancing the education offered to not only our military children, but all students attending local schools.”

Col. Sam Smith, Fort Polk garrison commander, began the summit by thanking James Williams, Vernon Parish School Board superintendent, Timothy Cooley, Beauregard Parish School Board superintendent, teachers, elected officials, community partners and parents for all they do and for taking part in the summit.

“We can accomplish it all as we communicate and work together to advance education initiatives,” Smith said.

Fort Polk is one of four Army quality of life installations.

“Why talk about quality of life at an education summit,” Smith asked. “Because you have to have quality education to have good quality of life. They are connected and they matter.”

Data shows Vernon Parish is third in reading and math proficiency and Beauregard Parish is fifth in reading and math proficiency. Vernon Parish is third and Beauregard Parish is fourth in preparing high school seniors to go to college. This data shows schools local to Fort Polk in comparison to schools across all Army installations.

“That’s really good, and what you are going to hear at this summit is how we will continue to advance that data and make it even better,” Smith said.

One of the highlights of the education summit was centered on STARBASE, a Department



*Col. Sam Smith, Fort Polk garrison commander (left), speaks to the audience taking part in the third annual Education Summit Oct. 13 as James Williams, Vernon Parish School Board superintendent (middle), and Timothy Cooley, Beauregard Parish School Board superintendent, listen.*



of Defense youth program focused on science, technology, engineering and math educational experience that offers students and teachers a hands-on, high-tech, discovery / inquiry based learning environment.

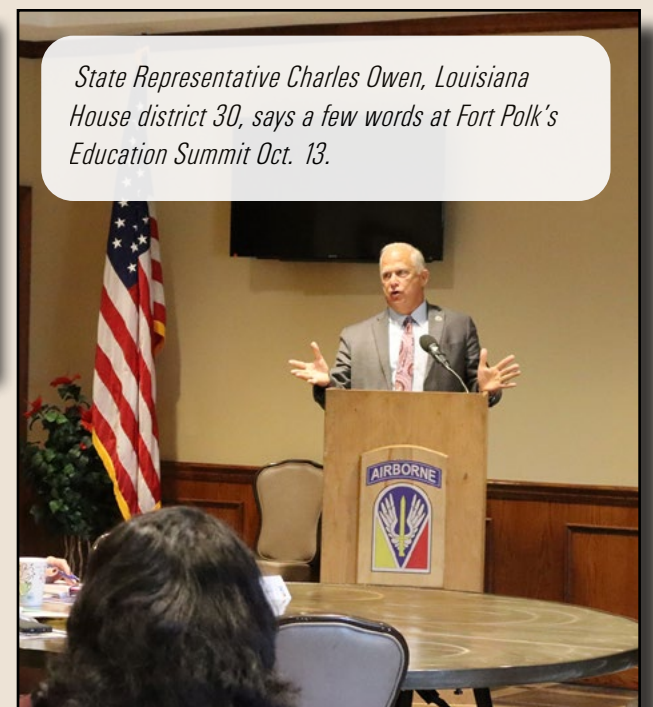
Becca Foltz, Louisiana State University of Alexandria Fort Polk STARBASE Warrior director, will guide the Fort Polk based program. The community education enhancement project will provide STEM based learning to fifth graders.

“We have the flexibility to teach students in a different type of environment,” said Foltz. “It’s about collaboration, working in teams, creating and learning from their own mistakes. Students will have access to the very latest technology such as 3D printers, tablets, robotics, rocketry and more. They will have so much fun as they engage in the learning process. It’s a wonderful and meaningful learning experience for students.”

Foltz said she is exhilarated about the partnership between local school boards, Fort Polk and LSUA that brought STARBASE to fruition.

“They are 110 percent invested in the STARBASE program,” Foltz said. “I can’t wait to see what we can do. The possibilities are endless and the future looks amazing,” Foltz said.

Ann Smith, Vernon Parish School Board curriculum director, took part in the education summit.



*State Representative Charles Owen, Louisiana House district 30, says a few words at Fort Polk’s Education Summit Oct. 13.*

Ann Smith said the summit provides a place to exchange information and communicate ideas.

“As we progress through these educational summits, we are listening to what our parents and stakeholder’s needs are because they represent our students and that’s what Vernon Parish education is all about,” Ann Smith said.

State Representative Charles Owen, attended and thanked Fort Polk for hosting the Education Summit.

“This has been an informative and beneficial event,” said Owen. “One of the things I try to do as a legislator is empower people at the local level. As part of your local legislative delegation, I am serious about trying to help do that for you. You are the people who know what’s going on and are able to make the best decisions that will work for your area.”

For more information or to ask an education based question call the Fort Polk School Liaison Office at (337) 531-6673.



# *Semi-Annual Joint Readiness Training Center & Fort Polk Quality of Life Conference #2*

## *JRTC & Fort Polk Quality of Life Initiatives*



HOUSING



HEALTH CARE



CHILD CARE



SPOUSE  
EMPLOYMENT



PCS MOVES

### *Commanding General's Quality of Life Priorities:*

*Education Housing Child Care Health Care Army Spouse Employment MWR-Recreation*

*Care for Our People*

*Build Readiness*

*Succeed in our JRTC & Fort Polk Campaigns*

### *Commanding General's Priorities*

*October 27<sup>th</sup> from 1330-1630  
at the Warrior Center  
1321 Corps Road*

### **Schedule of Events**

- ❖ **Welcome — 1:30-1:40 p.m.**
- ❖ **QoL Progress Overview / Recap Last Conference — 1:40-2:00 p.m.**
- ❖ **MWR Events — 2:00-2:30 p.m.**
- ❖ **AAFES — 2:30-3:00 p.m.**
- ❖ **BREAK — 3:00-3:15 p.m.**
- ❖ **Fort Polk Infrastructure — 3:15-3:45 p.m.**
- ❖ **Housing / IHG / Barracks — 3:45-4:15 p.m.**
- ❖ **Feedback / Closing Remarks / Survey — 4:15-4:30 p.m.**

*This is an event for Soldiers, Civilians, Retirees and Family Members to participate in, and provide feedback or suggestions on the state of Quality of Life on JRTC & Fort Polk.*

*Seating is limited. RSVP to [Kayla.L.Moore16.civ@army.mil](mailto:Kayla.L.Moore16.civ@army.mil) NLT Oct. 21<sup>st</sup>*





# Breast cancer survivor's story of caution, hope

By CHRISTINE CHILDERS

**Editor's note:** Christine Childers is the wife of Lt. Col. Aaron Childers, commander, 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division. The mother of four is a breast cancer survivor and agreed to share her story in the eGuardian during Breast Cancer Awareness Month.

FORT POLK, La. — I am a three-year breast cancer survivor and I am 39 years old.

Like many, my story begins with thinking this would never happen to me. When I was 28, one of my close friends was diagnosed with breast cancer, and I thought she would be the only young woman I would ever know with breast cancer.

Just after my 36th birthday, I found a mass that had likely been growing for two years. But I was busy with life, four kids, and hadn't paid attention to what my body was trying to tell me. I blew off my symptoms.

By the time I went to the doctor, my tumor was almost 5 centimeters, and had spread to my lymph nodes. I went from being a young mom this could never happen to, to being a 36-year-old mom with stage II cancer.

My treatment was aggressive. I had surgery, IV chemotherapy, two years of oral chemotherapy and will be on hormone blockers for at least 10 years. Even with all that treatment, when we moved to Fort Polk this past summer, it was under the assumption that I had a recurrence of cancer in my lungs.

I went to M.D. Anderson in July expecting to be diagnosed with recurrent breast cancer with metastases to my lungs. But while there, I was given a gift: They told me that I didn't have a cancer recurrence. Instead, I have a rare lung infection that was probably a side effect of the chemotherapy treatments.



I feel I have been given this incredible gift of more time, and I want to use it to help spread awareness for this disease, which can be aggressive and merciless.

Over the past three years I have met many women who have breast cancer. Many of them were young women and moms. If I could share any wisdom, it would be this:

- First and foremost, find joy in your daily life. Each day is a gift. I thought I would spend this month planning a life for my kids without me, but here I am, and it is the most amazing gift you could ask for. Don't wait for cancer — find your joy in the simple things now.
- One in eight women will get breast cancer. This means breast cancer will most likely affect everyone; if not you, then someone you love. I don't say that to scare you, but to shift your perspective. You will likely be intimately affected by breast cancer in your lifetime. I thought it wouldn't happen to me, and I missed it.
- Almost all our best treatments depend

on finding cancer early. The survival rate for breast cancers found when they are small is 99 percent. Therefore, self-exams are important. After years of invasive treatment, I got my survival rate up to about 70 percent over 30 years. That's the best we can do for me. Be in the 99 percent survival group.

•It's not all doom and gloom. The breast cancer community is incredible. Science is racing to keep up. We are so close on so many game-changing treatments. There is so much hope.

If you see me in a bright pink shirt in the month of October, take it as a reminder to pay attention to your body.

Take all the preventive steps, like self-exams and mammograms, so that if you are one of the one in eight women diagnosed with breast cancer, you will find it early and be part of the 99 percent survival group.

I made a mistake by not taking warning signs seriously. I don't want you to make the same one.

## COMMENTARY

Allen Memorial Library Presents

Learn more about STEAM while encouraging inquiry, dialogue and critical thinking!

Every 2<sup>nd</sup> Thursday of the month

## GETTING THE FLU VACCINE

WHO SHOULD GET VACCINATED AGAINST INFLUENZA?

- ◆ SEASONAL INFLUENZA VACCINE IS RECOMMENDED FOR EVERYONE 6 MONTHS OF AGE AND OLDER WITH RARE EXCEPTION.
- ◆ PEOPLE AT HIGH RISK FOR INFLUENZA COMPLICATIONS INCLUDE:

- INFANTS.
- YOUNG CHILDREN.
- PREGNANT WOMEN.
- ADULTS AGE 65 AND OVER.
- NURSING HOME OR LONG-TERM CARE FACILITY RESIDENTS.
- THOSE WITH UNDERLYING HEALTH CONDITIONS.

TRICARE.mil/flu





ANGIE THORNE/ eGUARDIAN



## Dogwood Terrace Housing Town Hall

*A Housing Town Hall was held Oct. 17 in the Dogwood 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.*

# 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.

ICE link: <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.





# Helos hold howitzers to help hone Soldiers' skills

By Spc. KELLY ACEVEDO  
Public Affairs Office

FORT POLK, La. — For the first time in more than three years, Soldiers on Fort Polk conducted a combined arms exercise using howitzers and aviation assets. The training, which took place through the month of September, brought together companies from 1st Battalion, 5th Aviation Regiment and 5th Battalion, 25th Field Artillery Regiment and created a long-lasting relationship enabling both units to stay forged for war.

Soldiers trained in live scenarios to become more knowledgeable and confident with their equipment. The training began with operating cranes to lift sling legs in the 5th BN, 25th FA maintenance bay. The purpose was to show the importance of using breakaway cords to keep the legs straight.

Later in the month, Alpha Company 1st BN, 5th AVN and Bravo Battery, 5th BN, 25th FA trained at Honor Drop Zone, practicing cold load and elevator operations, sling load operations, and acclimatized artillery Soldiers with rigging howitzers in live conditions. The Soldiers conducted more than 20 iterations in rigging howitzers with breakaway cordage – crucial to ensuring the load could be lifted safely without endangering the helicopter. Aviators got their training in too. During their time in the drop zone, UH-60 Blackhawk crews practiced lifting howitzers and setting them down to become familiar with flying with a load beneath them.

The next phase of training was a Leaders Professional Development class and a live-fire exercise where Bravo Battery fired 594 high-explosive rounds before preparing for the final exam – an air movement scheduled for Sept. 30.

That morning, Bravo Company prepared three howitzers for the movement. After being prepared and inspected, the guns were loaded, and three Blackhawks flew an arc to Peason Ridge and back. Alpha Company had successfully and safely moved the loads.

The deliberate approach throughout the



1st Lt. JUNCHENG LAI/PUBLIC AFFAIRS OFFICE

month illustrated for junior Soldiers, noncommissioned officers and officers the importance of methodical training and served as a mechanism to build capabilities far beyond Bravo Battery and Alpha Company.

“When one of my young cannoneers PCS’ (permanent change of station) next year to Fort Campbell, he will raise his hand when the formation is asked if anyone has ever rigged a howitzer. He has the knowledge to safely rig a howitzer. When that warrant officer at his new battalion is informed they need 105 mm howitzers moved, he will assure the leadership he is capable of preparing his formation to move the howitzers confidently and safely wherever needed. That is why we train. We are building capabilities not for Bulldogs and Tomahawks, but for our battalions, our brigades and the Army,” said Capt. Mark Chapman, Bravo Battery commander.

The purpose of training is to ensure Soldiers are prepared for the call to fight. These important events remind Soldiers that regardless of rank or position, their role on the battlefield is crucial to the mission.





# Department of Labor recognizes importance of equity in workforce

## U.S. DEPARTMENT OF LABOR

WASHINGTON — The U.S. Department of Labor announced the theme for October’s National Disability Employment Awareness Month 2022 — “Disability: Part of the Equity Equation.”

The theme was chosen in recognition of the vital role people with disabilities play in making the nation’s workforce diverse and inclusive.

Led by its Office of Disability Employment Policy, the department’s annual observance of National Disability Employment Awareness Month acknowledges the contributions to the nation’s economy made by workers with disabilities, current and past.

The commemoration also showcases supportive and inclusive policies and practices benefiting workers and employers.

“A strong workforce is the sum of many parts, and disability has always been a key part of the equation,” said Assistant Secretary for Disability Employment Policy Taryn M.

Williams. “People with disabilities make up a wonderfully multifaceted group. By recognizing the full complexion of our community, we can ensure our efforts to achieve disability inclusion are, in fact, truly inclusive.”

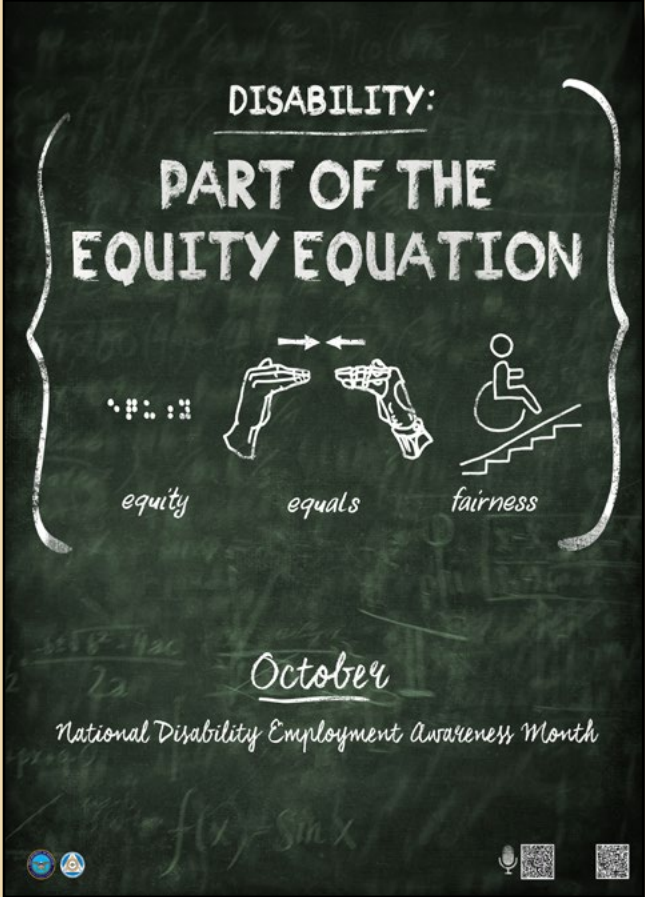
In April 2022, the department published its Equality Action Plan to support marginalized, vulnerable and underserved communities and outline its efforts to advance equity across the department.

The federal effort to recognize people with disabilities began in 1945, when Congress declared the first week in October to be “National Employ the Physically Handicapped Week.”

The word “physically” was dropped in 1962 to include individuals with all types of disabilities. In 1988, Congress expanded the week and christened the month of October as National Disability Employment Awareness Month.

For more information visit <https://www.dol.gov/agencies/odep/initiatives/ndeam>.

For more information locally, call the Fort Polk Equal Employment Opportunity office at (337) 531-1799.



# Wear red in support of Red Ribbon Week, substance abuse prevention

By AMELIA CONNOR  
Army Substance Abuse Program

FORT POLK, La. — Red Ribbon Week is recognized each year from Oct. 23-31 and is the oldest and largest drug prevention program in the nation.

The Red Ribbon Campaign began in response to the murder of Drug Enforcement Administration agent Kiki Camarena by drug traffickers in Mexico City in 1985. Wearing and displaying red ribbons became a symbol of intolerance toward drug use.

Throughout the week, parents are encouraged to have age-appropriate conversations with their children about the risks and consequences of substance use.

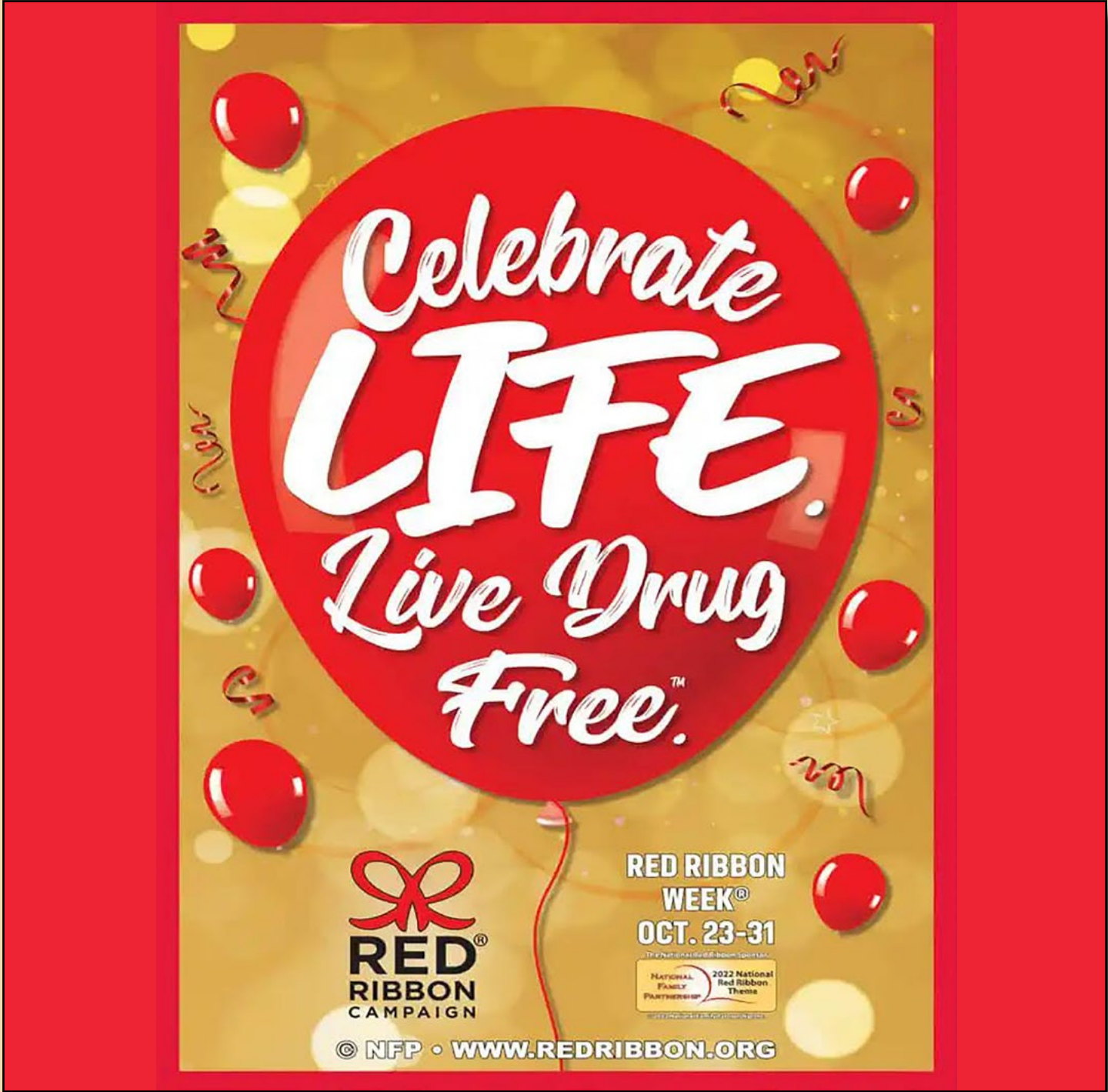
Leaders are encouraged to engage their Soldiers about the negative impacts substance abuse has on the overall readiness of individuals, as well as the team.

Each member of the Fort Polk community is encouraged to do their part to honor this year’s Red Ribbon theme, “Celebrate Life, Live Drug Free.”

Fort Polk’s Army Substance Abuse Program asks those who can wear red ribbons throughout the week to do so.

In addition, show your support by wearing red and posting selfies with #RedRibbonFPLA Oct. 28.

For more details see the Army Substance Abuse Program — JRTC & Fort Polk Facebook page or call (337) 531-2031.





# Fort Polk welcomes retirees for special day

By CHUCK CANNON  
Public Affairs Office

FORT POLK, La. — More than 500 retirees, family members and surviving spouses attended the 2022 Retiree Appreciation Day at Fort Polk Oct. 15.

The day's festivities kicked off with welcomes from Col. Sam Smith, Fort Polk garrison commander, and retired Lt. Col. Michael J. Juneau, Fort Polk Retiree Council.

Among the highlights were static displays by Fort Polk units, a military working dog demonstration, ID card updates, legal services, pharmacy services, immunizations and mammograms. There were also displays at the Fort Polk Commissary and Main Post Exchange, as well as a retiree golf tournament.

"Thank you for coming here today as we celebrate the dedication and service of our military retirees and family members for their selfless and dedicated service to the nation," Smith said in welcoming the guests. "We must never forget to take care of our retirees. We are Soldiers for life. It is the least we can do for those who dedicated their lives to our great nation."

Smith said he hopes the retirees realize how important they are to the Fort Polk Family.

"Our retired servicemen and women risked their lives to secure America's national security," Smith said. "Their commitment and service to our country continues after their time in uniform as neighbors, co-workers, family members and friends in our communities."

Not only does RAD serve as a thank you to the retiree community, but it also serves as a reminder to those currently serving that they are valuable members of the Army community.

"We couldn't do what we do here at the Joint Readiness Training Center and Fort Polk without your support," Smith said. "Not only do we thank you for your service in the past, but we also thank you for what you continue to do for us. Thank you for your dedication and faithful service."

Following the welcomes, Smith and retiree council members held an official cake cutting ceremony, after which retirees were invited to partake of the services offered as part of RAD.

Milton and Anne Nelson, both retired Sol-



*Retirees stopped by Bayne-Jones Army Community Hospital for flu shots, health information and free gifts during Fort Polk's Retiree Appreciation Day Oct. 15.*

diers, made the trip from Baton Rouge to participate in the day's activities.

"I think it's important to have events like this to let retirees know they are still considered a valuable part of the Army Family," Milton said. "It give us a chance to connect with younger Soldiers, while at the same time allows us to share our experiences with them."

Milton spent 28 years as a Soldier and Anne spent 22.

"It makes us feel good knowing we're not forgotten," Anne said. "We helped shape the country as it is today, and now the country is giving back to us. I feel more at home when I'm around other Soldiers."

For more information about retiree services call Fort Polk Retirement Services at (337) 531-0363.



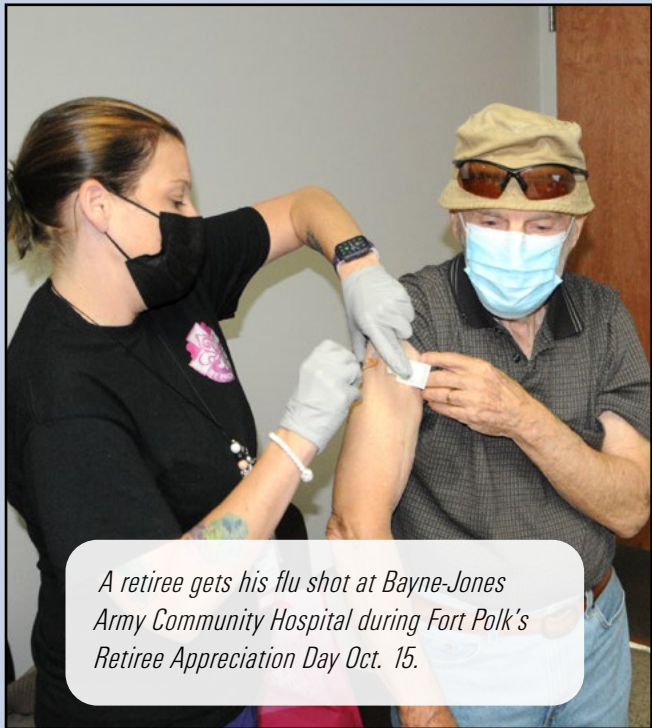
*Retirees were able to ask question about MHS Genesis at Bayne-Jones Army Community Hospital during Fort Polk's Retiree Appreciation Day Oct. 15.*



*Retirees and members of the Fort Polk community enjoyed a golf tournament during Fort Polk's Retiree Appreciation Day Oct. 15.*



*Col. Sam Smith, Fort Polk garrison commander, speaks at the opening ceremony of Fort Polk's Retiree Appreciation Day Oct. 15.*



*A retiree gets his flu shot at Bayne-Jones Army Community Hospital during Fort Polk's Retiree Appreciation Day Oct. 15.*

CHUCK CANNON/EGUARDIAN



# Ghostly guidelines for spooky, safe, happy Halloween

## PUBLIC AFFAIRS OFFICE

FORT POLK, La. — It's that time again. Little hobgoblins running around in costumes with soon to be sugar rushes are a sure hint that the spookiest holiday of all is upon you. Ah, you gotta love Halloween.

However, like anything fun, there are dangers lurking in the shadows of this spine tingling night that have nothing to do with ghosts, vampires or witches. Check out the following tips to keep your superhero or princess, not to mention man's best friend, safe:

### For kids trick-or-treating without adults:

- Never enter a home to accept candy.
- Follow a route set by your parents or guardians.
- The person in the group with a phone should have the phone numbers of parents or guardians.
- If arriving after curfew, ensure you contact parents or guardians.
- Designate a safe spot to meet in case you are separated from the group.
- Walk on sidewalks. If there are no sidewalks, walk on the side of the road in the direction of oncoming traffic to stay aware of vehicles.

### Tips for parents or guardians:

- Plan a safe route for kids 12 and older trick-or-treating without an adult — avoid long routes, busy roads, set a curfew and give out phone numbers.
- Use glow sticks, reflective tape or flashlights when trick-or-treating.
- Ensure wigs, costumes and accessories are fire resistant.
- Avoid masks if possible.
- If applying face paint, ensure skin irritation won't occur.
- Encourage kids to wear bright costumes.
- Ensure costume length is appropriate to avoid tripping and hard falls.
- Inspect candy at home before allowing children to indulge. Check for allergens, choking hazards and that all candy is properly sealed.

*Trick-or-treating should be safe, as well as fun.*



ANGIE THORNE/GUARDIAN

- Have kids brush their teeth at the end of the night and properly remove face paint to prevent cavities and skin and eye irritation.

### Adults planning to party:

- Plan your route ahead of time to avoid rushing. Be cognizant of children and groups of people on the roads.
- Discourage new or inexperienced drivers from driving.
- Have a plan to get home safely if you are drinking. Do not drink and drive.
- Stay with your group.
- See something, say something. Report any suspicious or dangerous activities

### Adults handing out candy:

- Keep your porch light on so trick-or-treaters know you are handing out candy.
- Keep your entrance well lit for trick-or-treaters to see the pathway to your door.
- Offer hand sanitizer if possible.
- Avoid handing out treats with allergens such as nuts, peanuts, eggs and soy.
- Do not leave candles burning in jack-o'-lanterns. Opt for battery operated alternatives instead.

### Pet owners:

- Take pets out for a walk before sundown.

This will help you avoid trick-or-treaters and the possibility of pets eating candy or trash from the ground.

- Decorate safely and above "pet level" to prevent pets chewing or eating toxic and harmful decorations.

Fish tank tubing can be used to protect wiring.

- If handing out candy, keep pets in a separate room that is a safe and calm environment to avoid them running out the door or becoming stressed by people coming to your door.

- Update your pet's ID on their collar in case they do run out the door.

- Keep harmful or deadly treats such as chocolate and candy with sweeteners away from your pet.

- Explain to children the harmful effects of sharing their candy with pets.

- If dressing up pets, ensure the costume does not stress them out and fits properly.

- Keep the American Society for the Prevention of Cruelty to Animals Poison Control number — (888) 426-4435 — and the Fort Polk Veterinary Clinic — (337) 531-1322 — close by.

For more information, these safety tips were found at: <https://healthcare.utah.edu/healthfeed/postings/2022/10/halloween-safety.php>, <https://www.safesmartliving.com/halloween-safety-tips/> and <https://www.nsc.org/community-safety/safety-topics/seasonal-safety/autumn-safety/halloween>.





# WE CARE WHAT YOU THINK

Take the  
**JOINT OUTPATIENT  
EXPERIENCE SURVEY**



## **JOES**

Take a few minutes to fill out the **Joint Outpatient Experience Survey (JOES)** when you get it by mail or email. **JOES** is a survey that asks questions about your military health care experience. It's secure and we won't share your personal information. Your **JOES** responses tell us what we're doing right and what we can do better.



[armymedicine.mil](http://armymedicine.mil)





# Professional reading list book focuses on putting people first

By Lt. Col. (retired) MARK LESLIE  
DPTMS director

FORT POLK, La. — Recently, I had the opportunity to finish a few books, one of which is on the Chief of Staff of the Army's Professional Reading list — Simon Sinek's "The Infinite Game."

While I admit I am not a Simon Sinek "disciple," I do read his books and think his work has a lot to offer. I say this in an admiring way. I'm not sure if Sinek has led an organization in his life, but his concepts are sound and frankly, inspiring.

That's why I continue to read his work. The world needs optimists. Organizations need not only optimists, but leaders who are optimistic. That is what Sinek brings to the table — an optimistic point of view for the leader reader. His works help get leaders (including me) "back on azimuth."

Simon Sinek's "The Infinite Game" was number eighteen released on the Chief's reading list. I'm not sure why the Chief waited until number eighteen to release this read. The book was first published in 2019.

The Chief could have easily synchronized the release with the release of his priorities, number one being people first. It is clear to this reader that the Chief was in some way influenced by this work. The bottom line of this book, and Sinek makes this clear in the "Infinite Game," is that if an organization takes care of its people, those people will take care of the organization.

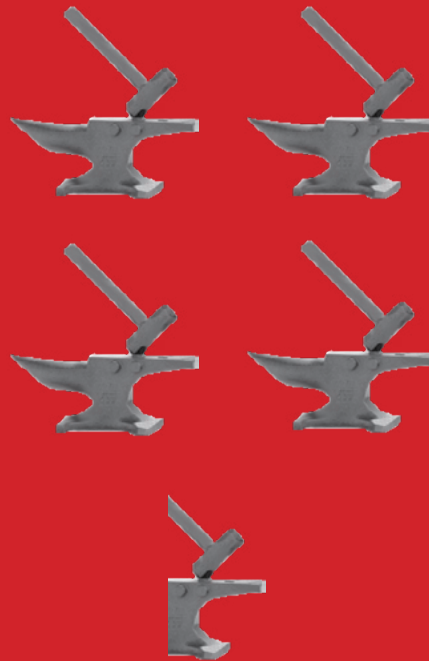
This is not a new concept to old Soldiers and hopefully isn't a new one to the Soldiers and leaders of today. Cultivating loyalty to an organization by instilling the values of taking care of the people harkens back to General Creighton Abrams's iconic statement, "People are not in the Army; they are the Army."

Sinek's "Infinite Game" is chock full of examples from all types of organizations where a culture of caring outperforms an organizational culture that lacks this spirit. His tips and techniques explain what worked and maybe more importantly — what didn't work.

Sinek successfully connects with the modern-day leader reader and delivers the message in a delightful writing style. That message, succinctly put, is genuinely caring for your people has a huge return on investment. I have been leading people for a long time and I found more than a few nuggets in this excellent work to make me better. I think you will too.

Like always, I have a lot of pages in this book "dog-eared" and passages highlighted to reference later. One of the most revealing passages in the book and one that really sums up what the infinite game is, as well as what you can do to create a culture that "wins the fight

**On a Joint Readiness Training Center and Fort Polk five level scale, this book earns four and a half anvils.**



**THE  
BESTSELLING  
AUTHOR OF  
START  
WITH WHY  
AND  
LEADERS  
EAT LAST**

THE  
INFINITE  
GAME  
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THE

## BOOK REVIEW

for talent" is: "The true value of an organization is measured by the desire others have to contribute to that organization's ability to keep succeeding, not just during the time they are there, but well beyond their own tenure."

Here at Fort Polk, Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commanding general, has three lines of effort, number one being "caring for our people."

If you are scratching your head and wondering what you can do to better meet this objective or want to stimulate your creative thought process, pick up Sinek's "The Infinite Game." I think you'll learn a few things.

It's a page turner and you will probably finish it rather quickly. By the end, you will

emerge from this reading journey a better Soldier, employee and leader. This book delivers incredible insight on how to stay a relevant leader and the repercussions of what happens when we can't or won't transform and stray from our vision.

I won't spoil what the "infinite" is in "The Infinite Game" — you'll have to read it to learn that, but the light bulb above your head will turn on and turn on quickly.

As I have written before in reviews, and what seems to be a common theme in CSA reading list selections, leadership and getting better at leadership, is an infinite process.

This excellent work earns a 4.5 Anvils out of five on the JRTC and Fort Polk five Anvil scale CSA professional reading list scale.



# Yanks no match for **Astros**’ ‘cute little fellows’

By **CHUCK CANNON**  
Public Affairs Office

FORT POLK, La. — I’ve created a monster. Not your typical humongous, Dracula-toothed, werewolf-clawed, electrically charged Frankenstein monster that you might expect in October, when such creatures are prone to roam the streets after dark, searching for their next victim.

No, this monster barely reaches 5 feet tall, has beautiful long, silver hair and a voice like an angel.

But make no mistake — she is indeed a monster.

Just a few years ago, I wouldn’t have said that about her. In those days she was my loving bride, Susan, quick to support me in whatever endeavor I chose, especially in my one true passion: sports.

For those who know me, I wear my sports teams on my sleeve: Yankees, Saints, Tigers, Bulldogs (La Tech, not Georgia) and Celtics. Those were my heartbeat long before this little monster wrapped her talons around my heart strings and reeled me in.

But for years, it was OK, because this little monster cared little for sports. She would accompany me on my sporting endeavors, and sit quietly by, reading a book, until I came up to bat (or shoot a free throw, or catch a pass — you get the picture) at which time someone would point out that I was “doing something” and she would watch. After I was done, she would return to her book until my next shot at sports glory.

That was before we moved to Fort Polk, and she discovered George Springer of the Houston Astros. Baseball fans will know Springer as the talented center fielder who once patrolled Minute Maid Park’s grassy meadow and clobbered fastballs over the short porch in left field.

At least that’s how most people knew Springer; to my little monster he was “that cute little fellow who played for the Astros.”

Yep, my loving bride had succumbed to the wiles of a good-looking guy who could hit a baseball with the best of them, and not only did

she require a Springer jersey, but she also needed an Astros cap, and developed a desire to make the 3-hour trip to Houston to catch an Astros game whenever possible.



I thought when Springer signed a free agent contract with the Blue Jays and headed off to the north in Toronto, I would get my bride back. I

## COMMENTARY

was mistaken. A cute little fellow playing shortstop took Springer’s place and now she needed a Carlos Correa jersey because she planned to burn Springer’s in effigy.

Then Correa left, this time to the northern kingdom in Minnesota, so now her new “cute little fellow” is second baseman Jose Altuve.

Meanwhile, to exacerbate the situation, the little monster’s team has hammered my Yanks repeatedly during the past few years, so much so that even this loyal Yankee fan has begun to come up with excuses when the little monster asked if I wanted to go to an Astros/Yankees game the next time the New Yorkers come to Houston.

I guess we do make an interesting site at Minute Maid Park: Susan wearing her Astros cap and Altuve jersey, while I sit next to her wearing my Jeter jersey and Yankee cap.

So far, I’ve been spared the brunt of insults from other Astros fans as the Houston guys al-

ways seem to beat my Yanks when we show up. I sit, head bowed, shoulders slumped, while the little monster is yelling and high fiving those around us.

But you know, I can’t really be upset. For years I had been the one screaming at the TV, shouting when my team won and suffering (and making sure everyone around me knew I was suffering) when they lost. I was the monster. So, I’m not going to begrudge my bride, my little monster, the opportunity to revel in her team’s success.

My only hope is that eventually the Astros will run out of “cute little fellows,” and she’ll start rooting for the Yanks.

But until that happens, I’ll just have to be secure in the knowledge that even though she’s wearing a shirt with some “cute little fellow’s” name on it, she’s still my little monster and heads home with me after the game.

After reading this commentary, the little monster said there is no way “on God’s green Earth” that she would ever root for the New York “Evil Empire” Yankees. Oh well, I guess you can’t have everything.





**YOUR OPINION MATTERS**

**GOT ISSUES? LET YOUR VOICE BE HEARD**

**ARMY FAMILY ACTION PLAN**

If it's a program or service, an AFAP issue can **IMPROVE IT**.  
If it's a policy or regulation, an AFAP issue can **CHANGE IT**.  
If it's a law, an AFAP issue can **AMEND IT**.  
If there's a low-cost, creative solution, You should **PURSU**E IT.

SCAN

**• ARMY WELLNESS CENTER •**

**CLASSES**

**FUELING FOR HEALTH: THE BASICS OF NUTRITION**

This class is designed to increase the participants' ability to choose well-balanced nutrition for the purposes of preventing disease and improving health. Discussions include fundamental components of nutrition as well as developing improved understanding of national dietary guidelines.

**HEALTHY MEALS IN MINUTES**

This class focuses on meal planning, including tools and strategies to help with preparing healthier meals and addresses challenges faced. Whether you are in the barracks, housing, or a hotel, the goal is to help participants put healthier meals on the table quickly and economically.

**UPPING YOUR METABOLISM**

With the intent of improving individual metabolism, class participants will learn the importance of consistent exercise, healthy nutrition, good sleep, and how each can affect an individual's ability to reach personal goals. This class is typically taken following a client's participation in metabolic analysis but can be adjusted to be taught to groups who haven't had the testing.

**STAYING FIT HOME AND AWAY**

By applying physical activity recommendations, strategies and technology, this class enhances participant confidence and ability to get and stay physically fit when gym access is unavailable or not desired.

**HEALTHY SLEEP HABITS**

This class discusses the importance of sleep and how inadequate sleep can impact overall health and performance. General healthy sleep recommendations and methods and resources for achieving quality sleep will be explored.

**STRESS MANAGEMENT**

Class participants will learn to recognize stress and the negative impact it may have on overall health and wellness. This class focuses on defining stress, assessing personal stress levels, and utilizing effective stress reduction techniques.

**AWC**  
337.531.3055  
1365 3RD ST., BLDG. 283  
FORT POLK, LOUISIANA 71459

**MST YOUTH COSTUME CONTEST**

**October 28 | 6 PM**  
**Middle School and Teen Center BLDG 744**

**Come dressed in your best Halloween Costume!**

Please ensure your costume is appropriate and follows MST dress code.

337-531-1992 | polk.armymwr.com



**OCTOBER 2022 ENERGY ACTION MONTH**

**Energy Resilience: Sustain the Mission – Secure the Future**

**RESILIENCE**

**TACTICAL MICROGRID**  
In FY22, the Army demonstrated a tactical microgrid incorporating a hybrid solar, wind, and battery power system. These microgrids will increase the resiliency of mission-critical systems, such as the TUSA's mobile defense system and, under the Army's Command Post Integrated Infrastructure Initiative, will reduce the footprint and improve the ability of tactical command posts, enabling Command Post employment across the operational spectrum.

**U.S. Army Greenhouse Gases - Scope 1 & 2 6,805,378 Metric Tons (MT)**

**CLIMATE RESILIENCE**  
One way the Army is addressing climate change is by focusing on improving energy-related resiliency and efficiency of the force to be prepared to fight and win the future's wars. As of FY20, the Army reduced installation greenhouse gas emissions by 20% since FY08 from building energy efficiency, fleet management and development of on-site renewable energy.

**ERCIP**  
The Army is bringing on Energy Resilience and Cybersecurity Investment Program (ERCIP) projects to incorporate resilience attributes, conserve energy and water, reduce reliance on the grid, and conduct on-site power generation and associated infrastructure. In FY22, the Army completed four, and awarded approximately \$35.3M for two projects that include energy and water resilience capabilities.

**EFFICIENCY**

**NET ZERO**  
Fort Hunter Liggett (FH) conducted a groundbreaking ceremony in May 2021 to build an electrical microgrid, with additional solar energy generation, that will be capable of distributing electricity for 34 days during a power outage. Once completed, it will be the first Army installation to achieve Net Zero (electric energy) using only renewable energy and battery storage. FH has developed these technologies over the past decade as one of 17 Army Net Zero pilot sites.

**ELECTRIFIED PLATFORMS**  
The Army continues to advance the development of electrification capabilities to increase tactical vehicle power, extend maneuver range, and reduce the logistical burden of current Army fleets as well as inform the development of future tactical vehicles.

**PLUG LOADS**  
An Army study was performed by Pacific Northwest National Laboratory on the impact of electrical plug loads on energy consumption in buildings. The study estimates that the Army can save \$5 million (with value) all over \$5 million per year within just five building categories representing one-fifth of the total Army-wide facility floor area.

**AFFORDABILITY**

**PRIVATELY FUNDED MICROGRID**  
The Army and Hawaiian Electric conducted a successful test of the 50 MW Scaled Generating Station's (SGS) microgrid capabilities. Scaled Barracks, Wheeler Army Airfield and Field Station Kilauea were isolated from the main Oahu power grid and received power exclusively from the multi-fuel power generation plant. The SGS is located above the Hawaiian Islands zone and behind the Army's line to make it the most secure and resilient utility plant in Hawaii.

**REform**  
Resilient Energy Funding for Readiness and Modernization  
THREE-STEP, DOLLAR-BY-DOLLAR, FUNDING MODEL


**REform**  
The Army's 2015 U.S.G.S. 2012, Availability and Use of Energy Cost Savings pilot initiative, known as REform, rewards installations that reduce energy consumption. REform is an outstanding way of incentivizing Army installations to use less energy. The initiative has generated nearly \$100M in energy savings in its first two execution years.

**50% ENTERPRISE 50% INSTALLATION**  
Installation energy savings are split 50/50 by the Enterprise and the installation that generated the savings.

**THIRD PARTY FINANCING**  
The Army leverages private sector expertise through Energy Savings Performance Contracts and Utility Energy Service Contracts to improve efficiency and contribute to resilience. Solar PV parking canopies and two wind turbines, installed as part of an EPC at Fort Buchanan, Puerto Rico, produce approximately 3.5 MW of renewable energy.

**Fort Polk & JRTC**

**Example Microgrid**



**MICROGRID**

- On-Post 40 MW Power Plant
- Renewable energy expansion
- 14-day assured energy supply

**MONITORING & ANALYTICS**

- HVAC performance monitoring, 249 buildings.
- Metering, 485 facilities

**ENERGY / WATER CONSERVATION**

- Communication - report water leaks; excess energy use to facility managers / building energy monitors
- Keep exterior doors and windows closed
  - Reduces energy cost and mold
- Set thermostat temperatures per guidance.
- Portable heating/cooling equipment operation IAW AR 420-1, 22-12b (2); remove unauthorized devices.
- Plug-in equipment
  - Appliances: Energy Star rated only; excess/extra refrigerators, microwaves, coffee pots – not authorized.
  - Monitors; scanners/copiers – set to hibernate; turn-off when not needed.
- Lighting - Turn-off when not needed.
- Policy: [https://home.army.mil/polk/application/files/7316/5281/9378/JRTC\\_and\\_Fort\\_Polk\\_Policy\\_18\\_-\\_Energy\\_Conservation\\_and\\_Efficiency.pdf](https://home.army.mil/polk/application/files/7316/5281/9378/JRTC_and_Fort_Polk_Policy_18_-_Energy_Conservation_and_Efficiency.pdf)


**HVAC**

**THIRD PARTY FINANCING**

- 160 Mission/QoL facilities
- Improved LED light fixtures & controls
- HVAC / Digital Controls Upgrades
- Recommissioning (RCx)

**ELECTRIC VEHICLE CHARGERS**

- Charging stations for non-tactical EV fleet, 101 EVs by 2027





# Nursing students/spouses present service project focused on Mental Illness Awareness

By JEAN CLAVETTE GRAVES

BJACH Public Affairs Officer

FORT POLK, La. — Bayne-Jones Army Community Hospital hosted Northwestern State University nursing students for a Mental Illness Awareness Week health promotions display Oct. 6 at the Joint Readiness Training Center and Fort Polk.

The students, all military spouses, conducted the event at BJACH as a course requirement for their associate of science in nursing degrees.

Maria Cabrera-Gonzalez said the assignment was their service-learning project.

“Basically, we are going out into the community to provide education,” Cabrera-Gonzalez said. “We chose to highlight behavioral health related topics because it coincided with what we’ve been learning about this semester.”

Tracie Graves said they wanted to do their project at BJACH because it is where they receive their care and they wanted to present useful information to members of their community.

“Our ultimate goal is educating Soldiers, spouses and retirees about mental illnesses, positive coping mechanisms and healthy treatment options available to them,” Graves said. “Essentially, we wanted to highlight signs and symptoms, holistic care, therapeutic communication techniques and coping skills for these common behavioral health concerns.”

The student’s project focused on seasonal affective, anxiety and obsessive-compulsive disorders.

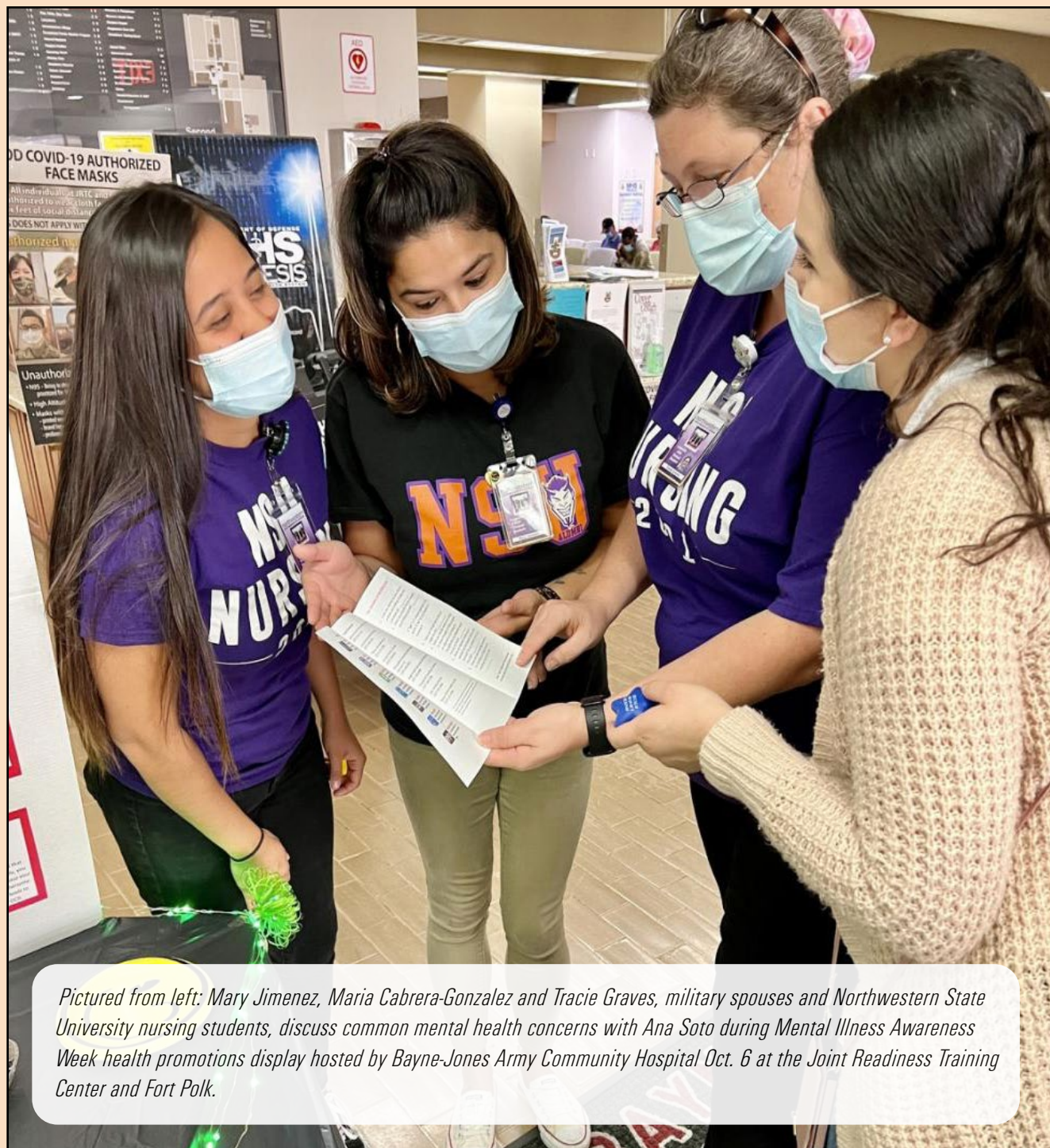
The semester’s course work focused on psychiatric and mental health related topics.

“We felt these topics were perfect for our community,” said Mary Jimenez. “We move a lot, which can put a lot of stress on military Families. Moving can cause a lot of anxiety, and moving from one climate to another can cause season affective disorders.”

Lt. Col. Alexander Ragan, installation director for psychological health and the chief of the behavioral health department at BJACH, said he thought the students Mental Illness Awareness Week presentation was insightful, well thought out and creative.

“It gave good information on resources, as well as symptoms of significant mental conditions that many suffer from,” Ragan said. “Education on SAD is timely. As winter approaches, many suffer as the hours of daylight diminish. Anxiety affects countless individuals and can become debilitating. OCD is a mental health condition that is often misunderstood. Those affected by it often suffer in silence. The strategic pause for Mental Illness Awareness Week gives us all an opportunity to learn about these common conditions and how to get help for them.”

Ragan said it’s mutually beneficial for both BJACH and the university to work together



*Pictured from left: Mary Jimenez, Maria Cabrera-Gonzalez and Tracie Graves, military spouses and Northwestern State University nursing students, discuss common mental health concerns with Ana Soto during Mental Illness Awareness Week health promotions display hosted by Bayne-Jones Army Community Hospital Oct. 6 at the Joint Readiness Training Center and Fort Polk.*

whenever possible.

“Hospitals traditionally have a significant role with students,” Ragan said. “All providers that work in hospitals at one time or another were nurtured by professionals to grow and have opportunities to present information they learn in the classroom. This was a great partnership with these military spouses as they complete their medical education and share their knowledge with our community.”

The display provided beneficiaries with techniques and resources to help those suffering from anxiety, SAD and OCD.

“Counting backwards is one technique that is useful when someone is experiencing anxiety,” Jimenez said. “Usually, when you have anxiety your brain is in overdrive. Counting down and pausing helps bring your mind into the present; focusing on what is going on right now and not thinking about those things that are causing your anxiety.”

Cabrera-Gonzalez said they hope to reduce the stigma about mental health through their presentation.

“A lot of people don’t like to talk about

mental health,” Cabrera-Gonzalez said. “We thought this was a good opportunity to talk about it. Knowledge is power. Having a better understanding about these conditions through education and resources will hopefully reduce the stigma associated with seeking help when needed.”

Graves said preparing for the project was a great learning opportunity for them as well.

“I knew what SAD was before we started this project, but only thought it was a winter thing,” Graves said. “I learned it can also affect people in the spring and summer. If you don’t like the heat, you may not be going outside and that can have a negative effect on your overall wellbeing and quality of life.”

All three students have different motivators for pursuing nursing.

Graves, a former U.S. Army combat medic, knew she would pursue a medical degree upon leaving the military.

“Going for my nursing degree was an obvious next step for me,” Graves said. “The nursing programs at NSU are excellent for military Families and veterans.”



# Headquarters, Department of the Army Protocol Office trains Soldiers, civilians

By JEAN CLAVETTE GRAVES

BJACH Public Affairs Officer

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk hosted a Protocol Fundamentals class Oct. 12 and 13 at the Berry Mission Training Complex.

The training was attended by 41 Soldiers and civilians from six separate installations and had representation from most units and organizations on Fort Polk.

Timothy Tilley, director of protocol for JRTC and Fort Polk, said he coordinated the class with the Headquarters, Department of the Army Protocol Office prior to his arrival in April.

Tilley began his career as a protocol assistant when he retired from active duty in 2009.

"I fell in love with protocol," Tilley said. "Because it is rules based, it is regulatory based and I realized everyone wants to do the right thing. Protocol is about doing it right."

Tilley developed a relationship with the HQDA Protocol Office early on, and has coordinated five separate training events at every installation he's worked at to improve internal communication and outreach efforts with subordinate units on post.

"Before I arrived at Fort Polk I learned there had never been protocol training conducted here. I knew I wanted to make it happen, and coordinated this before my arrival six months ago," Tilley said. "This training validates and helps so much with the concept of, 'If it's good enough for our highest military leaders, it's good enough for us at Fort Polk.'"

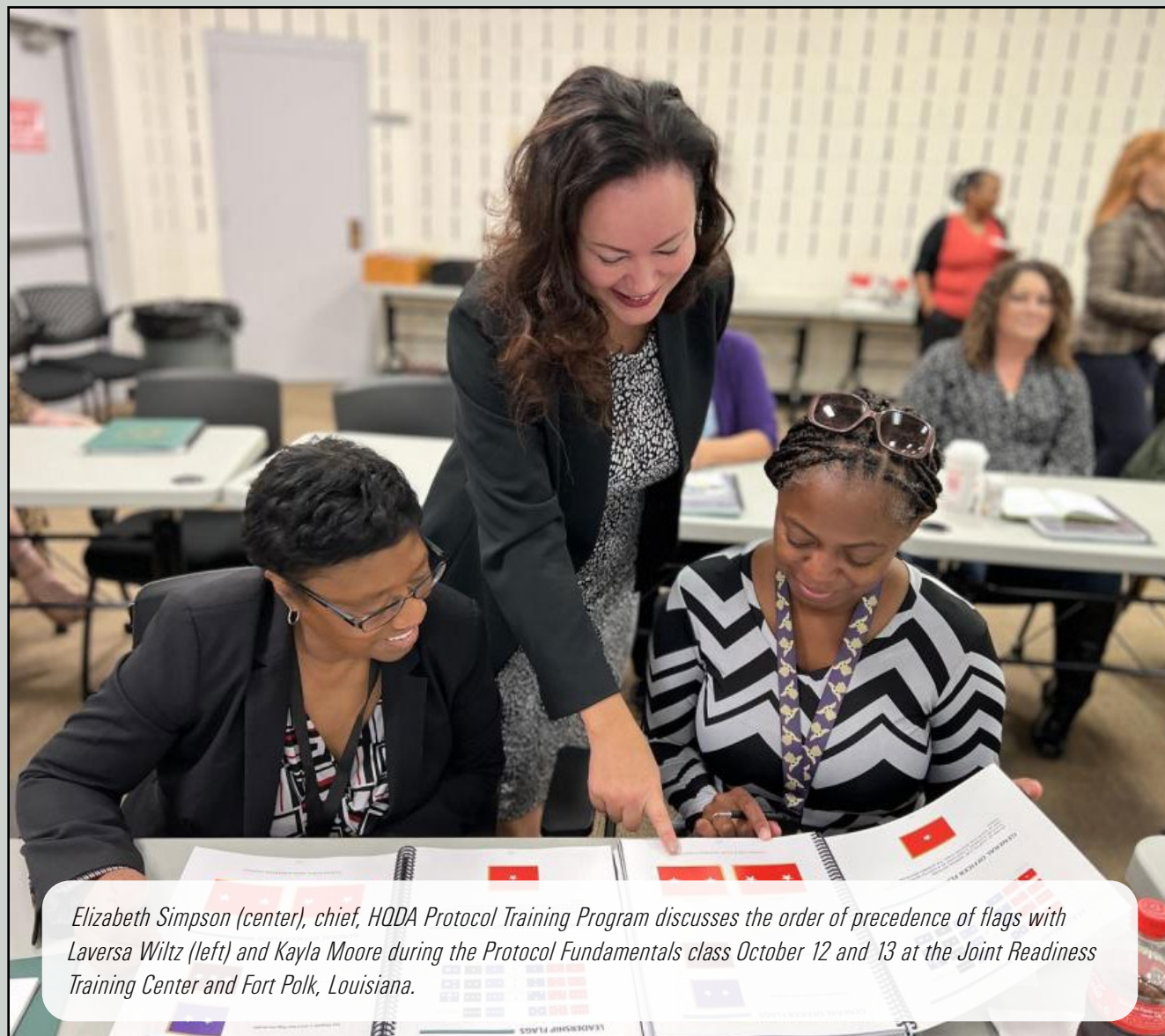
Elizabeth Simpson, chief, HQDA Protocol Training Program, said she began formally conducting protocol training in 2012 to help organizations standardize their events and ceremonies.

"The Chief of Staff of the Army at the time noticed ceremonies looked different everywhere he went," Simpson said. "There are a million different reasons for that, but ultimately there are certain things that should be the same no matter where you go and what type of an event you're hosting."

The classes open dialogue among installation stakeholders to determine what is best for their organization, post leadership and get everyone on the same page moving forward.

"I want everyone to know the order of precedence about flags, seating personnel at official functions and getting rid of antiquated gender based etiquette," Simpson said. "This is a protocol foundations class that gives everyone the fundamentals to successfully conduct ceremonies for their organization."

Capt. Josh Kniss, executive fellow for the Army Medical Specialist Corps Office at the Medical Center of Excellence, Joint Base San Antonio, Fort Sam Houston, Texas, is responsible for setting up or assisting his organization



*Elizabeth Simpson (center), chief, HQDA Protocol Training Program discusses the order of precedence of flags with Laversa Wiltz (left) and Kayla Moore during the Protocol Fundamentals class October 12 and 13 at the Joint Readiness Training Center and Fort Polk, Louisiana.*

with protocol efforts on behalf of Brig. Gen. Deydre Teyhen, medical specialist corps chief.

"I'm a physical therapist and was selected for this long-term training and education opportunity," Kniss said. "This is a broadening assignment outside my normal area of concentration, but more than that it gives me a broader knowledge base outside of my profession. I think the history and rules that go along with protocol can get lost, and I hope I can gain a greater understanding of how to avoid mistakes that will distract the audience from the content of each ceremony and event."

Kniss said it's important to honor the history and traditions of the Army through the proper execution of ceremonies conducted at the MECOE.

Staff Sgt. Anthony White, unmanned systems operator, 82nd Airborne Division, Fort Bragg, North Carolina, recently accepted a position with the division protocol office and said the class was extremely timely for him.

"I've been working in the protocol office for about two months," White said. "This class is important because it will give me more knowledge about the proper way to conduct the multitude of ceremonies and events we conduct on a regular basis."

White said seating was the biggest take away for him.

"It's my biggest challenge," White said. "I see my counterpart creating a seating chart

and it looks like magic. This class is helping me understand why certain leaders sit in certain positions at ceremonies, dinners and meetings based on their rank or position. Eventually, he will leave and I want to be prepared to take over seamlessly."

White said he wants to get so good at doing seating charts that he doesn't need to reference the protocol precedence list because he will know it by heart.

Logan Morris, CEO, Greater Vernon Parish Chamber of Commerce, said he registered for the course to learn more about how the Army makes decisions about event planning processes and ceremonies.

"As the head of the chamber, I attend multiple ceremonies, events, functions and interface with the Army frequently," Morris said. "I felt like this was an excellent opportunity to learn those processes that will also help my members understand as they work with the Army."

Morris said this course will help the community understand what the military expects when they participate in events.

"This will help us set up our events in a way that the military leadership at Fort Polk is used to seeing," Morris said. "Both the military and civilian community are dependent upon each other. We consider Vernon Parish and the Leesville community to be the best hometown in

Please see **Protocol**, page 17





## Surprise honor

Lorrie Odom, Administrative Officer for Fort Polk, was awarded the Army Meritorious Civilian Service Medal for her more than 38 years of service at a "surprise" retirement ceremony attended by family, friends and coworkers Oct. 13. Congratulations and thank you, Lorrie!



DEVEN KING/PAO

# Protocol

Continued from page 16

the Army. The more our local community and military leadership work together, the better quality of life we will all have both on and off the installation."

Kayla Moore, chief of the garrison plans, analysis and integration office, said this class reinforces a lot of what she's been doing throughout her career.

"This has been a great azimuth check to codify what I thought was correct in regards to military protocol," Moore said. "It is a big deal that this course has been brought to Fort Polk. We are the premier combat training center and we want things to be done correctly. When distinguished visitors come here, we want them to have a positive experience."

Tilley said for planning purposes, the more time you have the better.

"Units should begin planning as far in front of the event as possible," Tilley said. "The more time you give yourself to coordinate high level events the better chance your organization will have for success."

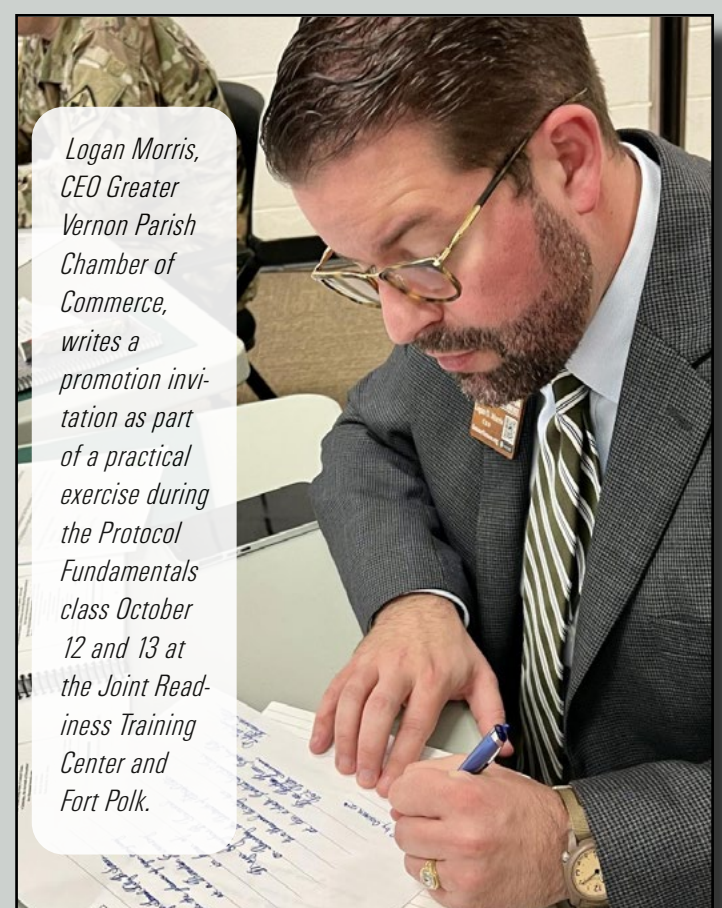
Tilley said his office is always available to assist.

"We need at least six weeks to ensure there is enough time to ensure the event is carried out properly," Tilley said. "We should look professional. We should want to represent the organization in a way that brings credit to Fort Polk. One way to do that is to plan events with intent, purpose and focus that achieves the Army's strategic mission."

Tilley said protocol is very important.

"Protocol can be, if implemented appropriately, a combat multiplier for a unit," Tilley said. "The flag is all about history. Protocol highlights our time honored traditions as an organization and a country. The emphasis placed on large scale events is important. The sequence of events, the bugle calls, the placement of the flags, the seating of the attendees is all so important. It's not just about a place setting or having things look right, it's instilling a sense of correctness in everything we do. Protocol is critically important."

For more information call (337) 531-1721.



Logan Morris, CEO Greater Vernon Parish Chamber of Commerce, writes a promotion invitation as part of a practical exercise during the Protocol Fundamentals class October 12 and 13 at the Joint Readiness Training Center and Fort Polk.

JEAN CLAVETTE GRAVES/BJACH PUBLIC AFFAIRS OFFICER



# Corvias Yard of the Month October



*This is the home of Spc. Arrion Vatauvuk and his spouse, Aiden — Maple Terrace.*

**THINGS GOT SPOOKY FOR THE OCTOBER CORVIAS YARD OF THE MONTH PROGRAM. YARDS WERE FILLED WITH GHOSTS, PUMPKINS, SPIDERS AND ALL MANNER OF FUN HALLOWEEN SPIRIT. THESE ARMY FAMILIES ARE ABLE TO PROUDLY DISPLAY THE YARD OF THE MONTH SIGN IN THEIR YARDS AND ENJOY BRAGGING RIGHTS FOR A JOB WELL DONE.**

*This is the home of Spc. Bailey Black-Giles, his spouse Natalie (center) and their kids, Jaden Prater, 11, (left) and Isaiah Prater, 9 — Palmetto Terrace.*



*This is the home of Staff Sgt. Carlyle Perez, his spouse Nicolette, and children Logan, 23, and Kalea, 6, — Dogwood Terrace. Fort Polk command and representatives from Army Housing and Corvias were on hand to present a coin, gift card and yard of the month sign to each family.*



# CAREER OPPORTUNITIES

## Fort Polk Spouse Employment Survey

Working on Fort Polk? Interested in Working on Fort Polk?



Fort Polk Spouses • Former Fort Polk Spouses • Future Fort Polk Spouses

# We Want to Hear From You!



# Briefs

## Volunteer classes

Army Community Service, 1591 Bell Richard Ave., building 920, hosts Volunteer Management Information System classes.

Classes are scheduled for the first Friday of each month from 10-11 a.m. The focus will be on teaching how to create necessary accounts, find volunteer positions and track your hours. The next class is Nov. 4. For more information call (337) 531-1941.

## CYS has moved

Fort Polk's Child and Youth Services has moved from its old location at 6880 Radio Road, building 400, to 7960 Mississippi Ave., building 924. Their hours are 8-5 p.m. For more information call (337) 531-1955.

## 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.

## Fort Polk Kiosk

Meal card holders should visit the Fort Polk Kiosk, building 2382. They are operating under a new vendor and providing a wide variety of quality meal choices for Soldiers. Hours of operation are 7:30 a.m.-2:30 p.m.

## 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 11 a.m.-noon Nov. . 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 Oct. 4, Nov. 1 and Dec. 6. The class is 10-11:30 a.m. If you are inter-

ARMY FAMILY CHILD CARE (FCC)  
Are you providing Child Care in your home?  
Become a Certified Family Child Care Provider

YES! Caregivers living in government owned, leased and privatized housing who provides child care for more than 10 hours per week on a regular basis must be certified!

I just found out my caregiver is not authorized to take care of me in her home.

I don't want to lose my caregiver! How can I help him/her become an Army Certified FCC Provider?

So, are you saying that any Army Family member or civilian living in government owned, leased, and privatized housing who provides child care for more than 10 hours per week on a regular basis must be certified?

Yes! And it's so easy! Have your caregiver contact the Garrison CYS Family Child Care Office for more information.

Join our team! Army Certified FCC Providers receive FREE training and support, FREE referrals, FREE materials & equipment AND qualify for child care subsidies!

You could receive up to \$1000 doing what you love!

Become FCC Certified... It's the right thing to do!

Contact Child and Youth Services (CYS) to start the certification process to become a Family Child Care Provider

SCAN ME



Child & Youth Services  
**Hourly Care**

CDC 701  
Ages 6 weeks to 5 years  
8am - 3pm  
For availability call 337-531-7041

School Age Center  
Grades 1st - 6th  
Afternoon  
For availability call 337-531-2149

More information can be found at  
<https://polk.armymwr.com/programs/school-age-services>






# #FortPolkThingsToDo

**Oct. 27-Nov. 13:** State Fair of Louisiana, Shreveport.

The 116th edition of the State Fair of Louisiana is held at the state fairgrounds in Shreveport. Gates open at 10 a.m. Admission is \$12 and up. This fair features unique fair foods, live music, Louisiana's largest display of carnival rides, free shows and attractions.

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

**Oct. 29:** Acadia Music Fest, Thibodaux. The event is a one-day outdoor music festival showcasing local and national artists. Not only will you find great music, but the art market and food court can't be missed.

<https://www.acdiamusicfest.net/>

**Oct. 29:** Brew Fest, Shreveport.

Brew Fest will be held at Festival Plaza. Experience an afternoon sampling internationally acclaimed and domestically micro-brewed ales, pilsners, stouts and everything in between. In addition to more than 100 beers to sample, Brew patrons will experience live music and delicious samples of signature dishes from some of Shreveport's most popular restaurants.

<https://shreveportbrew.com>

**Nov. 4:** Sabine Freestate Festival, Florian.

Brew Fest will be held at Festival Plaza. The festival, is held annually on the first weekend in November in the southern Sabine Parish Village of Florian.

Celebrate the period in Western Louisiana's history when this region was declared neutral

ground (A Free State, 1806-1822) pending settlement of a dispute between Spain and the U.S. Enjoy Arts and crafts, games, parade, treasure hunt, pioneer demonstrations, western shoot-outs, music and local talent, kids' games and rides, old time photos and more.

It's all part of this down-home fun festival. You won't want to miss the many events and fun activities going on during the festival. Admission is free. Bring your whole family and enjoy a good time!

<https://sabine-freestate-festival.square.site/>

**Nov. 5:** Louisiana Native American Art Festival & Veterans Powwow, Noble.

The powwow is held in celebration of Native American Heritage Month. The festival features arts and crafts, an art walk, demonstrations, a Powwow and a wild game cook-off.

For more information, contact the Choc-taw-Apache Tribe of Ebarb Tribal office at (318) 645-2588.

**Anytime:** Creole Nature Trail, Sulphur. Nicknamed "Louisiana's Outback," the 180-mile Creole Nature Trail All-American Road is a driving trail like no other.

Beginning in Lake Charles and neighboring Sulphur, drivers are taken south through the swamplands where alligators blend in seamlessly with the scenery, and wading shorebirds rest between migratory flights.

The region sits at the confluence of two fly-

ways — the routes birds take between North and South America seasonally — which means that visitors can see a phenomenal display of feathered friends along the trail. Download the Creole Nature Trail smartphone app by searching "Creole" in the App Store or on Google Play.

<https://byways.louisianatravel.com/byway/creole-nature-trail-all-american-road>

**THE LOST HOLLOW**  
HAUNTED ATTRACTION

FRIDAYS & SATURDAYS  
**OCTOBER 1st - 30th**  
PLUS HALLOWEEN NIGHT

BEWARE

DEADLY PINES: 13 AND UP • "LIGHTS OUT" OCT 31 • TICKETS ONLINE AND ONSITE  
SHUTTLES FROM PARKING LOT AT 3401 DEREK DRIVE • HAUNTED TRAIL OPENS AT SUNSET

[www.TheLostHollows.com](http://www.TheLostHollows.com)





# Fort Polk heats up thanks to Fire Prevention Week fun



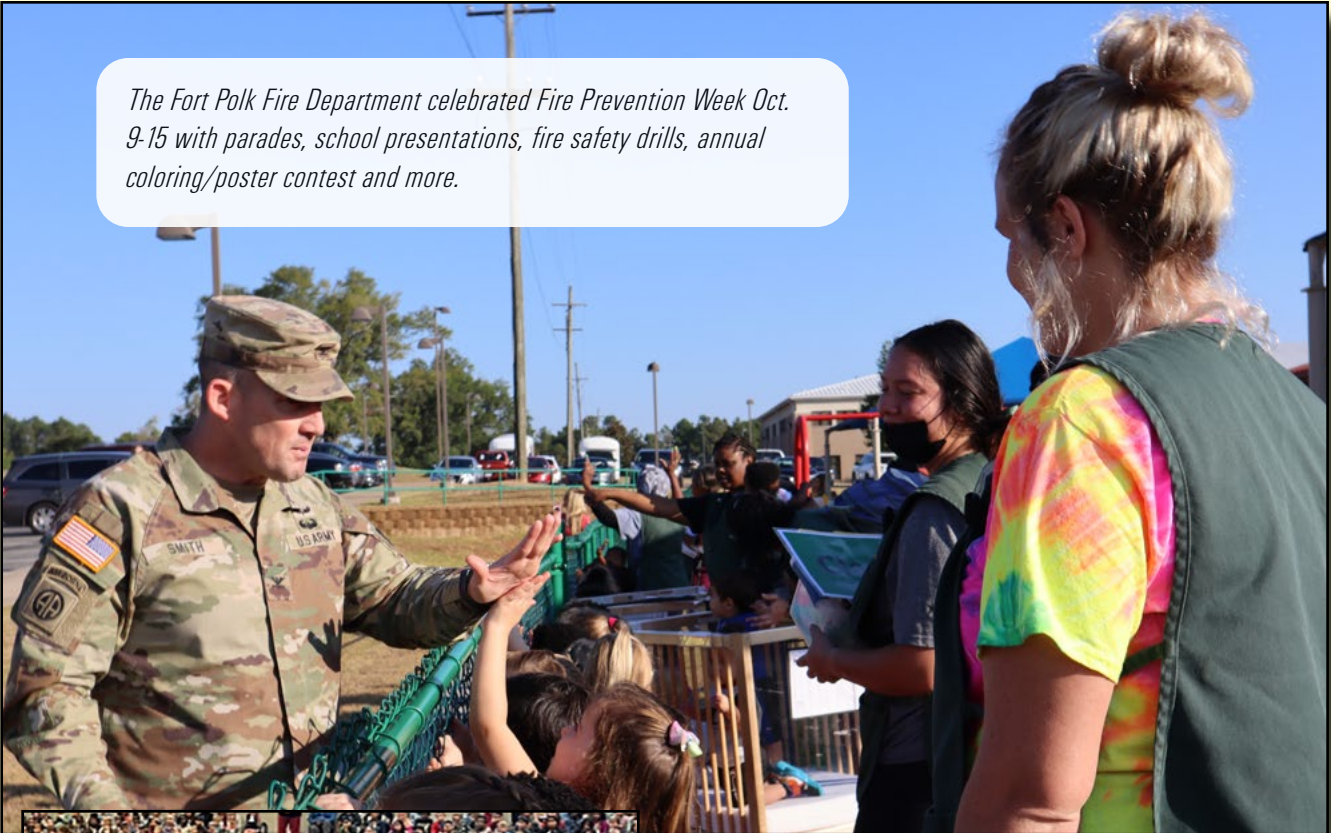
Spec. KELLY ACEVEDO/EGUARDIAN

Firefighters from the Fort Polk Fire Department take a picture with North Polk Elementary School pre-k winners of its annual coloring/poster contest. Winners from left to right are: Olivia Meijners (first place), Alyvia Jade (second place) and Roman Burnwell (third place).



Spec. KELLY ACEVEDO/EGUARDIAN

Firefighters from the Fort Polk Fire Department stand behind North Polk Elementary School kindergarten winners of its annual coloring/poster contest. Winners from left to right are: Sophia Gaskin (first place), Nathan Palmer (second place) and Faye Townsend (third place).



The Fort Polk Fire Department celebrated Fire Prevention Week Oct. 9-15 with parades, school presentations, fire safety drills, annual coloring/poster contest and more.

ANGIE THORNE/EGUARDIAN



COURTESY FIRE DEPARTMENT



Spec. KELLY ACEVEDO/EGUARDIAN

Firefighters from the Fort Polk Fire Department stand behind Parkway Elementary School 3rd grade winners of its annual coloring/poster contest. Winners from left to right are: Oraelia Waters (first place), Aurelia Thompson (second place) and Daniel Clavijo (third place).



Spec. KELLY ACEVEDO/EGUARDIAN

Firefighters from the Fort Polk Fire Department stand behind Parkway Elementary School 1st grade winners of its annual coloring/poster contest. Winners from left to right are: Deacon Avery (first place), Emma Combs (second place) and Cameron Salazar (third place).



Spec. KELLY ACEVEDO/EGUARDIAN

Firefighters from the Fort Polk Fire Department stand behind Parkway Elementary School 2nd grade winners of its annual coloring/poster contest. Winners from left to right are: Adalyn Scharff (first place), Gavin Faulman (second place) and Kennedy Hart (third place).



Spec. KELLY ACEVEDO/EGUARDIAN

Firefighters from the Fort Polk Fire Department stand behind Parkway Elementary School 4th grade winners of its annual coloring/poster contest. Winners from left to right are: Daryon Riggins (first place), Jhaizen Mita (second place) and Cadence Constantino (third place).



COURTESY FIRE DEPARTMENT



COURTESY FIRE DEPARTMENT



# Halloween takes on sinister vibe when Spc. Meyers Visits

By Spc. KELLY ACEVEDO

Public Affairs Office

As a kid, my cousins and I shared scary stories in honor of Halloween. The stories were often so scary, I'd avoid sleepovers with them. As we grew older the tradition continued and I grew fond of the jump scares and creepy stories. Although the plots were born from our imagination, the thought of them coming true is what frightened me most. So, in the spirit of Halloween, I thought it would be fun to share a scary story with you about Fort Polk.

If you're up for the chilling read, grab your snacks and get comfy. There may be more to Fort Polk than you think.

One Friday afternoon on an autumn day, Pvt. Taylor checked the guard schedule after being told by his buddy he's on duty for the night. After coming to terms with losing his Friday night yet again, Taylor headed to the Shopette to buy snacks, and then to his post where he was greeted by Sgt. Kipper and Spc. Odem. The three of them played cards and shared funny stories from basic training to keep themselves entertained. By 10 p.m. Sgt. Kipper put out a sleep schedule for them to follow.

Sgt. Kipper took the first shift from 10 p.m. to 2 a.m., followed by Pvt. Taylor from 2 a.m. to 6 a.m.

At the end of his shift, Sgt. Kipper woke up Pvt. Taylor to begin his shift. Around 3 a.m. Pvt. Taylor left the shed to use the latrine outside. As he walked he was stopped by a man in uniform. The man was missing his blouse so Pvt. Taylor did not know how to address him.

"I need your help, man," the man said.

"Are you okay?" Taylor asked.

"Look, I need you to follow me. I need to show this to someone. I don't want the MPs called. I just need you to see this," the man said frantically.

Taylor looked at the shed debating whether or not to leave. Afterall, he's not supposed to leave his post.

Knowing it was a risk, Taylor followed anyway. His curiosity trumped everything else. What could be going on at 3 a.m. out in the woods?

The man began walking fast, unphased by the heavy vegetation and branches that hit him in the woods.

Trying to keep up, Taylor was finally led to a small river, he did not know was there.

"How'd you find this?" Taylor asked.

The man appeared jittery, but pleased to have led Taylor there.

"Look," the man said while pointing to the stream and ignoring Taylor's question.

"I don't see anything," Taylor said while trying to find whatever it was that the man want-

ed him to see.

"The box!" shouted the man while eagerly pointing.

Taylor's eyes finally met what appeared to be a silver chest about the size of a large suitcase.

The man noticed Taylor spot the box and became eager. Confused by the man's enthusiasm, Taylor wondered if the chest was filled with money or something of value.

"So what is it? Money?" Taylor asked.

The man let out a sinister laugh that instantly made Taylor regret asking.

"You think I'd bring you down to a river no one knows about to show you money?" the man asked while cocking his head.

The disturbing words sent chills down Taylor's spine and his heart began to race. Why did this frantic, ominous man bring him to a river no one knows about or would be at?

"So, uh," Taylor cleared his throat, "What's in the box then?" he asked while wiping his clammy hands on the sides of his pants.

"Meyers," the man said while staring at Taylor wide eyed.

"What's that?" Taylor asked confused.

Without skipping a beat, the man responded "Another Soldier."

Taylor's eyes widened and anxiously stared at the chest and then back to the man.

In the dead silence, the man's face formed the biggest smile Taylor had ever seen. It was as if the corners of his mouth met with his ears.

"He can't be alone," the man said calmly. "I need you to join him," as he took a step toward Taylor.

Taylor immediately ran into the woods trying to find his way back to his post. After what felt like an eternity, he finally made it back the other Soldiers. Taylor slammed the shed door behind him and woke up Sgt. Kipper and Spc. Odem.

"What's going on?" Sgt. Kipper yelled.

After Taylor explained what happened by the river, Sgt. Kipper and Spc. Odem checked the area. They found the river, but no mysterious box or strange Soldier.

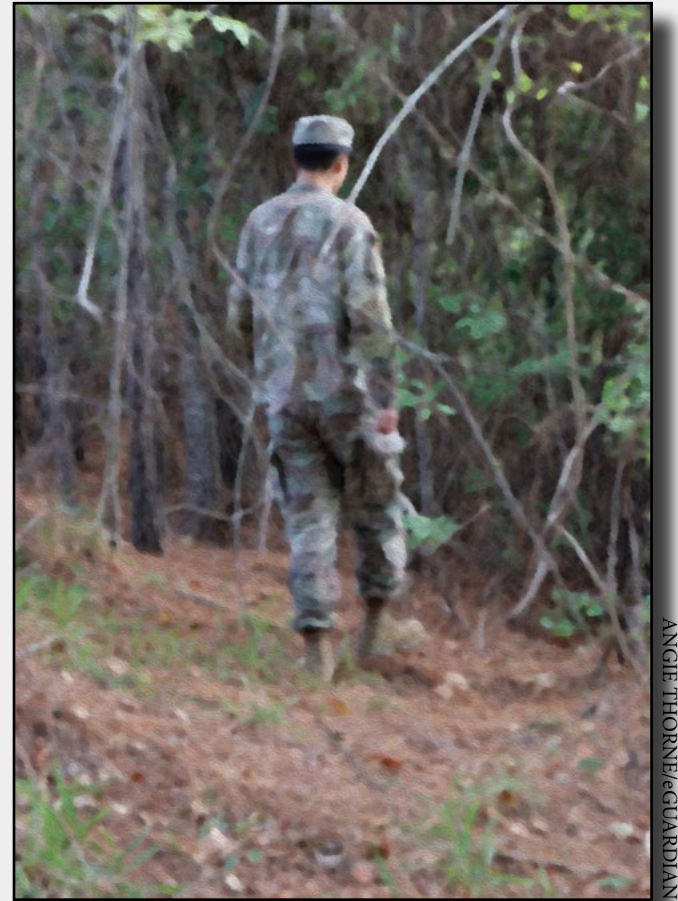
For the next week Pvt. Taylor had trouble sleeping and feared guard duty.

His leadership understood and let him off duty the next Friday.

That following Monday the battalion was called to formation by the battalion commander for an important brief.

A soldier was found dead. Not too far from where the battalion pulled guard. The news made private Taylor's soul leave his body. After formation, Pvt. Taylor was called in by the Criminal Investigation Division.

Taylor feared that his frightening experience led him to be the number one suspect on the case, but the interview went in a different direction.



ANGIE THORNE/EGUARDIAN

"Look, I've never committed a crime. I know I disappeared the last time I pulled duty so I have no alibi, but I know who murdered Meyers. I ran into this guy. He tried to kill me too! He was missing his blouse so I don't know his name or rank. He told me he didn't want Meyers to be alone in that box and that I needed to join him," Taylor cried.

The CID agent's face lost color. She looked at her paperwork then back to Taylor confused. She finally composed herself after listening to Taylor's story.

"I don't know where the confusion is or how you even knew that information because the chest is classified. Spc. Meyers was reported missing by his unit only two days ago and you're talking about a shift you pulled last week. You were called here because your name tape was found at the site of the crime. Meyers was found in a box, well, chest, yes. Did you know him?" the agent asked.

"No," Taylor answered.

After Taylor gave a description of the ominous Soldier from that night, another CID agent entered the room.

"Your description sounds a lot like this," he said while handing Taylor a photo.

"Sir, that's the man that killed Meyers, then tried to kill me," Taylor said, feeling relieved the murderer had been caught.

"No Taylor, that's Spc. Meyers," the agent responded.

So, what can you make out of this story? Could there be ghosts lingering in the woods of Fort Polk? Or was Pvt. Taylor hallucinating from sleep deprivation? Hopefully this story wasn't too spooky! Happy Halloween! Hopefully, Spc. Meyers doesn't pay you a visit.

## COMMENTARY





## Fort Polk Soldiers punished for disciplinary issues

### OSJA

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

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

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

- Five Soldiers from units across Fort Polk received permanently filed General Officer Memorandum of Reprimands for driving while under the influence of alcohol.

- A private first class assigned to 1st Battalion, 509th Infantry Regiment was separated from the Army with an other than honorable conditions characterization of service for domestic violence. An other than honorable conditions discharge may result in a loss of all benefits and could cause significant difficulty in obtaining civilian employment.

- A captain assigned to 317th Brigade Engineer Battalion received a permanently filed GOMOR for refusing to be vaccinated against COVID-19.

- A captain assigned to 317th Brigade Engineer Battalion received a permanently filed GOMOR for engaging in extramarital sexual conduct.

- A sergeant assigned to 519th Military Police Battalion was separated from the Army with a general characterization of service for soliciting a prostitute. A general discharge may result in a loss of benefits and could cause diffi-

culty in obtaining civilian employment.

- A specialist assigned to 1st Battalion, 509th Infantry Regiment received a permanently filed GOMOR for domestic violence.

- A specialist assigned to 46th Engineer Battalion received a company grade Article 15 for five instances of failing to report. They received a punishment of reduction to the grade o E-3, forfeiture of \$568 pay per month for one month, 14 days of extra duty, 14 days of restriction, and an oral reprimand.

- A private first class assigned to 2nd Battalion, 2nd Infantry Regiment received a field grade Article 15 for being absent without leave. They received a punishment of Reduction to E-2, 45 days of extra duty and 45 days of restriction.

# THIS HALLOWEEN

Child and Youth Services Presents

## THE HAUNTED HOUSE

OCTOBER 29<sup>TH</sup> & 31<sup>ST</sup>  
WARRIOR FITNESS CENTER

Tours will be open from 6 to 9 PM  
\$3 per person (cash only)

### ENTER IF YOU DARE!

POLK.ARMYMWR.COM

## 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.

2010	Nissan	Altima	6499
2016	Chevrolet	Malibu	5420
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
2018	Toyota	Corolla	9110
2012	Chevrolet	Malibu	7822
2008	Mitsubishi	Galant	1159
2013	Dodge	Dart	1997
2003	Honda	Accord	6673
2003	Jeep	Liberty	3545
2001	Ford	F150	0450
2004	Ford	Mustang	4127
2004	Harley	MC	D569
2008	BMW	328i	9559
1999	Toyota	Corolla	6433
2013	Audi	A6	7319
2011	Hyundai	Elantra	4018
2007	BMW	650i	2192

