

# GUARDIAN



## Inside:

- Summer pool fun .... page 1
- Memorial Day remembrance .... page 2
- Barracks ribbon cutting .... page 4
- Dental Activity change of command .... page 5



## QUALITY OF LIFE LINES OF EFFORT



HOUSING



HEALTH CARE



CHILD CARE



SPOUSE  
EMPLOYMENT



### JRTC and Fort Polk

Brig. Gen. David W.  
Gardner

JRTC 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 Director

### Public Affairs Staff

**Angie Thorne**

eGuardian Editor

**Jeff England**

Broadcast

**Chuck Cannon**

Community Relations Officer

**Karen Sampson**

Writer

**Porsha Auzenne**

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](mailto:usarmy.polk.id-readiness.list.fort-polk-pao-office@army.mil)

Fort Polk Homepage

[home.army.mil/polk/](http://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](http://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](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

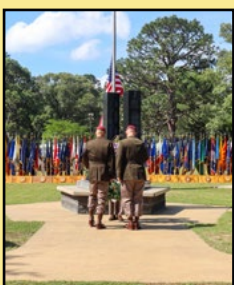
[@JRTCandFort Polk](https://www.facebook.com/JRTCandFortPolk/)  
Facebook page.

Neighborhood community center pools provide **summer** fun

No matter the neighborhood, Fort Polk Soldiers and Families can beat Louisiana's heat by enjoying a cool, refreshing dip or a splashing good time at community center pools.



PORSHA AUZENNE/eGUARDIAN



**Cover photo:** Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commanding general, and post Command Sgt. Maj. David P. Hanson pay homage to fallen heroes in front of the war on terrorism monument for the Memorial Day Ceremony at Warrior Memorial Park May 25. (Photo PORSHA AUZENNE)



# Fort Polk Memorial Day ceremony honors fallen heroes

By PORSHA AUZENNE  
Public Affairs Office

FORT POLK, La. — First observed after the Civil War, Memorial Day was initially called “Decoration Day.” Families gathered to remember their loved ones killed in service by decorating gravesites with flowers or flags. Each year, on the last Monday in May, this tradition continues across America.

The Joint Readiness Training Center and Fort Polk’s annual Memorial Day ceremony was held at Warrior Memorial Park May 25. Gold Star Families, veterans groups, active-duty military units, government officials and the local community gathered to pay their respects. “This ceremony is significant, as thousands of American service members are still deployed in harm’s way at stations around the globe. In major wars, and numerous conflicts throughout the world, on land, sea and in the air, Americans in uniform have made untold sacrifices for the nation,” stated Sgt. 1st Class Jason G. Robinson, ceremony narrator.

“When you think about today, you think about those who sacrificed their life,” said Tim Tilley, director of protocol for Fort Polk. “They got on trains, boats and planes and went to foreign places. They laid down and died for America and that is significant. Here, in just a week from now, we will undergo a once in a lifetime event at Fort Polk where we will be redesignated Fort Johnson. Consider the man behind the name and when you think about his accomplishments — that is a cause for celebration. Today is a day we celebrate those that gave their lives for America so we can be free, and can stand here today.”

Situated in the heart of Warrior Memorial Park stands a monument which honors service members, Families and civilians whose support and sacrifice will forever be remembered.

Col. Michael Jeffries, Fort Polk senior command chaplain, opened the ceremony in prayer.

“The celebration of Memorial Day is maintaining that covenant and promise to our Soldiers and Family members who have gone before us so they will always be remembered. We are not going to forget their contributions and sacrifices to the nation. It’s about maintaining that promise,” emphasized Jeffries.

Brig. Gen. David W. Gardner, Joint Training Readiness Center and Fort Polk commanding general, was the keynote speaker for the ceremony.

“In the United States Army, we consider our greatest asset to be our people, especially in our volunteer force. Despite our differences, our common commitment to the defense and love of our country binds us together and unifies us. That bond goes to



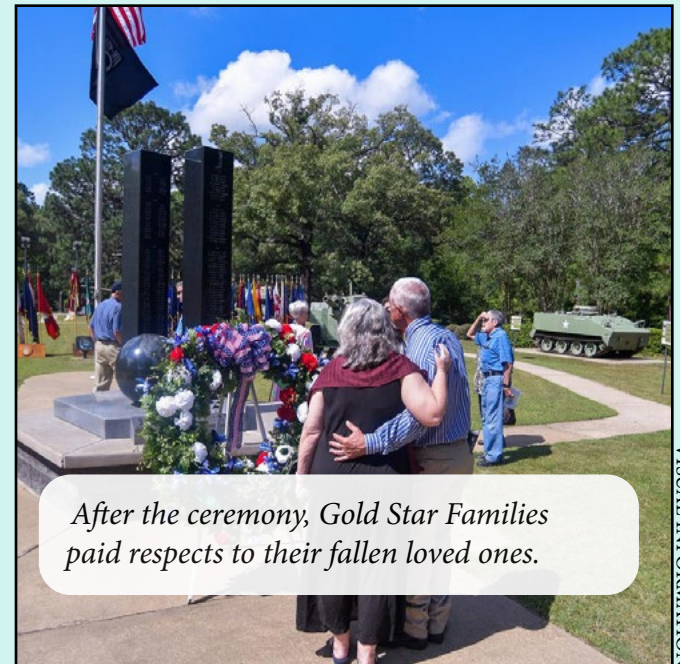
Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commanding general, speaks at the Memorial Day ceremony May 25. The ceremony took place at Warrior Memorial Park.

the heart of what it means to be an American,” stated Gardner. “Today, we remember that the cost of freedom has been paid by so many that have come before us. It was paid on the battlefields here and abroad. It was paid with the futures that were left unlive. Now we must do our share by never forgetting our fallen or missing in action.”

Gardner proceeded to pay respects to the Gold Star Families of Soldiers Pfc. Joshua Burrows, Cpl. Richard Emmons, Capt. Everett Keaton, Command Sgt. Maj. Edward Barhill and Sgt. Marcus Mathes.

“The title of Gold Star Family is certainly not sought; it is reserved for the Families of service members who have died in the line of duty. It is meant to honor the service member’s ultimate sacrifice while acknowledging their family’s loss, grief and continued healing,” Gardner remarked. “The Army is indebted to you, our Gold Star Families. You are the legacy of your service member, and you deserve to be honored for your sacrifice on behalf of our great nation.”

Zach Sawyer, a Gold Star Family member, spoke about how much Fort Polk holding the



After the ceremony, Gold Star Families paid respects to their fallen loved ones.

Memorial Day ceremony meant to him. “The ceremony was special because it showed the Families, particularly the mothers, parents and siblings of the fallen Soldiers, that Fort Polk cares. It shows they are remembered, especially those from the area. It’s good to come to a ceremony where they are honored by name.”

“May we never take for granted the freedoms we enjoy,” Gardner said. “May we always remember those who have given their lives so that we live in peace. May we be inspired to stand together, united as one nation, indivisible, with liberty and justice for all.”

The ceremony concluded with the traditional rendering of honors to America’s fallen heroes which consists of a 21-gun salute, the playing of taps and the raising of the colors from half to full staff. The playing of taps serves to honor those who have freely given their lives in defense of the nation and helped liberate and ensure the continuing freedom of millions of people around the world.



# MEMORIAL DAY

**REMEMBER & HONOR**

## FORT POLK SOLDIERS

### 2003

SPC Cedric L. Lennon  
CPL Tomas Sotelo Jr.  
PFC Corey L. Small  
SPC Zeferino E. Colunga  
SPC Levi B. Kinchen  
PFC Sean A. Silva  
SSG Christopher W. Swisher  
SSG Linda C. Jimenez  
PV2 Rey D. Cuervo

### 2004

SSG Craig Davis  
SGT Patrick S. Tainsh  
PFC William C. Ramirez  
PFC Clayton W. Henson  
PFC Marquis A. Whitaker  
PFC Michael A. Mora  
SPC Robert L. Du Sang  
SSG Gina R. Sparks  
SGT Andrew W. Brown  
CPL Cory M. Hewitt  
ILT Christopher W. Barnett  
SGT Craig L. Nelson

### 2005

SSG Christopher J. Babin  
SGT Bradley J. Bergeron  
SFC Kurt J. Comeaux  
SGT Huey P. Fassbender III  
SGT Armand L. Frickey  
SGT Warren A. Murphy  
SSG William F. Manuel  
SSG Robert W. Sweeney III  
SGT Brett D. Swank  
SGT Michael S. Evans II  
SGT Christopher J. Ramsey  
SSG Jonathan R. Reed  
SGT Seth R. Trahan  
SSG Nicholas J. Olivier  
SGT Paul M. Heltzel  
SGT Lee M. Godbolt  
SGT Isiah J. Sinclair  
2LT Clifford V. Gadsden  
SGT Robin V. Fell

### 2005

SGT Bernard L. Sembly II  
SFC Peter J. Hahn  
SGT David J. Murray  
PFC Christopher R. Kilpatrick  
SGT Howard P. Allen  
CPL Jeremiah W. Robinson  
MAJ Marino G. David Jr.  
SGT Marshall A. Westbrook

### 2006

SSG Bryan A. Lewis  
SSG Andrews J. Contreras  
SGT Robert P. Kassin  
SSG Robert J. Chiomento  
CPL Jason A. Lucas  
SGT Kenneth E. Bostic  
SGT Carlos E. Pernell  
SGT Michael D. Rowe  
CPL Andy D. Anderson

### 2007

SGT Jason A. Schumann  
SGT Austin D. Pratt  
PV2 Daren A. Smith

### 2008

SGT Timothy M. Smith  
SGT Joseph A. Richard III  
SGT Marcus C. Mathes  
SGT Mark A. Stone  
SPC Jeffrey F. Nichols  
SFC David R. Hurst  
PV2 Jenelle F. King  
SSG Matthew J. Taylor

### 2009

SSG Carlo M. Robinson  
SGT Rickey D. Jones

### 2010

PFC Devon J. Harris  
1LT Scott F. Milley  
SGT Edward H. Bolen

### 2011

PFC Ira B. Laningham  
SGT Ethan C. Hardin  
SPC Omar Soltero  
SPC Rudolph R. Hizon  
SPC Christopher G. Stark  
SSG Chauncy R. Mays  
SGT Travis M. Tompkins  
SGT Keith T. Buzinski  
PFC Brandon T. Pickering  
PFC Jonathan M. Villanueva  
SSG Matthew D. Hermanson  
PFC Carlos A. Aparicio  
PFC Cody G. Baker  
SPC Nicholas P.W. Bernier  
SGT Rafael E. Bigai Baez  
SPC Richard C. Emmons III  
SSG Michael J. Garcia  
SPC Dennis James Jr.  
PFC Gil I. Morales Delvalle  
SGT Christopher P. Soderland  
1LT Andres Zermeno  
SPC Adrain G. Mills

### 2017

SPC Alexander W. Missildine

### Surrounding Community's Soldiers

SGT Adam Wilkinson  
SGT Stefan Smith  
SGT Al'Kai la Floyd  
CPT Aaron Istre  
SSG George Draughn





# Barracks ribbon cutting continues pursuit of quality of life for Soldiers

By PORSHA AUZENNE  
Public Affairs Office

FORT POLK, La. — A ribbon cutting ceremony took place in front of the newly completed barracks (2044/2045) at Joint Readiness Training Center and Fort Polk May 23.

Located at 2044 Mississippi Ave., directly across from the Bayou Theater, the \$500 million project coincides with Fort Polk’s quality of life mission aimed at enhancing Soldiers well-being.

In 2018, the contract was awarded to Sauer Incorporated for \$31.4 million as a design/build project by the U.S. Army Corps of Engineers, with a construction completion date of May 19, 2023.

Brig. Gen. David W. Gardner, JRTC and Fort Polk commanding general and key speaker, expressed his top priorities of building readiness and taking care of his people.

“We’ve spent half a billion dollars over the last 10 years refurbishing our barracks, which is a significant investment. This will now leave us with just four that we’re trying to get renovated. The two barracks we cut today — that’s meaningful to our Soldiers because it means that Soldiers don’t have to double up. They get to take advantage of the one Soldier, one room (objective) and all the things it has to offer.”

The ribbon cutting marked the 30th barracks housing restoration in a 10-year long project to restore 34 total.

Capt. John Guerra, Headquarters Headquarters Company 1st Battalion, 509th Infantry Regiment commander, expressed his anticipation for the newly renovated barracks at the ceremony.

“Having these new barracks will greatly improve the quality of life for our Soldiers. Beforehand, we didn’t really have room to give every Soldier their own individual room. We were doing a lot of doubling up, so it was an uncomfortable living situation for them. Now, they have these new buildings, and each Soldier has their own room. We’re able to organize the floors to where they can be with all their friends, platoon or section, so there’s a lot more community involved.”

At the VOLAR barracks 2044/2045, there are 184 newly renovated living spaces between the two buildings, with a total of 92 living spaces each. The barracks also have a newly refurbished day room and laundry facility.

“It shows a commitment the Army has made to its people first initiative. This project ensures quality of life for single Soldiers. Not only does it create a space that takes care of our Soldiers, but it creates a space that they can call home,” stated Michael Perry, engineering technician for the Directorate of Public Works, on the importance of the new barracks.



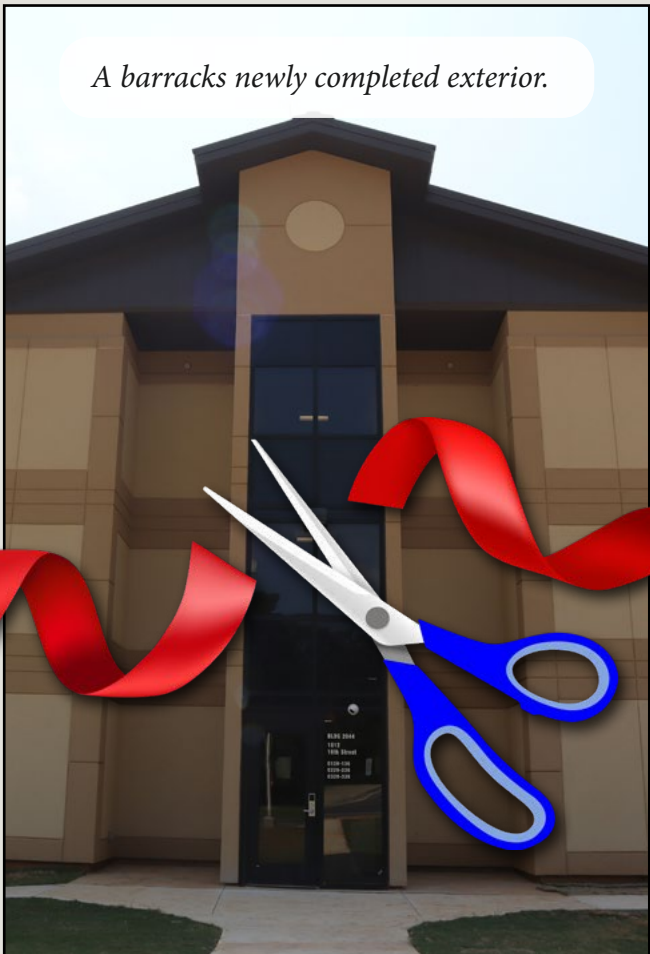
Joint Readiness Training Center and Fort Polk leadership cut a ribbon to symbolize official opening of the newly completed barracks 2044/2045.

VISUAL INFORMATION



A barracks kitchen.

KAREN SAMPSON/eGUARDIAN



A barracks newly completed exterior.

PORSHA AUZENNE/eGUARDIAN



Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commanding general, speaks before the ribbon cutting.

KAREN SAMPSON/eGUARDIAN



A Barracks bedroom.

KAREN SAMPSON/eGUARDIAN



# Fort Polk's *DENTAC* hosts change of command

By **ANGIE THORNE**  
Public Affairs Office

FORT POLK, La. — A Dental Health Activity change of command ceremony took place May 24 at Fort Polk's Warrior Field. Col. Anita M. Kimbrough relinquished command to Col. Ann M. Behrends.

Col. Stefan S. Olpinski, Dental Health Command central commander, presided over the change of command.

He began by explaining to those in attendance the importance of honoring the two leaders, a commander who served with honor and distinction and an officer assuming the mantle of command.

"Col. Kimbrough leaves behind a legacy that few can match," Olpinski said. "This unit stands tall and proud today thanks to your efforts and dedication."

It takes great leadership to forge a cohesive team and the warrior spirit. Olpinski said under Kimbrough's leadership Fort Polk's Dental Health Activity became a shining star.

"This is a team of excellence. Fort Polk's DENTAC generated more than \$10 million worth of readiness to our Soldiers. That's impressive. Col. Kimbrough was also able to successfully and safely lead her team through the end of COVID-19 while maintaining a readiness above 95%. In addition, Fort Polk DENTAC was able to reopen Cheshire Dental Clinic after two years of closure," Olpinski said. "She is a leader who cares and pours her heart into everything she does. Every Soldier, civilian and contractor recognizes her commitment and devotion to service."

Kimbrough stated it was a privilege and honor to serve as the commander of Fort Polk DENTAC.

"It's been a tremendous journey," she said.

Kimbrough thanked Olpinski for his support.

"You had faith and confidence in my ability to lead this organization through one of, if not the most challenging periods in the history of the organization," Kimbrough said.

She then thanked her team.

"To DENTAC, thank you for putting your best foot forward everyday as each of you worked to for the Soldiers of the Joint Readiness Training Center and Fort Polk, and your commitment in achieving the mission," Kimbrough said.

Through COVID-19, Military Health System Genesis transitions, clinic renovations and more, this DENTAC persevered.

"You should applaud yourself for that, Kimbrough said. "I appreciate your hard work and dedication,"

Olpinski welcomed Behrends to Fort Polk.

"I could not ask for a better commander to follow Col. Kimrough. I know Col. Behrends is fully committed to the mission. With her blend



*Col. Stefan S. Olpinski, Dental Health Command central commander, passes the flag to Col. Ann M. Behrends, Dental Activity incoming commander, May 24 at the DENTAC change of command ceremony.*

PORSHA AUZENNE/ eGUARDIAN



*Col. Anita M. Kimbrough, outgoing commander, and the audience in attendance at the DENTAC change of command ceremony stand at attention during the national anthem.*

ANGIE THORNE/ eGUARDIAN

of leadership coupled with superior management skills, she will keep the faith, traditions and rich history of this DENTAC alive," Olpinski said.

Behrends is looking forward to working with everyone at Fort Polk.

"I'm crazy about this place," Behrends said. "With that being said, lets get back to work taking care of our warriors."



*Col. Ann M. Behrends, Dental Activity commander, addresses the audience at the change of command ceremony May 24.*

ANGIE THORNE/ eGUARDIAN



# Partnerships, teamwork define successful natural resources management

By THOMAS MILLIGAN  
U.S. Army Environmental Command

Developing both a keen understanding of its environment, as well as solid working relationships with key partners, the Natural Resources Conservation team at Fort Polk has become recognized as a leader for its conservation work and success.

“By building a successful network of community and regulatory partners, as well as collaborating with university and government researchers and the community, we are positioning our team to bring the best thinking and best practices to our work,” said Nathan Jernigan, Fort Polk’s director of public works. “With the support of our installation leadership, this approach poises the NRC program as a natural resource management leader within the region.”

“One example of the NRC seeking to expand its reach beyond its team is the extensive environmental training the team offers Soldiers, including specialized training for observer-coach-trainers,” explained Jernigan. OCTs learn about environmentally sensitive areas and species to minimize potential violations of environmental regulations. “They become the eyes and ears for environmental compliance during training,” Jernigan said.

Another important outreach effort by the NRC team comes in the form of two captive-bred Louisiana pinesnakes — Mario and Luigi — who serve as living ambassadors for the value of environmental stewardship. Fort Polk is one of the only places in the world where this unique snake can be found, and the pair are frequent participants in outreach efforts involving schools, community groups and other activities.

Fort Polk and its NRC team played a proactive, critical role in collecting and providing historical information on the rare snake’s occurrence, distribution, and habitat use across the installation, and used the information to consult with the U.S. Fish and Wildlife Service. In April 2018 the snake species was listed as a threatened species and is managed in accordance with the October 2018 biological opinion that has no restrictions to military training.

This kind of NRC effort to conserve and protect the environment, and endangered species, while maintaining training, has a long history at Fort Polk. The team remains a contributor to the national recovery of the endangered red-cockaded woodpecker, while also working to lessen restrictions on training lands.

The RCW was federally protected as an endangered species in 1970, and their preferred habitat is mature stands of longleaf pine that are part of the Fort Polk environment. The NRC-led RCW preservation effort is one of 12 designated recovery populations critical to the long-term survival of the endangered species.



*Fort Polk’s Natural Resources Conservation personnel manage the forests on while coordinating with 10 to 12 brigade-level rotations annually. Prescribed burning is the most common land management tool used on Fort Polk. The NRC program conducted prescribed burns on more than 77,000 acres of land during this award period.*



*Since 2012, a stream biological monitoring survey is conducted semiannually to track stream quality and aquatic species health. Twenty-one perennial headwater streams are surveyed on a three year rotation with seven streams sampled annually at the installation boundaries. Data provides the installation with evidence to track down and resolve potential impacts or impairments.*



*Fort Polk is committed to building strong relationships with regulatory agencies, such as the United States Fish and Wildlife Service. In May 2022, NRC biologists led a field tour for several USFWS personnel. They learned about Fort Polk’s efforts to monitor, manage and protect the red-cockaded woodpecker and Louisiana pinesnake.*

This work entails more than just tracking and researching the RCW population.

For example, in 2020 two hurricanes struck Fort Polk, destroying nearly 100 cavity trees essential for the endangered birds’ habitat. Within two months of the destruction, Fort Polk

replaced the damaged habitat cavities with artificial versions – resulting in 78 fledglings, a record high. This action set the birds for continued recovery. In 2022, the overall number of

Please see Environmental, page 7



# Command honors importance of *Pride* Month to Soldiers

Team Polk:  
In June, the Joint Readiness Training Center and Fort Polk joins the Army and the nation in paying tribute to LGBTQ service members and civilians for their selfless and dedicated service to our nation.

Pride Month is a nationally recognized observance celebrating the LGBTQ community, its advocates and allies by promoting community, unity and pride.

The national theme for this year's Pride Month is "Equality Without Exception."

Throughout history, Soldiers and civilians have bravely served and defended our country, despite personal challenges and barriers they experienced as members of the LGBTQ community.

An all-volunteer Army recognizes the importance of talent, diverse backgrounds and varied perspectives for accomplishing our complex missions.

We will continue to work together to promote a culture that ensures respect and equal opportunity for all members of our team. We

## MESSAGE

value every individual, and their family members, willing to raise their right hand and defend the Constitution of this great nation!

Forging the Warrior Spirit! People First!  
David P. Hanson  
Command Sergeant Major, US Army  
David W. Gardner  
Brigadier General, US Army



# Environmental

Continued from page 6

potential breeding groups of the endangered woodpeckers went up by 9.4%.

Working directly with U.S. Forest Service, the NRC team manages 90 cluster sites of habitat, which includes inventory of RCW cavity trees, fireproofing cavity trees, cavity tree/cluster marking, demographic monitoring, pre-breeding roost checks, nest monitoring, banding nestlings, post-breeding season monitoring to locate juveniles, and supporting translocation efforts.

"Conservation work requires both long-term maintenance and careful tracking, but sometimes it also requires prompt action to prevent losses," said Jon West, chief of Fort Polk's Department of Public Works Conservation Branch. "Forming the right partnerships in advance is a key part of managing our ability to provide the land necessary for the vital training mission, while conserving and protecting the environment."

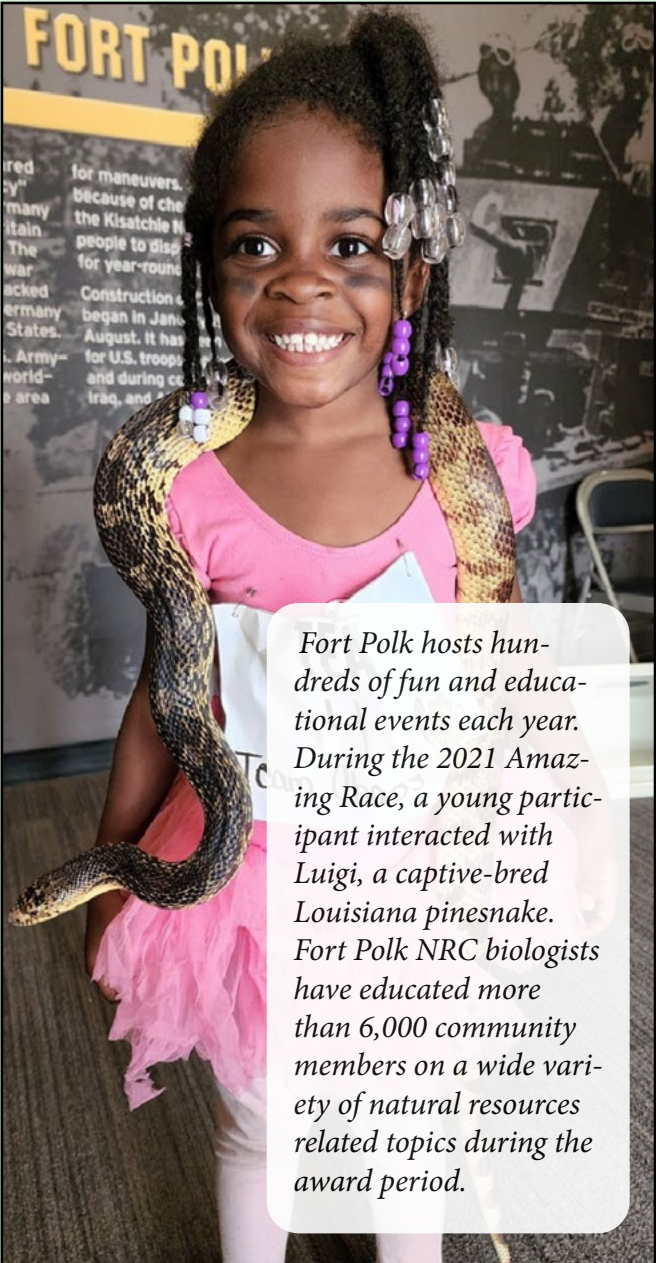
The NRC team is also engaged in proactive management of several aquatic species that have been historically documented to occur on the installation or have ranges that extend onto the installation and are currently under review for federal listing. This includes the alligator snapping turtle, Kisatchie painted crayfish, Calcasieu painted crayfish, American bumble bee, monarch butterfly, Louisiana pigtoe, and triangle pigtoe. Installation specific information on these species is imperative to effective conservation efforts.



Fort Polk's federally endangered red-cockaded woodpecker nests in live, mature pine trees. In fiscal year 2022, Fort Polk's RCW potential breeding groups grew by 9.4%, the largest increase since 1996.



Mario is a Louisiana Pinesnake. Fort Polk has studied the snakes since the early 1990's. The LPS is a heavy bodied non-venomous snake that lives about 70% of its time underground searching for its primary prey, the Baird's pocket gopher.



Fort Polk hosts hundreds of fun and educational events each year. During the 2021 Amazing Race, a young participant interacted with Luigi, a captive-bred Louisiana pinesnake. Fort Polk NRC biologists have educated more than 6,000 community members on a wide variety of natural resources related topics during the award period.



# MOLD MITIGATION

**TIP  
#2**



**When water leaks or spills occur indoors - ACT QUICKLY. If wet or damp materials or areas are dried 24-48 hours after a leak or spill happens, in most cases mold will not grow.**

## Visitor Control Center, access control point closures

### DIRECTORATE OF EMERGENCY SERVICES

FORT POLK, La. — Fort Polk's Visitor Control Center and its parking area will be closed to the public from 1-3 p.m. June 12.

The short-term closure will take place in support of the redesignation sign unveiling ceremony.

Impacts include access to access control point 1 and access to Edelman Road. Motorist normally accessing Fort Polk through ACP 1 should anticipate traffic delays during this time due to vehicle lane closures and speed reduction in the vicinity of the unveiling ceremony, located at the corner of Entrance and Edelman roads.

ACP 1 is Fort Polk's main gate and will remain open to process vehicle traffic throughout the ceremony. However, motorists should consider utilizing other ACPs during the ceremony to avoid traffic delays. Once the event has concluded, the VCC facility, parking area and all lanes of travel on Entrance and Edelman roads will re-open to the public.

VCC hours including changes:

- June 12 from 1-3 p.m. — closed

- Normal hours of operation — Monday through Friday from 5 a.m.-9 p.m. and Saturday through Sunday from 8 a.m.- 4 p.m.

ACP (gate) standard hours:

ACP 1 (main gate) — open 24/7 and on all federal holidays



ACP 2 (University Parkway gate) — Open from 5 a.m.-9 p.m. Monday through Friday, Saturday from 10 a.m.-6 p.m. and closed on Sundays and federal holidays

ACP 5 (La. Highway 467 South) — Open from 6 a.m.-6 p.m. Monday through Friday

and closed Saturdays, Sundays and federal holidays

ACP 6 (Chaffee Road at North Fort housing) — Closed due to construction

ACP 7 (Alligator Lake) — open 24/7 and on all federal holidays





# HURRICANE SUPPLIES CHECKLIST



## HOME KIT

WHAT YOU NEED TO SHELTER IN PLACE FOR 4 DAYS



Non-perishable food for 4 days (first 96 hours after a storm)



4 gallons of water per person



Manual can opener



Flashlight and extra batteries



Matches or lighter



First Aid Kit



Week's supply of prescription medications



Radio (battery operated or hand crank)



Books & games

## GO BAG

WHAT YOU NEED TO EVACUATE



Clothes



Soap, toothbrush, & toothpaste



Bedding



Identification (ID is not required for City-assisted evacuation or for shelter admission)



Cash



List of emergency contacts



Medications, copy of medical records, and prescriptions



Birth & marriage certificates



Documents that prove where you live



Insurance policies



Pet food and supplies



Cell phone and charger

1-866-438-4636 | RedCross.org

1-800-525-03216 | FEMA.gov



# Recruiters, Public Affairs Office team up to win fight for talent

By CHUCK CANNON  
Public Affairs Office

FORT POLK, La. — To have a well-trained fighting force, the U.S. Army needs quality Soldiers. Until recently, that's not been a problem, as the U.S. Army Recruiting Command official website recruitment says goals were met from 2019-2021.

However, in 2022 the Army fell 15,000 recruits short of its goal. Prospects for 2023 are running about 10,000 recruits short of the end goal.

One of the reasons cited by recruiters for the shortfall is lack of knowledge about the Army by potential recruits. While there are Junior Reserve Officer Training Corps units in most high schools, oftentimes the students are limited in their exposure to active-duty Soldiers.

To bridge the gap, the Louisiana Army Recruiting Battalion in Baton Rouge, tenant units at Fort Polk, and the installation's public affairs office are working together to pair recruiters with cadets during visits to the post located in central Louisiana.

JROTC units from across the state typically schedule visits through the PAO. The cadets are exposed to such military activities as military working dogs, air ambulance, parachuting preparations and firing simulated weapons. They also eat lunch in a military dining facility and visit the installation's museum to get a history lesson on military life at Fort Polk.

Since April, the PAO has worked with recruiting companies in Shreveport and Lake Charles to meet cadets from high schools in their areas during the visit for face-to-face time with those who show an interest in joining the military, answering questions they may have about what options are available and standards that need to be met.

Staff Sgt. Chad Riner, Shreveport recruiting company, said meeting the students at Fort Polk gives potential recruits a look at what the average Soldier is like.

"At events like this, you get more numbers, which means more opportunities to share," Riner said. "We get a lot of questions about specifics, which shows the person is interested in maybe joining the Army."

Riner said you can spot the cadets who have a spark in their eyes.

"Those are the ones who are interested," he said. "You get more opportunity to visit with those individuals in these settings, than you do in a school setting. I see us doing this more and more."

Nuriah Indembukhani, a Caddo Magnet School sophomore cadet, was one of those Riner said had a spark in her eyes.

"It was helpful having the recruiters here to answer our questions," she said. "I'm interested in joining the military and they let me know what I needed to do to be qualified to join, and



*Army recruiters talk to people attending the Chennault Air Show in Lake Charles May 27.*



*Families attending the Chennault Air Show tour the field hospital set up by Fort Polk's 32nd Hospital Center Soldiers.*

that I should start now, so that when I'm ready, I'll be good to go."

The PAO, area recruiters and Fort Polk tenant units have also collaborated during local events, such as the Barksdale Air Force Base air show in Shreveport and Chennault air show in Lake Charles. At both events, tenant units from Fort Polk set up static displays, with Army recruiters from those areas set up nearby.

Visitors, including prospective recruits, had a close-up view of different Army systems. They could then find out from recruiters what it takes to join the Army and use those systems.

Capt. Darren Owenby, 3rd Brigade Combat Team, 10th Mountain Division, and his team

set up equipment and vehicles at the Barksdale AFB air show.

"It's good to get out, show the equipment and show what we do," Owenby said. "It builds good rapport."

Owenby said the recruiters told him they've already had people ask them about joining the Army after seeing the 3/10's equipment.

Hopefully this will help with recruiting," he said. "Our guys have had a great time showing the systems and letting the visitors know what we do."

Capt. Jaime Dowd, 32nd Hospital Center, and her Soldiers set up a field hospital at the

Please see Recruiters, page 11



# Recruiters

Continued from page 10

Chennault air show. She said setting up the static display at the show benefited everyone involved.

"We get training value, setting up our equipment," she said. "We also get to create a relationship with the community — what we do and what we have to offer."

A third benefit is helping with recruiting efforts.

"The Lake Charles recruiters are set up next to us and this gives potential recruits the opportunity to see the different jobs available in the Army," Dowd said. "That is important. I think many people think everyone in the Army is infantry, but we are a lot more."

Capt. Kevin Finerty, Lake Charles recruiting company, said the partnership being developed between recruiters and active-duty units is important to meeting the Army's recruitment goals.

"Attending events alongside active-duty Soldiers lets prospects and applicants talk to people who are actually doing the jobs they're interested in," he said. "It helps them make an informed decision before they ask specific questions of our recruiters."

Finerty said he's been in talks with Fort Polk staff about "A Day in the Life of a Soldier" program.

"We're looking at bringing in potential recruits to see what it's like to be a Soldier in a certain field. I see this program continuing to grow."

For more information on Army recruiting contact Capt. Kevin Finerty, Lake Charles Recruiting Company, at (504) 813-5364. To schedule a JROTC tour at Fort Polk, call the Garrison Public Affair Office at (337) 531-1405 or (337) 208-3656.



Staff Sgt. Chad Riner, Shreveport Recruiting Co., works with Cadet Nuriah Indembukhani, Cad-do Magnet School, during a JROTC tour at Fort Polk.



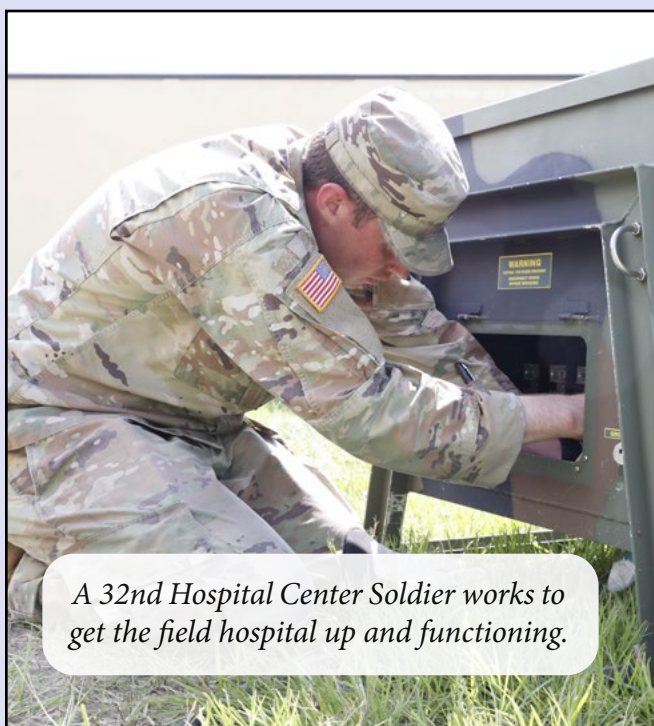
People talk to recruiters at the Barksdale Air Show March 25-26



The Army Golden Knights parachute team repacks their parachutes with a little help.



Kids enjoy a static display at the Chennault Air Show.



A 32nd Hospital Center Soldier works to get the field hospital up and functioning.



The Army Golden Knights parachute team prepares to repack their parachutes next to the Lake Charles Army recruiters and 32nd Hospital field hospital.

CHUCK CANNON/GUARDIAN



# Acrobatic aerial shots of Chennault air show



CHUCK CANNON/ eGUARDIAN



# BJACH Mental Health Awareness month initiatives, resources, more

By JEAN CLAVETTE GRAVES  
BJACH PAO

**Editor's note:** In recognition of Mental Health Awareness Month in May, the Bayne-Jones Army Community Hospital public affairs officer interviewed the BJACH director of psychological health. Topics discussed included initiatives, resources, the continuum of care and other related topics to help the community understand the depth and breadth of the mental health program offered at Fort Polk.

FORT POLK, La. — Lt. Col. Alexander Ragan, a licensed clinical social worker, and the chief of the behavioral health department at Bayne-Jones Army Community Hospital, serves as the installation director of psychological health.

According to Department of Defense Instruction 6409.09, dated April 25, 2017, the IDPH ensures coordination of clinical counseling, and other services promoting the psychological health of service members and their Families. The IDPH works directly for the installation commanding general to integrate clinical and mental health specialty services with other counseling and supportive services at the installation level.

**Q:** Sir, how do you see your role at the Joint Readiness Training Center and Fort Polk?

**A:** There are many agencies and programs that support the psychological needs of our Soldiers and Families. My job is to bring us together to support the mental and behavioral health of our community. At the installation level, I keep the senior mission commander and local commanders informed about the psychological health of Soldiers and their Families. I address any concerns about prevention, early intervention and treatment, as well as how patient needs are being met. I report on the adequacy of staffing, organizational processes and the resources needed to meet the demands of the installation. I recommend courses of action to ensure access to adequate mental health services are provided throughout the deployment cycle and during unique surge situations. Finally, I help coordinate military and non-military services through a variety of programs, including the commander's Ready, Resilient Council, installation senior medical council, sexual assault review board, installation prevention team and other installation meetings where appropriate.

**Q:** What is your role at the hospital?

**A:** At BJACH, I track a variety of metrics to ensure Soldiers and their Families can get services in our department. This includes ensuring walk-in availability, follow-up appointments are scheduled, and group and individual treatment options are meeting the needs of our beneficiaries. I maintain relationships with other departments at the hospital to provide



*Spc. Carson Sering (left), a behavioral health specialist from Bayne-Jones Army Community Hospital, discusses initiatives, resources, the continuum of care and other related topics with Jamie Chapman, a member of the community, May 16 during a health promotions display at the Joint Readiness Training Center and Fort Polk post exchange. Sering and his fellow behavioral health specialists worked to help the community understand the depth and breadth of the mental health program offered on the installation.*

patients with a warm handoff if behavioral health services are needed or recommended for them. I also support the BJACH team by supporting them in sustaining employee resiliency and, hopefully, decreasing the potential for compassion fatigue and burnout often experienced in the medical profession.

**Q:** How do network providers in the community play a role in the IDPH program?

**A:** Yes, it's important to engage network partners to increase and sustain behavioral health capabilities services for our beneficiaries in outpatient, intensive outpatient and inpatient settings.

**Q:** BJACH has been updating its website and sharing information on the new Targeted Care program ([bayne-jones.tricare.mil/Health-Services/Mental-Health-Substance-Misuse/Targeted-Care](http://bayne-jones.tricare.mil/Health-Services/Mental-Health-Substance-Misuse/Targeted-Care)) recently launched by the Defense Health Agency. What is it?

**A:** Our installation was selected to participate in the DHA Targeted Care Pilot Program. Targeted Care matches individuals seeking care to the appropriate support. Examples of support include making an appointment with a specialty behavioral health care provider, primary care behavioral health consultant or connecting them to non-medical support such as military and family life counselors, chaplains, Military OneSource and others. Individuals who are vectored into specialty behavioral health care may attend group therapy sessions to meet their needs. Individual therapy within behavioral health is also an option. This increases access to care, reduces the time spent waiting for initial and follow-up mental health appointments and increases readiness.

**Q:** What is the difference between behavior-

al health and mental health?

**A:** The words sometimes are used in similar places, but they mean different things. From my perspective, the term mental health implies an individual's psychological state, whereas behavioral health is a broader term. Behavioral health is a holistic approach that includes an individual's mind, body and spirit. I view it in the context of what someone has control over, versus what they do not. We look to prevention and early intervention or self-help as the first step in the continuum of treatment for symptoms that are impacting a person's quality of life. If that is not working to the patient's satisfaction, we begin looking for other resources such as peer support groups.

Finally, if this is still not working for the patient, the next step would be medical care. My hope is with the Targeted Care program and a shift in mindset to optimizing behavioral health, we can increase the mental, physical and spiritual readiness of our Soldiers, Families and community.

**Q:** A reoccurring theme this year is: Mental health is health. What does that mean to you?

**A:** To me it is a continuum with feeling great on one end and struggling with day-to-day activities and loss of interest in things we normally enjoy on the other end. When we are mentally healthy and feeling good or mentally strong, we thrive. When we are struggling, we may need to seek ways to better manage self-care. Mental health is an important part of overall health and well-being, yet mental illness affects millions of people worldwide.

**Q:** Can you talk more about the continuum

Please see **Mental**, page 14



# Let's Talk About It

No matter your age, mental health is important. Seek care and learn more at [www.tricare.mil/mentalhealth](http://www.tricare.mil/mentalhealth).



## Mental

Continued from page 13

of self-care? What is it and why is it important to understand when seeking help?

**A:** Self-care is often described as a continuum, starting with individual choices on health. This includes our personal choices such as diet, exercise and sleep habits. The second stop on the continuum is feeling comfortable enough to reach out to Family members, the chain of command and others for suggestions and ideas to take better care of ourselves. At this step, a person must also be willing to take that advice. The continuum can include support from non-medical and medical resources such as Ready and Resilient Performance Centers, military and family life counselors, chaplains and BJACH behavioral health services.

**Q:** The DOD has issued guidance that allows service members to start their own referral for a mental health evaluation as part of the new Brandon Act. What does that mean for Soldiers at Fort Polk?

**A:** The Brandon Act is a law that creates a confidential, self-initiated referral process for service members seeking a mental health evaluation. The Brandon Act is named after Navy

Petty Officer 3rd Class Brandon Caserta who died by suicide in 2018. The legislation was signed into law by President Joe Biden on December 27, 2021, as part of the National Defense Authorization Act for Fiscal Year 2022. The DOD policy directs the secretaries of the military departments to establish policy, assign responsibilities and provide procedures for service members to request a referral for a mental health evaluation through a commanding officer or supervisor. The new process allows service members to seek help confidentially, for any reason, at any time and in any environment, and aims to reduce the stigma associated with seeking mental health care.

For example, a Soldier can go to his supervisor (E-6 or senior) or commander and request behavioral health services. The Soldier is then set up with an appointment to come into behavioral health. I do want to point out that a Soldier can still go to behavioral health without command or supervisor involvement or a referral.

We have a robust mental health program at Fort Polk and I encourage anyone struggling

with the continuum of self-care to reach out for support.

**Q:** What types of activities does BJACH participate in to promote mental health awareness?

**A:** In celebration of Mental Health Awareness Month, the behavioral health team conducted a televised interview on KALB's Good Day CENLA, (<https://www.kalb.com/video/2023/05/01/mental-health-month>) visited Longleaf and Brentwood Hospitals and Oceans Healthcare. We conducted health promotions activities during lunch at the post main exchange and hit the airwaves on KJAE and KVVP radio stations in Leesville. Our behavioral health specialists also devised a morale boosting activity to engage the bodies, minds and spirits of our hospital staff to raise awareness and provide education about behavioral health resources on and off the installation.

For more information about the mental, behavioral and substance misuse services available at BJACH and the installation visit: [bayne-jones.tricare.mil/Health-Services/Mental-Health-Substance-Misuse](http://bayne-jones.tricare.mil/Health-Services/Mental-Health-Substance-Misuse).





## Law enforcement hiring fair

*A hiring fair for law enforcement and first responders was held May 18 at the Fort Polk Education Center.*



KAREN SAMPSON/EGUARDIAN

**AER**

**ARMY  
EMERGENCY  
RELIEF**

AER's MISSION IS TO PROVIDE GRANTS, INTEREST-FREE LOANS AND SCHOLARSHIPS TO PROMOTE READINESS AND HELP RELIEVE FINANCIAL DISTRESS OF SOLDIERS AND THEIR FAMILIES.

[HTTPS://GIVE.ARMYEMERGENCYRELIEF.ORG/DEFAULT.ASPX?TSID=16530%20](https://give.armyemergencyrelief.org/default.aspx?tsid=16530%20)



# Joint Readiness Training Center & Fort Polk



#FortPolkStrong



## Inspector General Newsletter

### Bereavement Leave for Soldiers

The attached memorandum announces bereavement leave entitlements for eligible Soldiers in connection with the death of a spouse or child. Eligible Soldiers of the Regular Army, Army National Guard/Army National Guard of the United States, and the U.S. Army Reserve may be authorized up to 14 consecutive days of non-chargeable bereavement leave to be taken during the period of bereavement based on the eligible Soldier's accrued ordinary leave balance on the date of such death. Eligible Soldiers whose spouse or child died on or after June 25, 2022, and who have fewer than 30 days of accrued ordinary leave on the date of such death, are eligible for up to 14 consecutive days of bereavement leave. Eligible Soldiers whose spouse or child died on or after June 25, 2022, and who have 30 or more days of accrued ordinary leave on the date of such death, are eligible for up to 14 consecutive days of bereavement leave once their accrued ordinary leave is less than 30 days. Eligible Soldiers whose spouse or child died on or after June 25, 2022, and who were charged leave in connection with the death of a spouse or child, may request leave be restored through the established process. Such leave will be restored if the eligible Soldier would have been eligible for bereavement leave as described in this policy and the eligible Soldier has not separated or retired from service.

### MILPER Number: 22-333 Army Combat Fitness Test (ACFT) Entry Guidance on Evaluation Reports

Current evaluation forms only contain reference to the Army Physical Fitness Test. However, logic clearly dictates that since no Soldier is taking an APFT anymore, there cannot be any reference to the APFT on any evaluation. MILPER Message 22-333, issued Sept. 1, 2022, explains how to enter the proper information on all evaluations. "When completing OERs and NCOERs, raters will enter the rated Soldier's record ACFT status and status date within the provided comment section linked to part IV, block a."

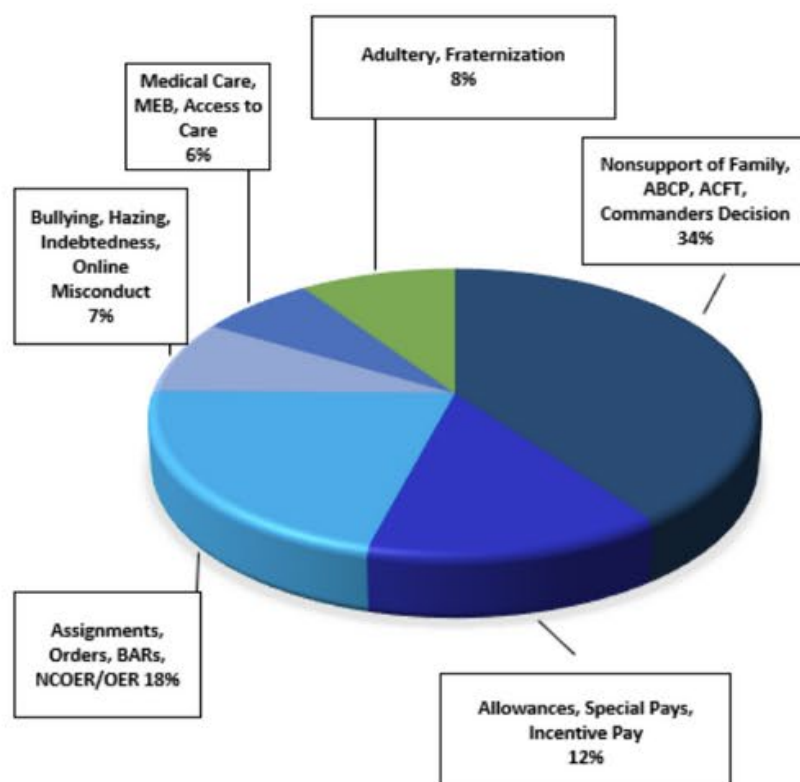
### Army Directive 2023-04 Command Notification of Pregnancy

This directive implements changes to Department of the Army policy for command notification of pregnancy to ensure Soldiers have the time and flexibility to make private healthcare decisions, commanders can meet the responsibilities of operational requirements, and protected health information is adequately safeguarded. Soldiers are encouraged to notify appropriate command authorities on confirmation of pregnancy, validated through a healthcare provider from whom the Soldier is receiving care. Soldiers who have confirmed their pregnancy and choose to delay pregnancy notification to appropriate command authorities will notify the appropriate command authorities no later than 20 weeks gestation unless notification must be made prior to 20 weeks gestation in the circumstances detailed in this directive.

### LATEST PUBLISHED ACTIONS

- Army Directive 2023-07 (Arms, Ammunition, and Explosives Accountability)
- MILPER 23-169 U.S. Army Human Resources Command Execution of Army Temporary (Brevet) Promotion Program)
- MILPER 23-164 Soldier Actions Initiated Outside of IPPS-A

### MAY 2023 ASSISTANCE AND INVESTIGATION TRENDS



### Fort Polk Atmospherics

#### Pros -

- Outstanding BOSS events
- Continuous improvements across the installation (barracks, bowling alley, etc.)
- Military and civilian school opportunities
- Social media posts about on post and local events

#### Cons-

- Performing duties (CQ/SD) while in the clearing process (ETS/PCS)
- Lack of pet waste stations in the community areas
- 1/4 mile track needs maintenance/update
- No sidewalk on Louisiana Ave for Soldiers



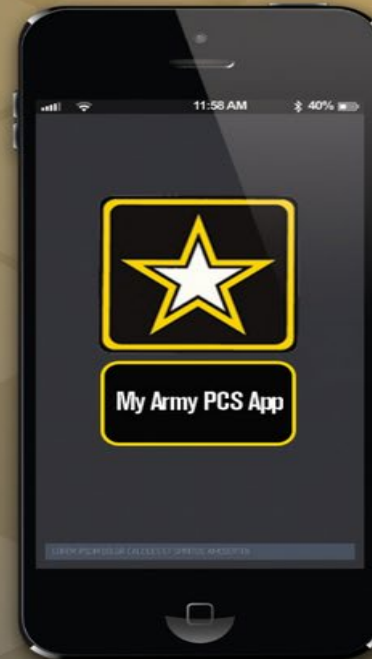




# Plan Your PCS Move with a Swipe and Click



## My Army PCS App



### Get ready – Prepare for Your PCS

- ✓ Get your PCS Orders – **No Orders, No PCS**
- ✓ Talk with your family about your PCS move
- ✓ Download the "My Army PCS App"

### Set –Plan Your Move

- ✓ Know Where You are PCSing to
- ✓ Review the Checklist
- ✓ Setup and track your important dates
- ✓ Request a sponsor
- ✓ Know Your Entitlements – Military Pay, BAH, Weight Allowance, etc.
- ✓ Know Pet travel requirements

### Go - Organize Your Move

- ✓ Chat with a live Agent during Your PCS Move
- ✓ After your PCS move, file a Claim

Let's Get Moving



App, 2023

## My Army PCS App



- The "My Army PCS App" is a customizable app that enhances users' PCS experience. It helps users prepare for their PCS before, during, and after their PCS report date.

- Knowledge-based information tool

- Entitlements
- Move types
- Resources
- Claims



Live Chat

Talk to a live agent at the Army Personal Property Call Center.



### Calculate Days Until PCS

Customize

Claims

Transportation Customer Service



EFMP Location

Email: [usarmy.pentagon.hqda-dcs-g-4.mbx.g43-hhg-app@mail.mil](mailto:usarmy.pentagon.hqda-dcs-g-4.mbx.g43-hhg-app@mail.mil)



# Ask an Army veterinarian: conducting permanent change of station with **pets**

By KATHRYNE GEST

Army News Service

HONOLULU — When military Families move to a new duty station, those with four-legged family members can face additional challenges, but it doesn't have to be frustrating. Maj. Meghan Louis, a veterinarian and director of veterinary services at Public Health Command-Pacific, explains how U.S. Army veterinarians are critical in providing the necessary documents for travel and are committed to providing expert advice, based on scientific knowledge, on animal health and welfare when it comes to traveling with pets.

Her best recommendation for anyone preparing for a permanent change of station with pets? Start with your veterinarian and start early.

"As soon as you know you're moving, contact your nearest veterinary treatment facility to schedule an appointment to discuss required vaccinations and testing prior to travel," Louis said.

There are 29 VTFs throughout the Pacific located on Army, Air Force, Space Force, Navy and Marine Corps installations. These facilities are an important benefit for service members and their Families and can be accessed by both active-duty and retired personnel living both on and off post.

"The client-veterinarian relationship is really a partnership," Louis said. "If the animals stay up to date with vaccines, appointments and testing, then when it comes time to PCS, your installation veterinarian can more easily issue that health certificate."

Regardless of PCS location, every pet needs a valid health certificate. This includes micro-chipping, up-to-date rabies vaccinations and fecal and heartworm testing.

"There is some misconception and fear from Families about health certificates and if our veterinarians will issue them," Louis said. "This document is stating your pet is free of any apparent communicable disease."

Last year, installation veterinarians issued more than 29,000 health certificates for beneficiaries across the Department of Defense.

Every U.S. Army veterinarian is accredited by the United States Department of Agriculture to examine pets and issue health certificates for travel. A USDA endorsement is required, in addition to a health certificate, for travel outside the contiguous United States.

Louis adds that the specialization of Army veterinarians comes into play with international moves because of VTF locations on installations around the world, knowledge of timelines for testing and obtaining health certificates, and specific regulations of rabies-free locations.

"Depending on appointment availability and flight dates, your installation veterinarian



ANGIE THORNE/©GUARDIAN



can work out the best date of health certificate issue that takes into consideration potential flight delays and even cancellations," Louis said.

While it is the responsibility of the pet owner to coordinate travel for their pets, Louis explains that installation veterinarians should be considered a resource and can provide an array of expert opinions to help owners make informed decisions when traveling with pets.

"We want to address any concerns and educate owners on the risks of traveling specific to their pets prior to PCSing," Louis said. "Even the healthiest of pets are at risk when traveling due to an unfamiliar environment, so we'll work with owners to provide recommendations and take the proper precautions to mini-

mize those risks."

She reiterates the process of moving with pets can sometimes be overwhelming, but that's more reason to discuss upcoming projected travel and any medical concerns early with your installation veterinarian as soon as you know you will be moving with your pet.

"We're service-oriented and exist for readiness, and that includes Family readiness, and fully acknowledge that our pets are part of our Families, and their health is important to us," Louis said.

For a listing of VTFs by location, visit the interactive map on the Defense Centers for Public Health — Aberdeen website at <https://phc.amedd.army.mil/organization/Pages/Veterinary-Treatment-Facilities.aspx>.



# Understanding 3Rs of explosives **safety** can save lives

## GARRISON SAFETY OFFICE

FORT POLK, La. — The U.S. Armed Forces have conducted and continue to conduct live-fire training and maneuvers to be prepared to defend the nation.

This training involves the use of various types of munitions including bombs, artillery projectiles, grenades, mines, rockets and simulators. Some munitions do not explode or function as intended. These are called unexploded ordnance or UXO.

For a number of reasons, these munitions may be encountered in areas where they are not expected. This has occurred at Fort Polk and other installations.

Over time, property on an installation, including acreage once used for live-fire training or maneuvers, has been put to different uses including parks, residential or industrial development.

Erosion caused by natural phenomena, such as storms and construction often uncover munitions once buried in the ground. Additionally, some people discard munitions once kept as souvenirs in various areas (wooded areas, parks or the trash) without concern for the safety of others.

Munitions are designed to kill people and destroy equipment or buildings. Even practice munitions may have a small explosive charge that can be dangerous and cause serious injury. No matter the age, size, shape, or color, munitions are dangerous and should not be approached, disturbed, or moved.

Military families are more likely to encounter munitions than the general public because they live on or near military installations. The



Army and Fort Polk encourage you to visit [3Rs.mil](#) to learn about the 3Rs of Explosives Safety with your family, and constantly reinforce the need for your family to follow the 3Rs of Explosives Safety:

**Recognize** — when you see a munition and that it is dangerous.

**Retreat** — do not touch it, but carefully leave the area.

**Report** — call 911 to tell the police what you saw.

For more information on Fort Polk's 3Rs Ex-



IF YOU ENCOUNTER MUNITIONS
Emergency Contacts
<b>Fort Polk Cantonment Area</b>
Call (337) 531-COPS (2677)
<b>Fort Polk Training Ranges</b>
Call (337) 531-5445 or (337) 531-5239
<b>Off Installation</b>
Call 911

plosives Safety Program, contact the Garrison Safety Office at (337) 531-7233.

## Fort Polk's Directorate of Public Works monitors surface water

By JANET COLLINS  
Directorate of Public Works

FORT POLK, La. — The Fort Polk Water Resource Team monitors surface water to ensure the installation's waterways are healthy. Currently, 24 stream segments combined on Fort Polk and Peason Ridge are monitored. The surface water management plan has a three-year sampling rotation for each creek, and analytical sampling events are performed yearly. This year the water resource team collected samples from seven creeks.

You may be asking yourself why sampling is necessary, and why monitoring surface water is important.

Fort Polk has a municipal separate storm sewer system permit issued by the Louisiana Department of Environmental Quality. This means all water runoff from rain events and ice melt discharges into receiving waterways

without being treated.

The use of pesticides, herbicides and fertilizers, or spills from oils, fuels and antifreeze can get into waterways. Even the smallest amount of these can have negative effects on surface water quality.

Fort Polk is a great example of what it means to be proactive. Monitoring these 24 stream segments gives the team a higher probability of identifying and resolving a concern, should one arise.

Several parameters reviewed during sampling are the waterway conditions, which consists of canopy cover, width, depth, flow and cover type of the water.

The clarity of the water, pH, conductivity, dissolved oxygen levels and temperature are also taken.

Should any of these show an increase or decrease of the acceptable range limits, cause can be determined and the situation can be han-



dled effectively in a timely manner.

In short, Fort Polk is taking proactive measures to ensure its waterways meet all its designated uses; primary recreation (swimming), secondary recreation (hunting and fishing) and fish and wildlife propagation.





JUBILEE PARK COMMITTEE

# JUNE TEENTH

FRIENDS & FAMILY DAY

SATURDAY  
**JUNE 17**  
10am-4pm

GAMES | MUSIC | FOOD |  
NO COOLERS OR ALCOHOL

**VENDORS ARE WELCOME \$30 SET UP FEE**  
FOR MORE INFORMATION CONTACT:  
RAMONA BONNER 337-509-7519

MARTIN LUTHER KING COMMUNITY CENTER  
1003 N GLADYS ST LEESVILLE LA 71446



**Fort Polk is  
focused and  
celebrating  
as we work  
together to  
keep our  
workplaces  
safe and free  
from danger**



# **JUNE IS NATIONAL SAFETY MONTH**

## **Heat-Related Illnesses and First Aid**

Several heat-related illnesses can affect workers. Some of the symptoms are non-specific. This means that when a worker is performing physical labor in a warm environment, any unusual symptom can be a sign of overheating

Heat-Related Illness	Symptoms and Signs
Heat stroke	<ul style="list-style-type: none"> <li>* Confusion</li> <li>* Slurred speech</li> <li>* Unconsciousness</li> <li>* Seizures</li> <li>* Heavy sweating or hot, dry skin</li> <li>* Very high body temperature</li> <li>* Rapid heart rate</li> </ul>
Heat exhaustion	<ul style="list-style-type: none"> <li>* Fatigue</li> <li>* Irritability</li> <li>* Thirst</li> <li>* Nausea or vomiting</li> <li>* Dizziness or lightheadedness</li> <li>* Heavy sweating</li> <li>* Elevated body temperature or fast heart rate</li> </ul>
Heat cramps	<ul style="list-style-type: none"> <li>* Muscle spasms or pain</li> <li>* Usually in legs, arms, or trunk</li> </ul>
Heat syncope	<ul style="list-style-type: none"> <li>* Fainting</li> <li>* Dizziness</li> </ul>
Heat rash	<ul style="list-style-type: none"> <li>* Cluster of red bumps on skin</li> <li>* Often appears on neck, upper chest, and skin folds</li> </ul>
Rhabdomyolysis (muscle breakdown)	<ul style="list-style-type: none"> <li>* Muscle pain</li> <li>* Dark urine or reduced urine output</li> <li>* Weakness</li> </ul>





## 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, contact the Fort Polk Police Traffic Division at (337) 531-1806, 6675 or 2677.

2014	Kia	Optima	0324
2014	Dodge	Dart	5863
2011	Infiniti	2D	3365
2000	Chevrolet	Impala	8125
2011	Cadillac	DTS	6891
1995	Jeep	Cherokee	9563
1999	Honda	Accord	5783
2012	Hyundai	Elantra	8154
2016	Mazda	3	5679
2008	Chevrolet	Impala	9420
2010	Chevrolet	Cobalt	6002
1997	Dodge	1500	9101
2002	VW	GTI	2558
1981	Yamaha	XJ650	8637
1994	Ford	F-250	3432
2002	Honda	Civic	5620



## 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.



## Women's league

Nine, Wine and Dine is a new ladies golf league that takes place each Tuesday from 5-7 p.m. Women are invited to participate. It's a great opportunity to make new friends, enjoy a night of golf (nine holes) and then opting to have dinner and wine at the Forge Bar and Grill.

The cost is \$22 for members and \$27 for non-members. The event takes place at the Warrior Hills Golf Course. The next Nine, Wine and Dine is June 6. For more information call 531-4661.

## Wednesday night scramble

The Warrior Hills Golf Course hosts a nine hole scramble each Wednesday. The cost is \$20 for members and \$25 for nonmembers. The next scramble is June 7. For more information call (337) 531-4661.

## Career training

Sign up for the Military Spouse LinkedIn workshop held at Army Community Service, 1591 Bell Richard Ave., building 920, June 6. There is a LinkedIn Profile Class from noon to 2 p.m. and a LinkedIn Job Search Class from 2-4

p.m. Attendees are encouraged to bring their own laptop/tablets to access their LinkedIn profiles while attending the class. For more information call (337) 531-1941.

## Board game fun

Select from Allen Memorial Library's extensive collection of board games or bring your own and get your game on.

Board game night takes place every third Thursday of the month. Board games are available anytime during open hours at the library. The next game night is June 15. For more information call (337) 531-2665.

## Bass tournament

The Toledo Bend Army Recreation Park's monthly Bass Tournament. The park is located at 1310 Army Recreation Road, Florien. The tournament takes place the first Saturday of each month. The next tournament takes place July 1 and is open to the public. Check in is at first light. Weigh in is at 3 p.m. The entry fee is \$40 per boat and \$5 per person for big bass. For more information call (318) 565-4235/4484.

## Summer reading program

Fort Polk's Allen Memorial Library kicks off its summer reading program June 8 from 3-4 p.m. Stop by to say hello to Miss Louisiana 2022, Gracie Reichman and learn more about summer reading. For more information call (337) 531-2665 or visit <https://polk.armymwr.com/happenings/summer-reading-program-2023>.

## Slip & slide kickball

Register for some summer fun at Fort Polk's Athletic Sports Complex, 8164 Mississippi Ave. building 961. Teams can be made up of 9-12 players (18 and older). The event takes place June 10 from 10 a.m.-2 p.m. The kickball is bracket play and the cost is \$45 per team. Sign-up deadline is June 7. Register at <https://polk.armymwr.com/happenings/slip-n-slide-kickball-registration>.

## Soldier game night

Soldiers can take part in a Dungeons and Dragons game night May 31 at the Home of Heroes Recreation Center from 6-7 p.m. The event is open to all Soldiers. For more information call (337) 531-5870.

# #FortPolkThingsToDo

**June 9:** Downtown at Sundown, Lake Charles.

The summer concert series offers great music, food and fun. This annual event has become a staple of the Lake Charles community for 25 years. The June 9 show features Gino V. and the Charlie Wayne Band. The event lasts from 6 p.m. to 9 p.m.

<https://www.visitlakecharles.org/event/downtown-at-sundown-concert-series/34767/>

**June 9-11:** St. Landry BBQ Festival, Opelousas.

The second annual festival will take place on June 9-11, 2023, at the Yambilee Grounds and Ag Arena.

Some of the hottest local bands will be performing throughout the festival. There will also be a variety of arts and crafts vendors, a carnival with rides and activities and an array of food and drink vendors serving up delicious barbeque and other amazing dishes. A cook-off will take place on June 11 and applications can be filled out on the website.

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

**June 9-11:** Holly Beach Crab Festival, Cameron.

The takes place at Holly Beach, which is located along the Creole Nature Trail All-American Road. The festival takes place at 2412 Heron St. The event features kids' games, crab bingo, crab racing, a crab dish cook-off, an afternoon and evening of bands, food vendors, snow cone vendors, a meet and greet June 9

and a Pancake Brunch June 11. It's a relaxing experience for families to soak up some sun at one of the most popular Gulf beaches in Southwest Louisiana.

<https://www.visitlakecharles.org/event/holly-beach-crab-festival/44045/>

**June 22-24:** Beauregard Watermelon Festival, DeRidder.

Get ready for three days of watermelon fun! Watermelon eating and seed spitting contests, watermelon games and music, carnival rides and more. You will also want to check out the canning contest, cornhole tournament and crafters displays at the festival along with the antique tractor show. The festival is held at the Beauregard Parish Fair Grounds, 506 West Dr. Come out and join in some good summer time fun!

<https://beauregardwatermelonfestival.com/>

**June 30-July 4:** Erath 4th of July Celebration, Erath.

Celebrate the nation's independence with an old-fashioned street fair for five days with carnival rides and games, food, live music every night, parade, water fights and a large firework display on July 4th. The event is free.

<https://www.erath4.com/>

**July 1:** Lebuau Zydeco Festival, St. Landry.

Enjoy zydeco music all day long. From the place that produced zydeco hits like, "Don't Mess with my Toot Toot" comes an annual celebration of the genre and its roots in the Creole community. It features the most popu-

lar zydeco bands in South Louisiana. Bring a dancing partner, a lawn chair and your appetite.

<https://www.cajuntravel.com/events/lebeau-zydeco-festival/>

**June 24:** Bug Day, Kent House Plantation.

Kent Plantation House, listed in the National Register of Historic Places, is an authentic Creole plantation house built circa 1796 prior to the Louisiana Purchase.

The plantation house is one of the oldest standing structures in the state of Louisiana. People can tour the plantation, but they also have special events.

The annual Bug Day is always popular and this year will have the addition of reptiles.

The event begins at 9 a.m. and ends at 1 p.m. For more information call (318) 478-5998.

<https://kenthouse.org/events>

**June 9-25:** ACTS Theater's production of Hello Dolly, Lake Charles.

Artists Civic Theatre & Studio, Inc. presents the musical, "Hello Dolly." The story focuses around Dolly Levi, a widow in 1890s New York. Dolly is a matchmaker and her latest client, Horace Vandergelder, is both rich and grumpy. Dolly's scheming and the catchy music will have audiences laughing and singing along.

Tickets are \$25 per adult, \$10 per child and \$20 per senior. The performance begins at 7:30 p.m. To purchase tickets visit:

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