



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

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Home of Heroes @ Fort Polk, LA

Jan. 8, 2021

JRTC, Fort Polk gear up for 80th anniversary

GUARDIAN STAFF

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk is gearing up to celebrate its 80th anniversary Jan. 14 at the Fort Polk Museum.

Starting at 2 p.m., the celebration will focus on Fort Polk's historical contributions to the Army and surrounding parishes, dating back to 1941, and will include static displays, historic memorabilia, guest speakers, a historical video and photo opportunities.

Guests will be invited to visit the Fort Polk Museum, Warrior Memorial Park, the Bayou Theater and Tiger land, increasing awareness of the 80th anniversary and commemorating Fort Polk's years of training America's Soldiers.

For the curious reader, below are some interesting Fort Polk historical facts:

In the fall of 1941, 350,000 Soldiers fought the greatest sham battle in United States history. The mock battles, which became known as the Louisiana Maneuvers, had one purpose: To prepare America's Soldiers for the war that had already begun in Europe, and threatened to spread around the world.

The Louisiana Maneuvers were a preface to World War II. Likewise, the rudimentary

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Camp Polk's Headquarters building (bldg 1714), constructed in 1942, was located on the corner of Louisiana and Mississippi avenues. During its tenure, some of the units housed in the building included the 1st Armored Division, the Fort Polk Training Center, the 5th Infantry Division (Mechanized) and the 4th Brigade Combat Team, 10th Mountain Division. After 72 years, the building's demolition began in the spring of 2014 — the event was considered the "end of an era" for the Joint Readiness Training Center and Fort Polk.

U.S. ARMY

Weekend weather



Inside the Guardian

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Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "What product can you not live without?"

Here are their responses:



Spc. Sean Lightell: "My car – it costs money to drive, but it allows me freedom to get away from work and enjoy life."



Pvt. Samuel Teel: "I would say protein because it helps me gain muscles, strength and maintain a healthy lifestyle."



Raymond Kwakye-Mensah:
"My favorite cologne."

Sgt. Jason Wright:
"Body Armor water because I like to work out."



Pvt. Tia McDaniel:
"Toilet paper – I'm glad we have that, especially since we were in short supply earlier this year."



Spc. Sharminck Watson: "Dr. Bronner's Peppermint liquid soap because it's refreshing and invigorating. It feels like your body ate a mint."



Dustin Frank: "Gas because without it I'd have to walk everywhere."



Pfc. Khalil Andrew: "Tooth paste because people need it every day, not only to keep their teeth clean but also to prevent bad breath."



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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 following Facebook pages: **@JRTCOperationsGrp**, **@BayneJonesACH** or **@fortpolkmwr**.

Briefs

Road work

Alabama Avenue repairs from Third Street to La. Hwy 10 are underway. The initial construction impacts will be single lane closures with flagging operations around the work zone. Construction began near La. Hwy 10 and continues to progress north to Third Street. Work has primarily shifted from the east shoulder to the west shoulder through mid-January. Motorists should anticipate traffic delays due to flagging operations around the work zone and pedestrians are encouraged to stay clear of work zones.

CIF inventory

The Central Issue Facility, located in bldg 4374, will be closed to conduct inventory from Jan. 22-29. During this period, Soldiers will continue to clear.

Emergencies will be addressed on a case-by-case basis. Customers are asked to plan accordingly. CIF reopens for business at 7:30 a.m. Feb. 1. For more information call 531-0950 or 531-2883.

Vehicle release

The Directorate of Emergency Services Traffic Section releases the following vehicles to a towing company for disposal on Monday, if they remain unclaimed. Vehicles are listed with the last four numbers of their VIN number.

If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Section at 531-1806/6675/2677.

1999	Lexus	GS400	0410
2015	Ford	Focus	5067
2015	Ford	Fusion	5279
2007	Ford	Explorer	8233
1998	GMC	Sonoma	9145
2000	Chevrolet	Camaro	8488

Get flu shot

The flu vaccine is available for Bayne-Jones Army Community Hospital beneficiaries at the Immunizations Clinic.

No appointments necessary. Walk-in hours are available Monday-Friday from 9-11 a.m. and 1-3 p.m.



ANGIE THORNE/GUARDIAN

A ribbon cutting took place Jan. 6 at Fort Polk's Express 3, located at 2891 Chaffee Road, bldg 7000, to celebrate its reopening after making improvements. The store serves the Maple Terrace housing community and the North Fort training area.

Ribbon cutting celebrates reopening of Express 3

By ANGIE THORNE

Public affairs specialist

FORT POLK, La. — An Exchange store is there if you need coffee, a quick snack, gas or a number of other little things that make life easier for the members of the Fort Polk community.

That's why the Army and Air Force Exchange Service is making life even more convenient for Soldiers, retirees and military Families with an improved shopping experience at the Express 3, located at 2891 Chaffee Road, bldg 7000, serving the Maple Terrace housing community and the North Fort training area.

As part of Fort Polk's quality of life initiative, the Exchange funded a \$600,000 renovation of the 3,200-square-foot Express 3 location, which began in August and was completed in December, despite challenges posed by COVID-19, said Ronald McDuffie, Fort Polk Exchange general manager.

"Upgrading this store is part of what we are providing in support of the quality of life initiative to further enhance the customer experience," he said.

To celebrate the reopening of the store, Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk command



Cutting the ribbon at the Express 3 reopening Jan. 6 are, from left to right, Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, Command Sgt. Maj. Michael C. Henry, post command sergeant major, Ruth Shepherd, Express 3 store manager, Col. Ryan K. Roseberry, garrison commander, Antonio M. Porter Sr., AAFES mid-central region vice president, and Ronald McDuffie, Fort Polk Exchange general manager.

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Llama yields antibodies, may prove effective against COVID-19

By SARAH MARSHALL
Defense.gov

WASHINGTON — Researchers at the Uniformed Services University of Health Sciences recently identified pint-sized antibodies, or nanobodies, that could protect against COVID-19. At least one of these nanobodies — produced by a llama named Cormac — also appears to work well in either liquid or aerosol form, suggesting it could help protect a person's lungs from infections.

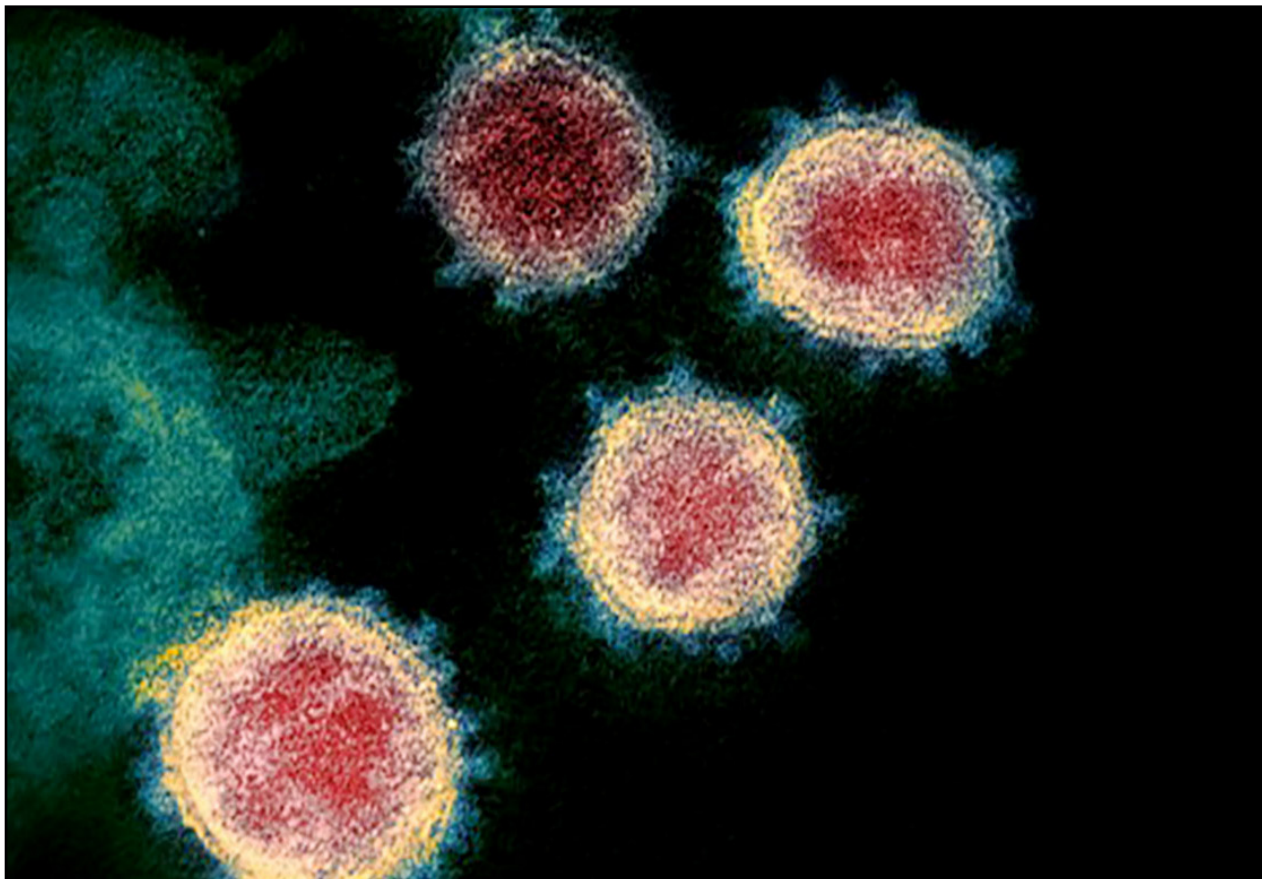
The study was led by Dr. David Brody, director of USU's Center for Neuroscience and Regenerative Medicine, and Thomas J. "T.J." Esparza, a Henry M. Jackson Foundation for the Advancement of Military Medicine employee working in support of CNRM. Both Esparza and Brody also work in the National Institutes of Health's National Institute of Neurological Disorders and Stroke.

Nanobodies are a type of antibody naturally produced by the immune systems of camelids, such as camels, alpacas and llamas. These proteins are about a tenth of the weight of most human antibodies on average. They can be isolated in the lab and are essentially free-floating versions of the tips of the arms of heavy chain proteins, which form the backbone of a typical Y-shaped human immunoglobulin antibody found in the blood. These tips recognize proteins on viruses, bacteria and other invaders (also known as antigens), and they play a vital role in the immune system's defenses.

Nanobodies are also more stable, less expensive to produce and easier to engineer than typical antibodies, and they have been increasingly used for medical research. A few years ago, scientists showed humanized nanobodies may be more effective at treating an autoimmune form of thrombotic thrombocytopenic purpura, a rare blood disorder, than current treatments.

Since the pandemic broke, several researchers have produced llama nanobodies against the SARS-CoV-2 spike protein, and it is believed to be effective at preventing infections. In this study, published in "Scientific Reports", the researchers used a slightly different strategy to find nanobodies that may work especially well.

"For years, TJ and I had been testing out



SARS-CoV-2 virus particles emerge from cells. The NIH-CoVnb-112 binds with a "spike protein," blocking the virus from gaining entry to a new cell.

how to use nanobodies to improve brain imaging. When the pandemic broke, we thought this was a once in a lifetime, all-hands-on-deck situation and joined the fight," Brody, the senior author of the study, said.

"We hope that these anti-COVID-19 nanobodies may be highly effective and versatile in combating the coronavirus pandemic."

The researchers found that at least one of these nanobodies, called NIH-CoVnb-112, may be highly effectual at preventing infections or detecting virus particles by grabbing hold of SARS-CoV-2 spike proteins.

These "spike proteins" act like a key by "opening the door to infections" when they bind to a protein found on the surface of certain cells, called the angiotensin converting enzyme 2 receptor, the researchers explained. They then found a way to isolate these nanobodies that block infections by covering the "teeth" of the spike protein, which bind to and unlock the ACE2 receptor.

This was done by immunizing the llama, Cormac, five times over the course of 28 days with a purified version of the SARS-CoV-2 spike protein.

After testing hundreds of nanobodies, they found Cormac produced 13 nanobodies that could potentially be strong candidates, including one they refer to as NIH-CoVnb-112. The researchers then showed that the NIH-CoVnb-112 nanobody could be effective at preventing infections.

To mimic the COVID-19 virus, the researchers genetically mutated a harmless 'pseudovirus' so that it could use the SARS-CoV-2 spike protein to infect cells that produce human ACE2 receptors.

The researchers saw that relatively low levels of the NIH-CoVnb-112 nanobodies prevented the pseudovirus from infecting these cells in petri dishes.

Additionally, the researchers showed that the nanobody was just as successful in preventing the infections in petri dishes when it was sprayed through a nebulizer, or inhaler, often used to help treat patients with asthma.

"One of the exciting things about nanobodies is that, unlike most regular antibodies, they can be aerosolized and inhaled to coat the lungs and airways," Brody said.

"This is promising in that the nanobodies could potentially be utilized to protect the lungs from infections."

barracks and facilities that sprang up as a result of the massive exercises were a prelude to the importance of Central Louisiana to the U.S. armed forces — and so Camp Polk was born.

As World War II intensified so did visits to Camp Polk by Army leaders who would become American legends: Eisenhower, Clark, Bradley and Patton.

And in 1941, General George C. Marshall, spoke some words that would become Fort Polk's greatest mission then and now.

"I want the mistakes made down in Louisiana, not over in Europe, and the only way to do this thing is try it out, and if it doesn't work, find out what we need to make it work," he said. Eighty years later, that idea is still at the forefront of the installation's mission: To train Soldiers and save lives.

By 1946, Camp Polk was designated a medical training center and only a skeleton force remained. Finally, in December of that year, military officials declared Fort Polk inactive, and the now-empty barracks stood quiet.

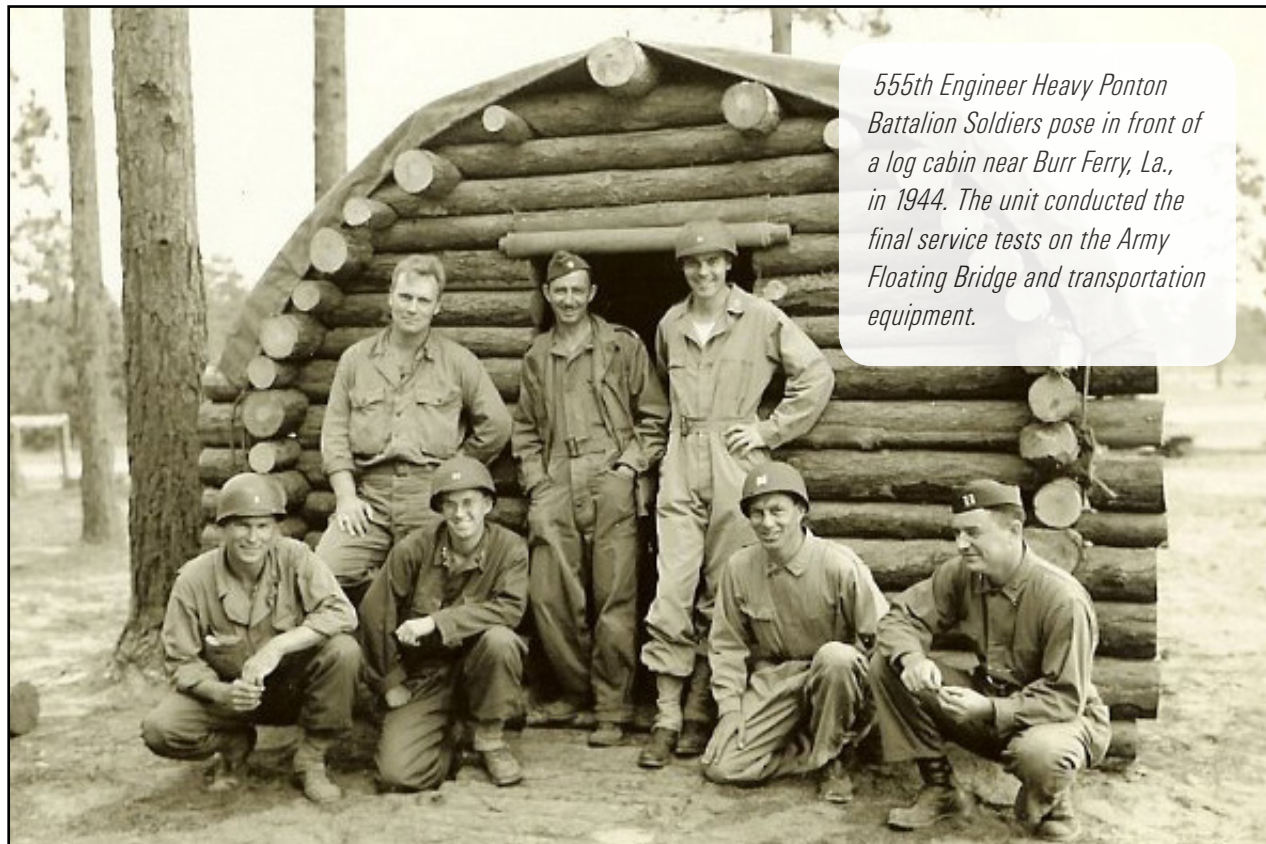
When the nation called again, Camp Polk answered. In the early morning hours of June 25, 1950, more than 100,000 North Korean soldiers surged across the 38th Parallel to invade South Korea. In August of 1950, the 45th Infantry Division, Oklahoma National Guard, reported for duty at Camp Polk.

Camp Polk shook off the dust accumulated from disuse and once again teemed with Soldiers training for war. Seventy percent of the troops who first reported to Camp Polk that year had served in World War II, but thousands of other draftees or volunteers soon arrived. With no previous combat experience, these new Soldiers had to quickly learn enough at Camp Polk to wage war and survive.

But after the Korean War ended in 1954, Camp Polk's future was uncertain as the installation closed that year.

A scant year later, tensions between the U.S. and the Soviet Union grew to alarming proportions, an era called "The Red Scare." With the world seemingly on the brink of world war again — this time a nuclear war — the Army began searching anew for a place to conduct maneuvers.

As they had done before World War II, civic and local government leaders fanned out in Vernon Parish, asking landowners to sign documents allowing the Army to



555th Engineer Heavy Ponton Battalion Soldiers pose in front of a log cabin near Burr Ferry, La., in 1944. The unit conducted the final service tests on the Army Floating Bridge and transportation equipment.

U.S. ARMY



use their land. In 1955, Camp Polk — now called Fort Polk — reopened in preparation for Operation Sagebrush.

America's biggest peacetime exercise since the 1941 Louisiana Maneuvers, some 85,000 troops participated, significantly fewer than the Maneuvers' 350,000 service members.

The Sagebrush exercises, covered a substantial portion of Louisiana, stretching east-west from Alexandria to the Sabine River, and north-south from near Shreveport to between DeRidder and Lake Charles.

When the Sagebrush exercises ended after 15 days, the 1st Armored Division began establishing new headquarters at Fort Polk — and the installation again reverberated with the sounds of cannons, machine guns and Soldiers marching in cadence. Lines of M-18 Patton tanks, much heavier than their World War II counterparts, raced across training areas. The military's highest echelons chose Fort Polk and the 1st Armored Division to test mobility and combat strategies for the nuclear age.

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Total Force Fitness: Fuel body, optimize performance

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Nutritional and physical fitness go hand in hand. For optimal performance, Soldiers must have the strength, stamina and conditioning necessary to succeed on and off the battlefield. The total force fitness domain looks at a Soldier's ability to physically accomplish the mission without injury and sustain performance through appropriate quantities and quality of food, beverages and supplements.

First Lt. Rebecca Prince, chief of the nutrition care division and a registered dietitian for Bayne-Jones Army Community Hospital, said nutritional fitness is the foundation for physical fitness, health and longevity.

Prince said learning to eat healthy is not complicated; understanding the basics is all it takes to experience the benefits of proper nutrition.

"Nutrition helps reduce the risk of chronic illnesses," she said. "If you want to live a long and prosperous life while continuing to enjoy an active lifestyle as you age, proper nutrition will help you get there."

She said a good nutritional foundation is one of the most important things a person can do for themselves.

"We experience nutrition every day of our lives," she said. "Food and water are basic human needs, understanding the importance of our choices will ultimately allow us to live long and healthy lives."

Staff Sgt. Christopher Gadson, a nutrition care specialist at BJACH, works closely with dietitians to assist patients and Soldiers



with their individual nutritional needs.

"My job is understanding how to fuel for performance, supplementation and assisting patients with nutrient timing," said Gadson. "The best way to maintain nutritional fitness is to understand what your body needs."

He said food fuels performance and the right choices bolsters efficacy. A good diet isn't just healthy and nutritious, it must be sustainable.

Gadson said understanding nutritional needs in relation to physical goals is an important first step towards fitness and weight management.

"Regardless of the objective, sitting down with a dietitian can be very productive," he explained. "The dietitian will help calcu-

late micro and macro nutrients, give advice on supplements and help plan how to cut carbs, fat and sugar in meals."

Staff Sgt. James Mattson, an occupational therapy specialist and certified occupational therapy assistant, said he helps patients develop, recover, improve and maintain skills necessary for daily living and working.

"Physical fitness is absolutely necessary for all human beings and is important to me," he said. "I like to say, motion is the lotion — as you move your body, you burn calories, your joints loosen up and your muscles (including your brain) get moving. Physical fitness keeps all of your internal systems running smoothly."

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DPW urges Fort Polk community to report illegal dumping, illicit discharges

By DOUG HILDEBRAND
DPW

FORT POLK, La. — At Fort Polk, waterways are continuously monitored to ensure the water systems are well maintained. The Department of Public Works Environmental and Natural Resources Management Division's stormwater team conducts visual assessments, quarterly sampling and erosion control to sustain healthy waterways.

The best way to ensure the health of Fort Polk's waterways is to keep unnatural materials out of them. One way to do that is to report illegal dumping and illicit discharges — this is where the community comes into play. If noticed, illegal dumping and

discharges should be reported to DPW-EN-RMD.

Illicit discharges into a storm drain are seepages not entirely composed of stormwater, except those discharges previously authorized under a stormwater permit.

Please call 531-9626 if any of the following instances are observed:

- Leaks from exterior water lines or pipes;
- Soapy and foaming pipe discharges;
- Excessive sediments entering the storm drain;
- Constant wet conditions during dry weather;
- Excessive trash and litter;
- Illegal dumping of wastes into the storm drain;

- Sanitary sewer overflows;
- Recognized pollutants entering the storm drain;
- Sewage smell or floating elements from storm-drain outfalls.

Please note, if the spill is more than 10 gallons, call 911, the Department of Emergency Services or the Fire Department.

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

- Facility location and building number;
- Address and street name;
- Description of the water leak or stormwater discharge.

Having many eyes on Fort Polk's waterways assists in keeping them healthy for future generations.

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Mattson said physical fitness is more than a person's body mass index, run time or maximum number of pushups. To optimize your physical fitness, people need strength, flexibility, balance and endurance to work together. He explained that each element of the total force fitness ideology is important and interrelated.

"Fitness is an important part of my life. It is the most under-used stress regulation and reduction method available," he said. "I've learned that, if you get good sleep, exercise regularly and eat a healthy breakfast each day, you can face anything in life."

Mattson said fitness and nutrition have helped him through difficult times in his life. He said prioritizing fitness in your own life is the only way to make it a habit.

"There is a high prevalence of healthy activities for Soldiers at the Joint Readiness Training Center and Fort Polk," he said. "There are several opportunities to form holistic and healthy habits for Soldiers here."

Mattson said setting aside time for healthful habits is a good start in achieving physical and nutritional goals. He said positive sleep habits, a nutritious diet and daily physical activity will enhance overall wellbeing.

The Fort Polk Army Wellness Center offers a variety of free classes and prevention services to promote a healthy lifestyle and improved health and wellness for Soldiers, Department of the Army civilian employees, Family members and retirees.

Eric Middleton, supervisory health educator with the AWC, said there are many facets to nutritional and physical fitness. "You are what you eat. If you make poor nutritional choices, it will affect your performance," he said. "We try to teach our clients to prepare healthier options for themselves, which in turn builds a framework for success. Providing higher quality fuel for the body will enhance cognitive, spiritual and physical performance."

Middleton said the AWC provides a comprehensive approach to overall health and fitness.

He said his staff offers classes on stress management, nutrition education, sleep hygiene and a performance optimization curriculum.

"We look at individuals on a holistic spectrum," he explained.

"We talk to clients individually and help them make small changes to achieve their



Staff Sgt. James Mattson, Bayne-Jones Army Community Hospital Occupational Therapy specialist, carves out a few minutes between patients to work on personal physical fitness goals every day. Mattson stresses the importance of nutrition, exercise and sleep for optimal performance and personal well-being at the Joint Readiness Training Center and Fort Polk, Jan. 5.

JEAN CLAVETTE GRAVES/BJACH

goals. We are able to use scientific measurements to let the client know where they currently are and help them make choices to achieve their goals." He said that, unlike dietitians, the staff at the AWC are exercise scientists. "We take a comprehensive approach to address a client's needs," he said.

"We look at all aspects of an individual's behaviors, nutrition, stress, fitness and overall wellbeing. We help our clients see the impact of their choices on a physical, cognitive and performance level with various factors." He said they don't direct clients what to do: They help them identify small changes that will facilitate the achievement of their goals. Clients are able to pick and choose what works for them and sit-down with staff members every 30 days to reassess and make adjustments to benefit their overall health. "Taking care of yourself and putting yourself first is important," he said.

"If you don't invest time in your health now, you'll be forced to invest for your health later on in life."

Middleton encourages everyone to take a little bit of time for their health each day. He recommends eating right and exercising daily as the first step to optimal health and performance.

To learn more about Total Force Fitness visit www.health.mil. To schedule an appointment at the Army Wellness Center call

531-3055. BJACH dietitians are available to all Tricare beneficiaries, so ask your primary care manager for more information and referral.

Editor's note: This is the first in a series of articles about Total Force Fitness, the first line effort in the National Defense Strategy of building a more lethal force.

The concept focuses on a Soldier's health throughout their career, connecting eight dimensions (physical, environmental, medical/dental preventive care, nutritional, ideological/spiritual, psychological, social and financial) of fitness to enhance health, performance and readiness holistically. This article focuses on physical and nutritional health.



FOLLOW THE JRTC AND FORT POLK
ON INSTAGRAM AND TWITTER

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Express 3

Continued from page 3

ing general, Command Sgt. Maj. Michael C. Henry, post command sergeant major, Col. Ryan Roseberry, garrison commander and Exchange leaders cut the ribbon on the newly renovated store Jan. 6.

The Exchange is a vital part of the Fort Polk community, said Roseberry. "Efforts like this demonstrate the pride AAFES has in its facilities and services to our Soldiers and Families. The quality of life initiative is a joint effort across the installation, and we are working together to make Fort Polk an even better place to live and work," he said.

Some of the many updates to Express 3 include new flooring, shelving, a walk-in cooler and freezer, updated fixtures, paint, décor and new merchandise, including BE-FIT approved healthy snacks.

"The first thing you see when you walk into the store is an island cooler filled with healthy food and drinks that are easy for busy Soldiers and Family members to grab and go," said McDuffie.

Ruth Shepherd, Express 3 store manager, said she has already received positive feedback from many of her customers when it comes to the improvements that have been made to the store.

Some of those improvements include an upgraded and expanded snack avenue, a new soup program, the relocation of Hunt Brothers Pizza from one area of the store to another — along with the addition of a hood to cut down on heat produced from the ovens, new freezers and coolers that expanded the space within the store and, for coffee lovers, a Bunn Sure Immersion coffee machine that allows customers to make their own individual cup of coffee.

McDuffie said the new Sure Immersion machine is the only one of its kind on post at the moment, and Shepherd said customers are loving the new healthy soup options.

"Customers can come in on a cold day and get something warm and healthy to eat," she said.

These improvements are the latest and greatest in brand design for Express stores, said McDuffie.

"It's an honor to be able to return this store to the Maple Terrace neighborhood and North Fort with all the improved elements we could provide," he said.

Antonio M. Porter Sr., AAFES mid-central region vice president, attended the ribbon cutting and said he felt the Express 3 made a difference in the aftermath of the recent hurricanes that hit Fort Polk in 2020.



ANGIE THORNE/GUARDIAN

Col. Ryan K. Roseberry, garrison commander (right) talks with Ruth Shepherd, Express 3 store manager (center), about the large photo of a Fort Polk Soldier in training as Command Sgt. Maj. Christopher M. Ausbun, garrison command sergeant major, looks on, Jan. 6, at a ribbon cutting ceremony reopening the store after renovations.

"Those storms made a huge impact on the Fort Polk community and this store was part of the effort to get the Soldiers and Families the merchandise they needed in their time of need. We are proud of that," he said. "We are also committed to supporting them long term with updates to the store that will surely improve their quality of life in many ways."

An unique addition to the upgrade of Express 3 is the photo placed on one of the store's walls. The black and white picture features a Soldier in uniform in the midst of training. The snapshot encompasses the specific mission of Fort Polk, said McDuffie.

"It provides our customers with a sense of ownership," he said.

Roseberry said the picture personifies the importance of putting the JRTC label on the newly reopened store.

"That image depicts the culture of JRTC, and the people who see it will feel invested because it is a reflection of what they do at Fort Polk," he said.

Chief Warrant Officer 2 Frank Rico, 3rd Brigade Combat Team, 10th Mountain Division, walked into the express to grab a drink, and while there, he picked a free slice of Hunt Brothers pizza as part of the grand reopening celebration. He said the changes to the store are really nice.



Chief Warrant Officer 2 Frank Rico, 3rd Brigade Combat Team, 10th Mountain Division, picked up a free slice of Hunt Brothers Pizza as part of the ribbon cutting celebration held at Express 3 Jan. 6.

"I think the overall design is warm and inviting. All the upgrades will improve the quality of life for Soldiers and Families," he said.

Express 3 is open daily from 8 a.m. to 8 p.m. For more information, call 537-5234.

Polk

Continued from page 5

But in June of 1959, Fort Polk shut down completely. Many local businesses closed and citizens left seeking better opportunities.

With the growing Berlin crisis in 1961, however, the 49th Armored Division began rolling into Fort Polk; and in June of 1962, the installation became an Infantry Training Center. Its new mission was to provide basic training for individual Soldiers, many of them draftees. Fort Polk offered them their introduction to the military and most would never forget the experience.

The number of Soldiers who trained at Fort Polk grew in correlation with the increased Army presence in Southeast Asia, where the U.S. was propping up the non-Communist government of South Vietnam. Training American Soldiers how to fight in difficult jungle conditions became a top priority; and again, Fort Polk's environment fit the bill — and so Tiger Land emerged.

More than one million soldiers trained at Fort Polk during the Vietnam War. They trained in two simulated Vietnamese hamlets at Tiger Land, which featured earthen berms, sharpened bamboo stake defenses and booby-trap simulations. A sign at the entrance to the mock, thatched village welcomed trainees to "Tiger Land — Home of the Vietnam Combat Soldiers."

The realism of Tiger Land was a foreshadowing to the mock Iraqi and Afghan villages that would pepper Fort Polk's training area more than 40 years later.

By 1969, Fort Polk had dispatched more Soldiers to Vietnam than any other military post in the nation. Fort Polk underwent major changes as the Vietnam War ended. Then-President Richard Nixon orchestrated the elimination of the military draft, transforming the Army into an all-volunteer force. By 1974, boot camp for individual Soldiers at Fort Polk tapered off when the post took on a new role housing the storied 5th Infantry (Mechanized) Division.

In 1991, the drums of war beat once more for the nation, and Fort Polk was ready. The installation dispatched nine support groups totaling some 8,000 soldiers to the Middle East during the Gulf War. One of the most ferocious battles of the Gulf War — the Battle of 73 Easting — was led by the 2nd Armored Cavalry Regiment; the oldest continuously serving regiment in the Army.

The 2nd ACR, soon to be stationed at Fort Polk, traveled more than 150 miles

A Battery, 27th Field Artillery, sets up a roadblock near Montrose, La during the 1941 wargames.



through Iraq and cracked through Republic Guard Defenses, capturing more than 2,000 prisoners and destroying at least 159 Iraqi tanks. The 2nd ACR was one of only two units given the Valorous Unit award for actions during the war.

A year later, Fort Polk saw the end of an era when, in 1992, the Army ordered the 5th Infantry to deactivate and retired its colors.

In 1993, the Joint Readiness Training Center moved from Fort Chaffee, Arkansas, to Fort Polk, thus beginning the installation's reputation as the Army's premier Combat Training Center.

During the 1990s, America's Soldiers trained at JRTC and Fort Polk-based Soldiers deployed to Haiti, Southwest Asia, Suriname, Panama, Bosnia and more. As Fort Polk grew, so did the surrounding communities — as well as the support received by those communities.

Then came Sept. 11, 2001: A defining moment in American history. In October of that year, the U.S. invaded Afghanistan in response to the terrorist attacks. And, on March 20, 2003, the Iraq War began.

Patriotism proliferated throughout the country and nowhere was that more evident than on Fort Polk as Soldiers prepared for war.

The always-important JRTC rotations became a critical training tool for Soldiers. The overarching theme of the JRTC was,

"We want our Soldiers' worst day to be here rather than in a combat theater," which serves as a reminder that Fort Polk's mission has endured since 1941.

As Fort Polk modernizes to meet the needs of the nation, so too does the Joint Readiness Training Center. The rotational model is no longer the mission rehearsal exercises that prepared our Soldiers for the mission in Iraq and Afghanistan; but rather, it's an operational concept known as Decisive Action — a focus on Soldiers' core competencies after a long war.

But, as it has been since 1941, the mission remains the same: Preparing our Soldiers — and increasingly joint forces — to train for whatever lies ahead.

Today, Fort Polk is home to the 3rd Brigade Combat Team, 10th Mountain Division; 519th Military Police Battalion; the 32nd Hospital Center; 3rd Battalion, 353rd Infantry Regiment; Bayne-Jones Army Community Hospital; 2nd Detachment, 18th Combat Weather Squadron; 5th Aviation Battalion; JRTC Operations Group and the 46th Engineer Battalion. These units, along with the U.S. Army Garrison all carry a tangible legacy of the men and women in uniform who have served Fort Polk and our country throughout the years. That legacy is carried in the hearts and minds of Fort Polk's veterans, Soldiers, Families and the community in which it resides.

Soldiers punished, separated for UCMJ violations

OSJA

FORT POLK, La. —At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

However, certain disciplinary issues continue to be prevalent across Fort Polk such as breaking quarantine/isolation orders, violating General Order No. 1, driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, and sexual assault.

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

- A sergeant, assigned to 519th Military Police Battalion, was separated under Chapter 14-12c (Commission of a Serious Offense) for driving while under the influ-

ence and refusing to complete the lawfully required blood alcohol content procedure. The Soldier was issued a General under Honorable conditions characterization of service.

Generally, this characterization of service results in the loss of a service member's educational benefits.

- A specialist, assigned to 519th MP Bn, was separated under Chapter 14-12c (Commission of a Serious Offense) for assaulting another Soldier. The Soldier was issued a General under Honorable conditions characterization of service.

Generally, this characterization of service results in the loss of a service member's educational benefits.

- A private, assigned to 46th Engineer Battalion, was issued a General Officer Memorandum of Reprimand for driving while under the influence. The CG direct-

ed filing the reprimand permanently in the Soldier's Army Military Human Resource Record.

- A private, assigned to 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for failing to report to charge of quarters, in violation of Article 86, Uniform Code of Military Justice. The Soldier was sentenced to extra duty for 14 days and 14 days of restriction.

- A private, assigned to 3rd Squadron, 89th Cavalry Regiment, 3rd BCT, 10th Mtn Div, was punished under Article 15 for failing to report on three separate occasions, in violation of Article 86, UCMJ.

The Soldier was sentenced to a reduction to E-2, suspended, to be automatically remitted if not vacated within 60 days; extra duty for 14 days; 14 days of restriction; and an oral reprimand.

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Writer encourages others to seize day in effort to get healthier

By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — If you are anything like me, January almost always equates to plenty of promises to myself about new exercise goals and eating healthier. In fact, I think those are pretty good things to focus on while dealing with the many and varied overwhelming issues happening in the world at large.

Putting the emphasis on being as healthy as possible is even more important if you already know, like I do, that there is definite room for improvement.

For the purposes of being kind to myself, I have been what you could gently call “fluffy” — to steal the words of comedian Gabriel Iglesias (he is hilarious by the way) — for most of my life.

Being fluffy, if you haven’t guessed it, is all about those extra pounds hanging around your waist, thighs, stomach and more. It doesn’t help that I sit at a desk looking at a computer much of the day.

Fortunately, I’ve always been athletic. For a long time, that saved me from being as large as I could have been. My problem is that I love food. I enjoy cooking and creating it almost as much as eating it.

I think that’s part of the Louisiana culture I grew up in and, partly, just me. Like many, I have exercised, dieted, made progress and fallen off the wagon time and again when it comes to my weight.

Also, when I’m stressed, I use comfort foods (usually dishes like creamy, cheesy and warm mac and cheese or a variety of other options) to soothe my anxiety. That’s not good.

As someone who knows the lifelong struggle of trying to eat what you are supposed to, solving the problem isn’t just about understanding that exercise and eating recommended nutritional choices can lead to weight loss and better health.

The real issue is motivating myself to follow through. It’s not easy. Cravings — whether salty or sweet — can derail your good intentions and progress in a heartbeat. It’s extremely difficult to deny the deliciousness of pizza, cheeseburgers, pies, cookies, chips, ice cream and even an ice-cold soda.

To eat healthy or not is a course of action that is also challenging no matter where you are — work, home or eating out — or during a full meal or snack.

COMMENTARY

I try to curb temptation by eating home-cooked meals for lunch while I’m at work; but sometimes, you just want to go out with your friends for a meal. Though it’s not happening as often during COVID-19, when you do eat at a fast food or fancy restaurant, choosing the good-for-you option when your band of buddies is eating the most calorie laden, yummy thing on the menu is a little bit like torture. Hang tough, you can do it. It’s all about your frame of mind.

You might still be young enough to flout any issues you have with healthy eating, but I’m getting up there and that means trying to slim down and letting go of the junk and fried foods I’ve happily consumed most of my life. Making these changes isn’t just for the sake of vanity, but also for my longevity. I can tell you, at least according to my doctors, it’s going to make a difference.

Another problem for me is, as I’ve aged, my metabolism has inevitably slowed. I find it even harder to maintain a healthy weight than I used, not to mention losing a pound or two. So I read all the nutritional information, talk to my doctors and I learn what I should do as new and better information and science is discovered about the effects certain foods have on the body.

**Are you ready for the BJACH Preventive Medicine
10,000 Steps a Day 90-Day Step Challenge?**

The challenge begins on Jan. 24 and ends on Apr. 18, 2021.



What do you need to do?

1. Form a team of 2-20 Soldiers, civilians and/or Family members
2. Select a team captain to collect and report weekly steps
3. Register your team with the Health Promotions Team

geneva.h.meridith.civ@mail.mil or
usarmy.polk.medcom-biach.list.public-health@mail.mil

Thank you and happy stepping!

A great way to get moving is right at your fingertips. Bayne-Jones Army Community Hospital’s Preventive Medicine hosts its annual 10,000 Steps a day challenge at the end of January. The event is a tailor-made to motivate and support the Fort Polk community as they pursue their healthy goals in 2021.



Sugar is one of the many ingredients that I will be cutting back on this year.

The bad guys in the food world used to be fats and salts, then it was carbs and now it seems to be sugar. Really, it’s a combination of all those things, especially when eating them in unhealthy amounts. That is keeping folks from reaching their goals.

Please see **Healthier**, page 12

Speaking of sugar, it seems to be everywhere. If you have ever read a nutrition label, sugar — just like salt — is in everything.

Don't believe me? If you search "Why is sugar bad for your?," on the internet, you will have your choice of articles and research about the dangers of this sweet ingredient. It seems to increase the likelihood of everything from heart disease and diabetes to cavities and weight gain. In addition, sugar adds no nutritional value to your food, according to www.medicalnewstoday.com.

But as I mentioned before, it's not the only contributor to that extra layer of cushion some of us own.

So, as I face 2021, my goal is to simply try to better my health by exercising more, eating more fruits and vegetables and cutting down on salt and sugar in my diet.

I've even started gathering healthy recipes that look delicious to try in the next few months.

I don't know if all this effort will help dip the scale in my favor, but it's definitely worth the effort for my heart, if not for my hips. If you are in the same boat and are hoping, whatever your ultimate goal, to be healthier, I wish you luck. We got this!

Enjoy roasted lemon garlic broccoli — yum

Ingredients:

- 1 head broccoli 12-14 oz
- 1 1/2 tbsp freshly squeezed lemon juice ~1 lemon
- 3-4 cloves garlic
- 2-3 tbsp salted butter
- 1/2 tsp salt



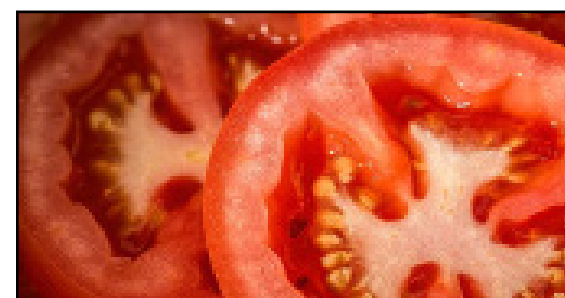
Instructions:

1. Pre-heat oven to 425 degrees F.
 2. Cut broccoli into medium sized-florets (see picture), and bring them into a large bowl. Minced garlic. Squeeze lemon juice from lemon.
 3. Melt butter in microwave. Mix minced garlic into melted butter. Pour mixture into the bowl of broccoli. Toss to coat evenly.
 4. Sprinkle broccoli with salt and lemon juice.
 5. Spread broccoli onto a baking sheet. Do not overlap or overcrowd the baking sheet.
 6. Bake in the oven for 17-20 minutes. Bake for closer to 17 minutes if you like your broccoli crunchier and closer to 20 minutes if you like them softer. Time needed will depend on the size of your broccoli florets as well.
- Serve and enjoy!

Satisfy savory cravings with crustless tomato pie

Ingredients:

- 4 tomatoes sliced
- 1 teaspoon salt
- 1 tablespoon butter
- 1/2 cup onion chopped
- 1 clove garlic minced
- 1/2 teaspoon black pepper
- 2 tablespoons fresh oregano chopped
- 6-7 leaves basil chopped
- 2 cups mozzarella shredded cheese (save some for sprinkling on top)
- 2 eggs beaten



Instructions:

1. Pre-heat oven to 375 degrees F.
2. Slice tomatoes and lay sliced on plates. Sprinkle lightly with salt and let sit at least 10-20 minutes, but no more than 30 minutes.
3. Melt butter in small skillet over medium-high heat. Add onion and garlic and saute' until onions are soft (about 8 minutes). Transfer to a medium-sized bowl.
4. Add cheese, eggs, herbs and pepper to bowl. Stir to combine.
5. Drain water off of plates with tomatoes, with a paper towel, gently blot tomatoes to soak up excess moisture.
6. Arrange tomatoes in a single layer on a greased pie pan. Top with 1/4 cup of the cheese mixture. Repeat until all ingredients have been used, finishing with a layer of tomatoes. Top this layer with a sprinkle of mozzarella cheese.
7. Bake for 30-40 minutes, or until edges are lightly browned.
8. Allow to sit 5-7 minutes before serving. Serve and enjoy!

Decade-long home search begins, ends at Fort Polk

By **CHRISTY GRAHAM**
Guardian editor

FORT POLK, La. — Lately, I've found myself in a retrospective state — perhaps because a new year has dawned or, maybe, because Fort Polk's 80th anniversary (Jan. 14) is around the corner. Regardless of the cause, I've dedicated countless hours reviewing our (my and my husband's) choice to move back to Leesville 18 months ago.

Once anyone hears that we elected, largely unprompted, to move back to the area, we are riddled with questions as to why. The quick answer has been that we have a lot of kids (four children ranging from 4 months to 6 years old) and we have a lot of support in this area, as much of our military Family retired here. But, over the last few weeks, I've delved more deeply into not only why we moved here, but why this area seems to work so well for our Family.

Finding the answer to the latter question is what took the most time. We've lived in several areas over the last 10 years, and each place has had its own similarities to Fort Polk; yet, not a single place has felt like home. What, then, separated Fort Polk from everywhere else?

My initial thought was that our sense of home here stems from the fact that our Family began here. I met my husband, Gregory, 72 hours after arriving to Fort Polk as a fresh private. As mushy as it may sound, we immediately fell in love and found ourselves at the Main Post Chapel's altar six short months after meeting. Yes, it was a rash decision, but we've cultivated a happy and strong marriage, and we regret nothing.

I also became a mother here, giving birth to my first child at the Bayne-Jones Army Community Hospital (a tremendously wonderful experience due to the kind staff and my beautiful baby). In fact, I was lucky enough to give birth a second time at BJACH; Jack Owen Miles Graham was born Aug. 21, a few days prior to Hurricane Laura. Despite the impending storm, my birthing experience was phenomenal and only more special as I can say I had my first and last babies here.

But, I reasoned that Gregory and I also had roots in other areas: He is from a small town in Alaska, and I am from California. Neither of us, however, felt any pull to return to our respective home states. We



CHRISTY GRAHAM/GUARDIAN

COMMENTARY

ultimately determined that Fort Polk actually has aspects from each of our home towns, helping us to feel more comfortable in the area. Wasilla, Alaska, where Gregory was raised, has a thick tree line and the promise of good fishing, hunting and other various backyard adventures

that is familiar to the area here. But, Gregory will be the first to point out that Louisiana has a saddening lack of mountainous views, which is no surprise to anyone reading this, but it remains the only major bummer in my husband's humble opinion.

I'm from the Los Angeles area and, although I'd never begin to tell you how much Leesville reminds me of city life, it does maintain a similar level of diversity — unparalleled in any other small town I've ever visited or resided.

During my service years at Fort Polk (2009-2014), I met Soldiers from the same city in Ethiopia where my mother was raised; and I trained with some of the most intelligent, highly educated people that I've ever met. I worked with people from all over the country, representing the plethora of sub-cultures embedded and paramount to our American identity.

Unlike California, which I would de-

scribe less like a melting pot and more like a well-stocked, highly organized pantry, Fort Polk not only maintained a varied and professional population, but it embraced it — we always came together for the mission and, despite any differences, we all had a passion for the country and our military service. Fort Polk, it seemed, was the perfect blend of our favorite aspects from our former homes.

Next I pondered the joy my children have in being here. I remember our second day back in Leesville, my son Levi (at the time only 2) fully embraced the outdoorsy, country lifestyle — he learned he could get away with peeing on trees. Sorry if that is too much information, but it was a memorable moment as it greatly eased the pains of potty training him.

At the same time, Lucine (my eldest) was enjoying the hot Louisiana summer, loving the daily dose of water games and popsicles. It seemed as though our kids felt more at home here than anywhere else.

I eventually realized that our appreciation of Fort Polk encompassed all of those things — buttressed by the Army culture on base. Nowhere else has had such an impression on our Family: We couldn't think of better place to plant our roots.

Almanac offers information of New Year's Day, home remedies

GUARDIAN STAFF

FORT POLK, La. — For many — much to the chagrin of area pet owners and those with small children — New Year's Eve is marked by various beverages, a midnight kiss and many fire-works.

However, those aren't the only New Year traditions. Check out these activities from around the world:

- In ancient Thailand, guns were fired to frighten off demons.
- In China, firecrackers routed the forces of darkness.
- Today, Italians let their church bells peal and the Swiss beat drums.

Eat something special

Many New Year traditions concern food.

Here are a few:

- In the southern United States, black-eyed peas and pork foretell good fortune.
 - Eating any ring-shaped treat, such as a donut, symbolizes “coming full circle” and leads to good fortune. In Dutch homes, fritters called “olie bol-len” are served.
 - The Irish enjoy pastries called bannocks.
 - In India and Pakistan, rice promises prosperity.
 - Apples dipped in honey are a Rosh Hashanah tradition.
 - In Swiss homes, dollops of whipped cream, symbolizing the richness of the year to come, are dropped on floors and allowed to remain there.
- ## Drink a beverage
- Although the pop of a champagne cork signals the arrival of the New Year around the world, some countries have their own traditions:
- “Wassail,” the Gaelic term for “good health,” is served in some parts of England.
 - Spiced “hot pint” is the Scottish version of wassail. Traditionally, the Scots drank to each other's prosperity and offered this warm drink to neighbors along with a small gift.

- In Holland, toasts are made with hot, spiced wine.

Give a gift

New Year's Day was once the time to swap presents. Check out these gifts from around the globe:

- Gifts of gilded nuts or coins marked the start of the new year in Rome.
- Eggs, the symbol of fertility, were exchanged by the Persians.
- Early Egyptians traded earthenware flasks.
- In Scotland, coal, short-bread and silverware were traditionally exchanged for good luck.

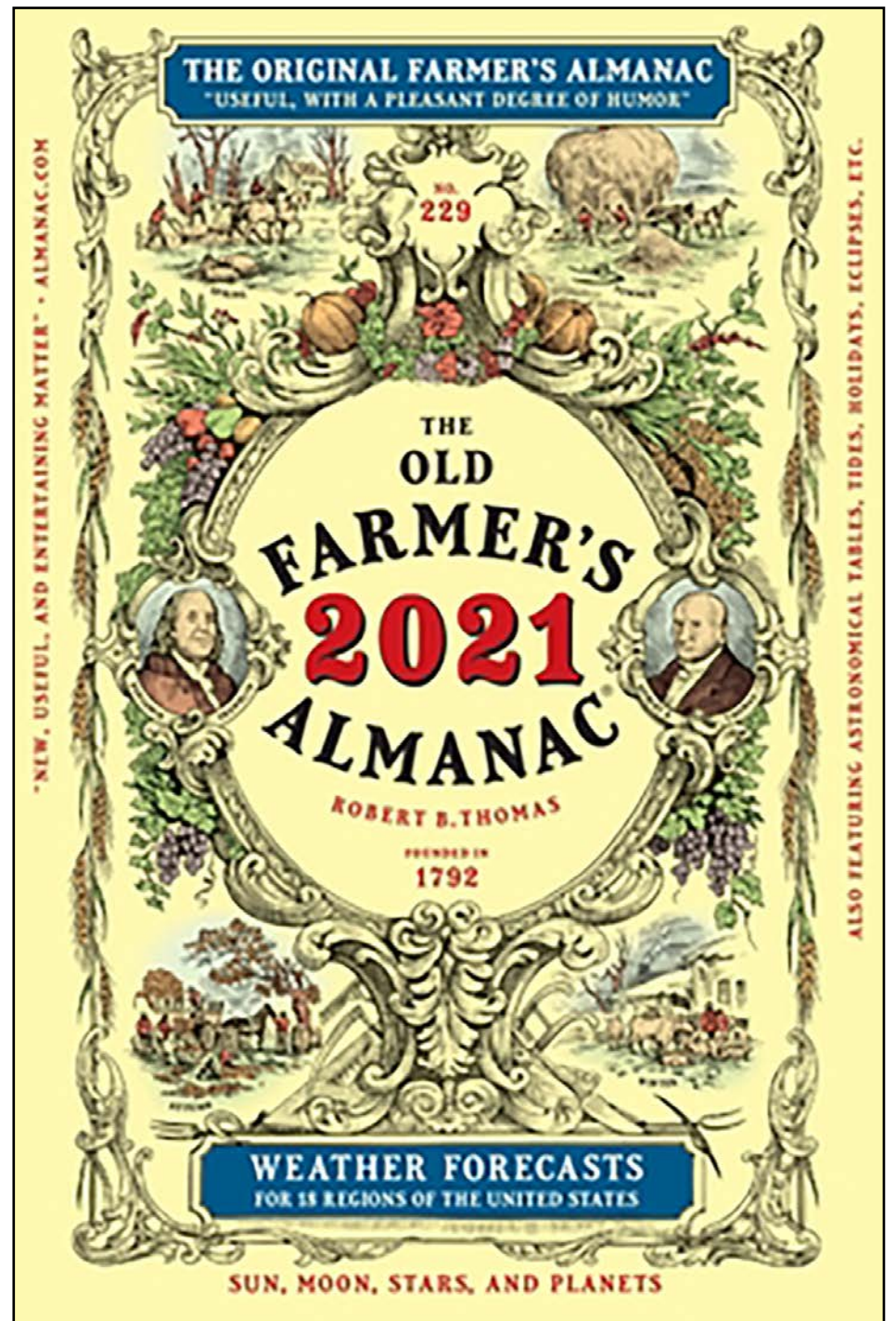
In addition to the above trivia, each month Guardian staff will peruse the Old Farmer's 2021 Almanac and bring Guardian readers other interesting tidbits of information.

Natural remedies for beating a cold

What's the best way to beat a cold?

Here are a few natural remedies for the body and mind

- Rose hip tea is full of vitamin C and can help prevent colds.
- Lemons, oranges and apple cider are considered cold remedies.
- For chills, take fresh ginger root.
- Historically, the layers of the onion were believed to draw contagious diseases from patients; onions were often hung in sick rooms.
- Boil a whole onion, and afterward, drink the water. You can add a little butter and salt if the taste is unbearable.
- Cut up fresh garlic cloves and add them to chicken soup or other foods, or swallow small chunks of raw garlic like pills.
- Horseradish generates lots of heat to help offset colds.
- Eat hot and spicy foods like chili to clear the sinuses.
- Prunes are rich in fiber, vitamins A and B, iron, calcium and phosphorus.
- To treat sore lips, go to bed



with honey on them.

- For cracked lips, massage them with a dab of earwax — preferably your own.

Home remedies for dry skin

The low humidity and harsh conditions in winter can lead to flaky, itchy, dry skin.

Here are a few precautions you can take:

- As soon as you get out of the shower or tub, while your skin is still damp, slather on the moisturizing lotion.
- Choose a lotion that has petroleum jelly or lanolin high on the ingredients list.
- Don't go outside in any season without using SPF of at least 30 on your face and hands.
- Add lemon juice or vinegar to bathwater. Soap, which is

highly alkaline, may make your skin feel itchy.

- To soften dry skin, add one cup of powdered milk to your bath. (It apparently worked for Cleopatra.)

• Avoid hot water or lengthy immersions, which will strip your skin of its natural oils.

That's it for January. Check back in February for more trivia from the Old Farmer's 2021 Almanac.

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