



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

Vol. 48, No. 4

Home of Heroes @ Fort Polk, LA

Jan. 29, 2021

Polk's Resilient Housing Efforts

By **CHUCK CANNON**
Command information officer

FORT POLK, La. — Lt. Gen. Douglas M. Gabram, Commanding General, U.S. Army Installation Management Command (IMCOM), and Command Sgt. Maj. Joe M. Ulloth, IMCOM Command Sergeant Major, visited the Joint Readiness Training Center (JRTC) and Fort Polk on Jan. 26 to see firsthand the effects of two hurricanes, tornadoes and the COVID-19 pandemic on the installation's quality of life.

An aerial tour revealed damage wrought by hurricanes Laura and Delta.

On Aug. 27, Hurricane Laura — packing winds of 145 mph and spawning tornadoes — made landfall on the southwestern Louisiana Gulf Coast near Cameron. The Category 4 storm plowed northward, following U.S. Highway 171, and crossing the JRTC and Fort Polk, before continuing its trek to Shreveport and beyond. At Fort Polk, the storm was still a Category 3 hurricane with 130 mph winds. The strewn debris littered Fort Polk housing and offices. Fort Polk was left without power for weeks. More than 200 trees covered fairways and a walking trail around Warrior Hills Golf Course.

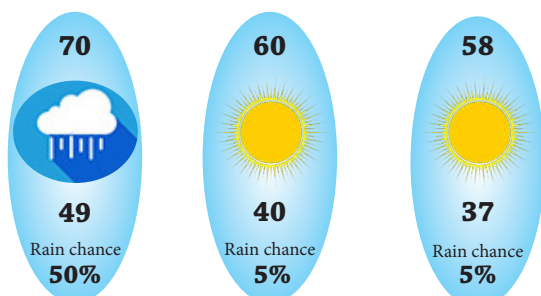
Please see **Gabram**, page 6



CHUCK CANNON / GUARDIAN

Lt. Gen. Douglas M. Gabram (center), Commanding General, U.S. Army Installation Management Command, exits Woodfill Hall (bldg 350) with Fort Polk leaders on their way to tour housing areas on the installation.

Weekend weather



Inside the Guardian

Volunteer recognition	3	Total Force Fitness	10
New regulations	4	Forging New Leaders	11
Open for taxes	9	Fort Polk's "unicorn"	12

Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "What is the best advice a family member has given you?"

Here are their responses:



Shondoria Bolling: "My grandmother was full of good advice. She told me to 'always trust in God,' 'understand that family comes first' and 'make every day count.'"



Pfc. Collin McGinnis: "My dad told me to 'hunt the good stuff.'"



Spc. Jacob Graves: "Just about every male member of my family told me that 'when things get tough, you just have to persevere.'"

Pfc. Cameron Webb: "Don't wait to strike until the iron is hot. Strike to make it hot."



Spc. Anthony Caldero: "Look after yourself because you only have one body, one life and one person who will always be there – you."



Spc. Jainiyah Jones: "Always be positive no matter the circumstances or challenges life throws your way."



Madison Graham: "My aunt told me to 'take the time to get to know myself,' which I thought was good advice."



Reese Prichard: "Throughout my life, my parents taught me the value of hard work. They taught me that nothing comes free and good things, whether jobs, relationships or anything, all require work."



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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

Turkey hunt

The Louisiana Department of Wildlife and Fisheries has announced lottery applications for military dependent children.

Ten children will be selected to participate in a guided turkey hunt on Peason Ridge on March 27.

Applications are due by mail or email to Wendell Smith at wsmith@wfla.gov no later than 4:30 p.m. Feb. 8. Children must be between 10 and 17 on the day of the hunt. For more information call (337) 208-2208.

Blood drive

Bayne-Jones Army Community Hospital is hosting a blood drive Feb. 4, outside of Entrance B, from 9 a.m.–4:20 p.m.

Prior registration is encouraged and can be completed at <https://donor.life-share.org/donor/schedules/zip>.

BOSS events

Fort Polk's Better Opportunities for Single Soldiers hosts a variety of events in February.

Here are a couple of things to look forward to:

- Feb. 19 — BOSS hosts a movie night at 7 p.m. in the 3rd Brigade Combat Team footprint behind Glory Chapel. Bring your chairs and blankets to watch, "Rambo." The event is free.
- Feb. 27 — BOSS hosts a dessert and wine tasting class at the Warrior Center at 5 p.m.

The cost of the class is \$15 per Soldier. Participants must be 21 or older. Sign up by Feb. 23.

For more information call 531-1948.

Retirement services

If you've reached 18 years in service, it's a good time to start looking at the Army retirement process.

The Joint Readiness Training Center and Fort Polk Retirement Services Office has mandatory preretirement briefings quarterly at the Education Center.

For more details, contact the Retirement Services Office at 531-0363/0402.



ANGIE THORNE/ GUARDIAN

From left to right: Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, shows his appreciation to Jessica Holm, a volunteer, for her contributions to the Fort Polk community as Command Sgt. Maj. Michael C. Henry, post command sergeant major, says hello to her daughter, Kia, 4 months, at the Fort Polk Volunteer of the Quarter Recognition Ceremony held Jan. 26.

Community members honored at Volunteer ceremony

By **ANGIE THORNE**

Public affairs specialist

FORT POLK, La. — Fort Polk's Volunteer of the Quarter Recognition Ceremony took place Jan. 26 at Bayou Theater. The event highlighted members of the Fort Polk community who volunteer in various ways and, often, beyond their day job.

The ceremony kicked off with a video montage featuring many of the volunteers in action.

After the video, Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, told the audience that those pictures represent the diversity and the amazing reach that people have as volunteers.

Doyle said if you look at the Army's priorities right now, it's about putting people first.

"When we talk about the volunteers we have in this community, in many cases, you have put other people ahead of yourself and made their lives better," he said.

Doyle said these volunteers chose the people, organizations and circumstances important enough to offer their time, energy and effort to make a contribution.

"That's inspiring and motivating. Thanks to the video, I can see how much you enjoy (volunteering) and gain from being a part

of the process," he said.

Doyle said he hopes to continue hosting these volunteer recognition ceremonies.

"Not only do we give you credit for the awesome job that you've done, but the chain of command and those in attendance will be inspired to volunteer and encourage others to take this opportunity to contribute and make a difference in the lives of people in their community," he said.

Doyle said he is proud to be affiliated with a group like this.

"It's impressive to see what you do on a daily basis, and thank you for your genuine care, concern and love for others as demonstrated through your volunteerism," he said.

During the ceremony, 38 people were recognized for their contributions as volunteers.

• Chelsie Weinberg, spouse of 1st Sgt. Andrew Weinberg of 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, is a Family Readiness Group leader for her husband's unit.

"I volunteer for my husband's Soldiers. I was a Soldier, so I feel it's important to take care of Soldiers and spouses," she said.

Weinberg said she does everything from

Please see **Volunteer**, page 8

Army announces new grooming, appearance standards

By DEVON SUITS
Army News Service

WASHINGTON — New changes to grooming and appearance standards are slated to take effect next month, as part of the Army's commitment to improve the wellbeing of all Soldiers.

Army senior leaders approved several upcoming grooming and appearance modifications, said Sgt. Maj. Brian Sanders, senior enlisted leader of Army G-1's uniform policy branch.

The announcement will be followed by an all-Army activities message that will take effect late February and supersede the standards outlined in the grooming and appearance chapter of Army Regulation 670-1 until the next scheduled revision.

"This is one of the many facets of putting our people first and recognizing who they are as human beings," he said. "Their identity and diverse backgrounds are what makes the Army an ultimate fighting force."

The changes originated from a panel of 17 Soldiers — 15 women and two men — who assessed a list of proposed grooming and appearance modifications connected to the professional appearance, health and wellness, diversity and inclusion of Soldiers.

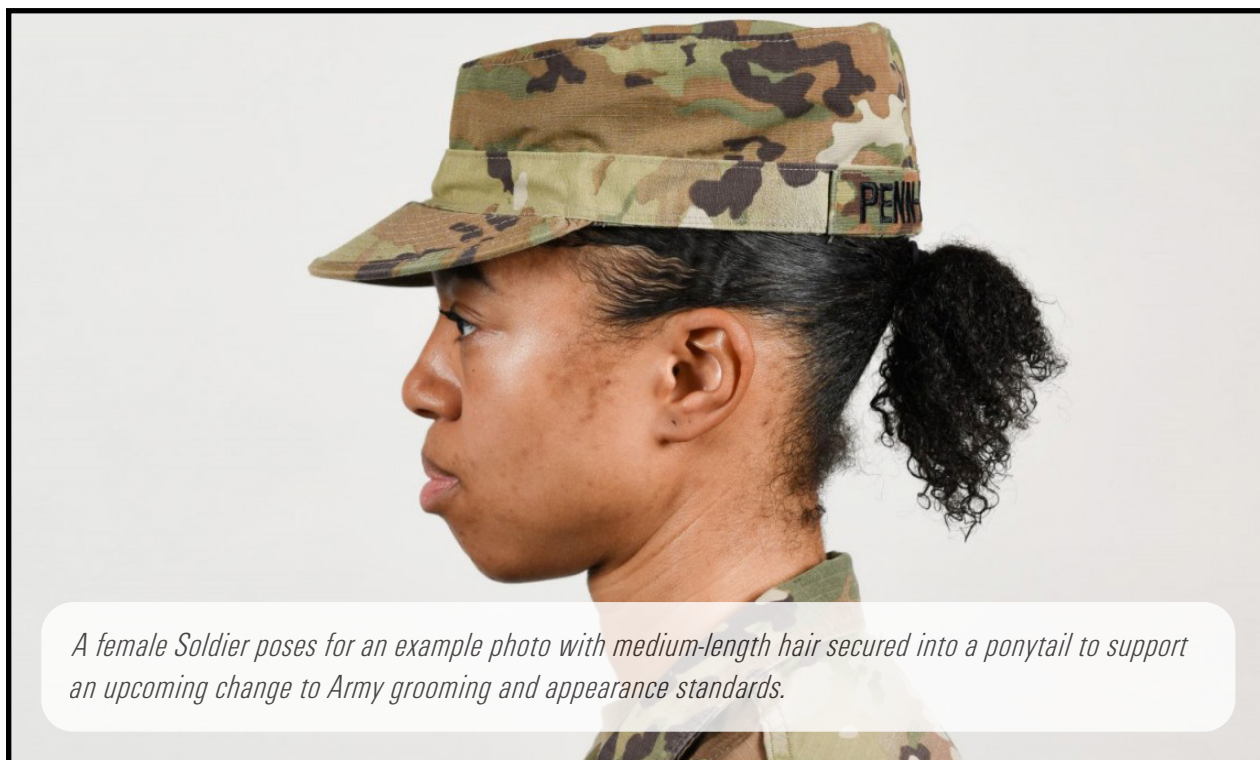
The panel included Soldiers from all components, representing a cross-section of ranks, units, ages, cultural backgrounds, career fields and races. The process also included two Army dermatologists, an Army psychologist and an Army equal opportunity advisor as subject-matter experts, who provided medical or EO knowledge to back the panel's findings.

The push to change the Army's grooming standards proves that the force is evolving and making a concerted effort to make everyone feel included, said Master Sgt. Quintana Mitchell, the uniform policy noncommissioned officer for G-1.

"I use the analogy, 'If you look good, you feel good — and if you feel good, you perform (well),' Sanders said. "If I am in the Army long enough, it would be nice to see how these changes have improved productivity ... and (help) Soldiers perform better."

Minimum hair length

One of the updates will authorize no minimum hair length for all personnel, to include making it an optional style for fe-



A female Soldier poses for an example photo with medium-length hair secured into a ponytail to support an upcoming change to Army grooming and appearance standards.

U.S. ARMY

male Soldiers. Under the current policy, a Soldier's hair length can be no shorter than 1/4 inch from the scalp, unless otherwise exempt due to a medical condition or injury.

Panel findings determined that females attending Ranger, Special Forces or Sapper training were often encouraged to cut their hair to abide by health and hygiene recommendations while training in an austere environment, Sanders said.

If the Soldier were to washout or graduate from training, their hair was often below the 1/4 inch minimum length requirement and outside Army regulations.

Multiple hairstyles

Soldiers will also be authorized to wear multiple hairstyles, as long as it maintains a neat and professional appearance, and if the hairstyle doesn't impede the use of headgear or other equipment, Sanders said.

Under the current standard, Soldiers are allowed to braid, twist, lock or cornrow their hair if they are uniform and no greater than 1/2 inch in width. Individuals must also have appropriate size and spacing between each braid, cornrow, twist or lock, and they are authorized one distinct type of hairstyle at one time. The updated standard removes the constraints of dimension requirements.

By eliminating some of the restrictions, Soldiers will now have more flexibility, all while keeping it within the confines of professionalism, Mitchell said. Further, having a choice to wear multiple hairstyles will

allow female Soldiers more ways to secure their hair so that it can fit appropriately under their headgear.

Ponytails

Female Soldiers with medium-length hair will have the option to wear a ponytail if the individual's hair length or texture prevents them from securing it into a tight bun, Sanders said. A medium-length hairstyle must extend more than 1 inch from the scalp and cannot exceed the lower edge of the collar in all uniforms.

Under the new policy, medium-length ponytails are only authorized for wear on the back of the scalp and cannot exceed the head's width or interfere with the proper wear of a Soldier's headgear.

The updated standard will also allow females with long hair the option to wear a ponytail while wearing an Army Combat Uniform during physical training, or while wearing tactical headgear during tactical training or combat operations. The Army defines long hair as a length that extends beyond the collar. Army standards require this hairstyle to be neatly and inconspicuously fastened above the collar's lower edge.

"We can't tell a Soldier to cut their hair so their helmet can fit," Sanders said. "We can still allow a female Soldier with longer hair to put into a long ponytail and tuck it in their ACU top so they can still conduct

Please see **Regulations**, page 5

Regulations

Continued from page 4

their mission.”

Dermatologists involved in the review process provided critical input tied to the updated ponytail policy, Sanders said. The authorized wear of a medium-length ponytail could lower an individual’s risk of hair loss, reduce scarring or decrease the likelihood of migraine headaches caused by repeatedly pulling hair into a tight bun.

The lack of hairstyle options as a result of a Soldier’s hair length or texture can often stress an individual as they try various techniques and devices to secure their hair to maintain a neat appearance, Mitchell said.

Hair highlights, root growth

The Army plans to authorize the wear of highlights if it presents a natural appearance and is not a prohibited color, Sanders said. Further, if a Soldier decides to color or highlight their hair, root growth of a different color should not exceed 1.5 inches of the original color.

“Some Soldiers develop natural highlights,” Sanders said. “We cannot assume that a Soldier’s hair should be a specific color” based on their complexion.

Under the current regulation, Soldiers are only authorized to dye, tint, or bleach their hair. The color of their hair must also be uniform and not detract from their professional appearance.

Unauthorized pigments include, but are not limited to purple, blue, pink, green, orange, bright red and fluorescent or neon colors.

“The emphasis is on natural hair colors,” Mitchell said. “It doesn’t necessarily have to be a color that is typically seen on a certain ethnic group. It just has to be a natural hair color” that presents a neat and professional image.

Optional wear of earrings with ACU

Female Soldiers will soon be authorized to wear earrings with their ACU. Earrings can either be screw-on, clip-on or post-type earrings in gold, silver or diamond and must be unadorned and spherical without exceeding 6 mm or 1/4 inch in diameter.

Pearl earrings are not authorized with the ACU, Sanders said. Females are currently authorized to wear earrings when wearing their service, dress, mess and evening mess uniforms.

Individuals will not be allowed to wear earrings in a field environment or during a combat-related deployment or in locations



U.S. ARMY

A female Soldier poses for an example photo with long hair while wearing tactical headgear to illustrate an upcoming change in Army grooming and appearance standards. The Soldier’s hair is secured into a long ponytail and tucked underneath her Army Combat Uniform collar.

where access to regular hygiene is limited.

“Our identity is important,” Sanders said. “If we care about people first and the Soldier as a whole, we have to care about the many aspects to who they are as well. This is a small, but significant change that positively impacts a considerable size of our force.”

Additional colors of lipstick, nail polish

Along with supporting a Soldier’s identity, the Army approved the use of additional colors of lipstick and nail polish, including the wear of clear nail polish by male Soldiers. Females also have the option to wear an American manicure, a two-tone nail style that maintains a natural appearance.

“Some male Soldiers in certain occupation specialties rely on their hands, which are under constant bombardment while working with tools or harsh chemicals,” Sanders said. “A male Soldier would take this opportunity to keep their nails protected.”

According to the updated policy, extreme colors and nail shapes, such as a coffin, ballerina and stiletto nails, are prohibited while in uniform or on duty in civilian clothes. Unauthorized pigments include but are not limited to purple, blue, pink, green, orange,

bright red and fluorescent or neon colors.

Offensive wording, imagery change

Another update will remove and replace potentially offensive and weaponized words and phrases, such as “Mohawk, Fu Manchu, dreadlock, eccentric and faddish,” Sanders said.

Army officials are currently replacing phrases of concern with alternative verbiage to provide increased clarity and guidance about a Soldier’s professional appearance based on safety, good order and military bearing — instead of relying on the phrase at the discretion of the commander.

“This is how we shift the culture and embrace forward thinking,” Sanders added. “It is time to dig deeper and use our lexicon and vocabulary to describe what is authorized and what does not conform to a professional military appearance, good order and discipline.”

The updated standard will also include a link to imagery and videos to provide Soldiers with specific examples of proper grooming and appearance standards, Sanders said.

Current images are too vague, outdated and leave too much room for interpretation without adequate guidance.

Gabram

Continued from page 1

The downed trees, destruction of homes and offices throughout the installation with some roofs in disarray illuminated how recovery continues at Fort Polk. Despite these visible reminders, the resiliency and tenacity of the JRTC and Fort Polk team ensures headway, continuity of day-to-day operations and the primary mission: Preparing infantry brigade combat teams to survive and win against the nation's enemies. Gabram shared his appreciation for the example of the Fort Polk leaders and Soldiers.

"It is an honor to visit JRTC and Fort Polk to see our Warriors who epitomize strength under pressure whether that is from hurricanes or COVID-19. The Soldiers' and leaders' outstanding efforts ensure readiness. The whole IMCOM team stands with you."

The local and visiting leaders collaborated on continued recovery effort plans with input from Corvias personnel. Brig. Gen. David S. Doyle, JRTC Commanding General, said Gabram's visit was important for the JRTC and Fort Polk.

"We appreciate Lieutenant General Gabram taking time to visit our people and see firsthand the work we're doing at the Joint Readiness Training Center and Fort Polk to improve the Quality of Life for our Soldiers and their Families," Doyle continued,

"His visit also allowed us to point out areas where we can apply IMCOM's continued assistance to sustain Fort Polk's role in supporting the Army's readiness missions."

Col. Ryan K. Roseberry, Fort Polk Garrison Commander, echoed the sentiment.



Lt. Gen. Douglas Gabram (right), Commanding General, U.S. Army Installation Management Command, visits Fort Polk's Garrison Commander, Col. Ryan Roseberry (left), during an office call Jan. 26.

CHUCK CANNON / GUARDIAN

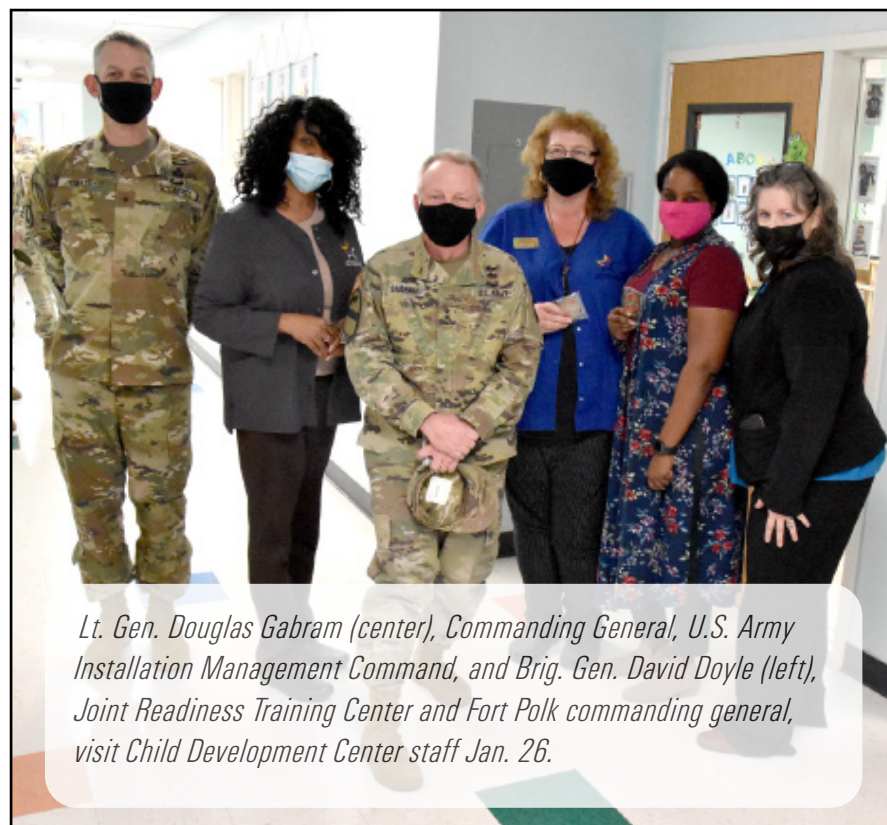
son Commander, echoed the sentiment.

"To have a chance to visit one-on-one with the IMCOM commander is a great opportunity for us here at Fort Polk. We were able to highlight the improvements we've made in the wake of hurricanes Laura and Delta, as well as our continuing efforts at

improving the installation's Quality of Life in the wake of natural disasters, including the COVID-19 pandemic." Roseberry added, "Fort Polk is a Quality of Life installation and all of our initiatives are still in place. Small quality of life improvements are big wins."



Lt. Gen. Douglas Gabram (left), Commanding General, U.S. Army Installation Management Command, hands coins to Fort Polk IMCOM employees for their exemplary work, Jan. 26.



Lt. Gen. Douglas Gabram (center), Commanding General, U.S. Army Installation Management Command, and Brig. Gen. David Doyle (left), Joint Readiness Training Center and Fort Polk commanding general, visit Child Development Center staff Jan. 26.

Supporting students: Scholarship for Military Children opens

By MIKE PERRON
DeCA PAO

FORT LEE, Va. — The Scholarships for Military Children Program, for academic year 2021 – 2022, began accepting applications Dec. 14. Applications are due by Feb. 17.

The program, now entering its 21st year, recognizes the contributions of military Families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life. It's administered by Fisher House Foundation, a nonprofit organization that helps service members and their Families. Thus far, the program has awarded more than \$20.1 million to 11,814 students, selected from a pool of nearly 105,000 applicants.

Funding for the program comes from commissary business partners and other earmarked contributions to Fisher House Foundation, Inc., which treats each as a "restricted donation." Every dollar received is given as a scholarship grant. Additionally, Fisher House Foundation matches all donations, dollar for dollar, and does not charge for its services, including the costs of administration and the scholarship management contract.

"Our commissaries are honored to be part of a program that provides the children of military service members with a valuable financial boost to their higher education dreams," said Marine Corps Sgt. Maj. Michael R. Saucedo, senior enlisted advisor to the Defense Commissary Agency director. "We at the Defense Commissary Agency extend our thanks to the Fisher House Foundation as well as our industry partner donors and others that make these scholarships possible."

Selection qualifications are straightforward. Requirements include completing the application; submission of the student's official transcript indicating a minimum cumulative grade point average of 3.0 or above on a 4.0 scale for high school applicants, or college transcript indicating a cumulative minimum GPA of 2.5 or above on a 4.0 scale for students already enrolled in college; and an essay of 500 words or less, no longer than two pages. The subject of the essay is listed at the [Scholarships for Military Children website](#).

Eligibility for the program is determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS data-



base and have a current military dependent ID card. The applicant must also be planning to attend or already be attending an accredited college or university, full time, in the fall of 2021 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants who are awarded a full scholarship to attend a college or university or receive an appointment to one of the service academies or affiliated preparatory schools are not eligible to receive funds from this program.

A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees and other expenses.

For scholarship year 2021-22, Fisher House Foundation will award 500 scholarship grants of \$2,000 each. The selection process begins immediately following receipt of all applications in February.

"While a ceremony to congratulate and present each recipient with a certificate was not held at commissaries for scholarship year 2019-2020 due to COVID 19, that did not in any way diminish the accomplishment of each recipient selected to receive this honor," said Marye Dobson, DeCA's scholarships program liaison. "At this time

no decision has been made on in-store ceremonies for the upcoming program."

All rules and requirements for the program, as well as links to frequently asked questions, are available at the [Scholarships for Military Children website](#).

Fisher House also recently added an additional custom scholarship search engine to the site, tailored to military Families, called "Scholarships for Service." It's free, easy to use and available on mobile devices or computers at [militaryscholar.org](#).





PATRIOT WARRIOR RESTAURANT

VALENTINE'S DAY DINNER MEAL

FEBRUARY 11, 2021
1700-1900



Appetizers

SHRIMP CREOLE

Meats

GRILLED STEAK
CARVED BAKED HAM
ROTESSORIE CHICKEN
BUTTERED KING CRAB LEGS
BATTERED FRIED SHRIMP

Sides

BAKED MACARONI AND CHEESE
BAKED POTATOES
RICE PILAF
GRILLED APARAGUS
SEASON CORN

Desserts

SWEET POTATO PIE
BANANA PUDDING
LEMON POUND CAKE
CHEESE CAKE BROWNIE
CHOCOLATE CHIP COOKIES

Salads

MUSTARD POTATO SALAD
ZESTY ROTINI SALAD
CHEF SALAD
CAESAR SALAD
FRUIT SALAD
ASSORTED FRUITS

♥ HAPPY
Valentine's
DAY ♥

Open to all DoD personnel and their families

**Standard meal rate \$5.10: applies to all service members, DoD personnel, DoD family members, and all civilians*

**Discount meal rate \$3.85: applies to dependents of E-4 and below*



Volunteer

Continued from page 3

checking in on spouses when their Soldiers are training to taking part in gift-wrapping events.

"I do whatever they need," she said. "When I was a Soldier, I wished that I had been taken care of like I try to take care of my husband's Soldiers today," she said. "I appreciate being acknowledged for what I do, but I also feel like it's just my job. If I didn't do it, who would?"

• Kindra Madison, spouse, volunteers for Dental Activity and said she chose to volunteer because people motivate her, and she loves interacting with them.

Madison was recognized for her work as president of the unit's fundraising and social committee for Fort Polk Dental Health Activity's annual Organizational Day.

"It's awesome to be recognized. It feels good that people appreciate the things I do," she said.

• Josias Blount (13) and his brother, Jamel (10) volunteered at the Main Post Chapel after Hurricane Laura to help clean up storm debris.

Josias said it was hard work; but once he got out there and saw how bad (the dam-

age) was, he wanted to pitch in to help.

Jamel agreed that it was hard work, and said that one of the hardest things was missing his dog while he volunteered.

Both Blount brothers said it was nice to be thanked for the work they did.

"I liked getting the certificate," said Jamel.

• Staff Sgt. Ryan Facklam, Operations Group, and his friend, Staff Sgt. Jason Aguilar, were acknowledged for their efforts volunteering to clean up debris in the wake of Hurricane Laura.

Facklam said their main focus was disaster assistance — picking up debris and litter — in the Sabine National Forest.

"After the hurricane, Jason contacted the person in charge of one of the beaches in the forest, and asked if he could use some help. The guy was ecstatic that we were willing to help clean up. We brought our own trash bags, and it took several weekends to accomplish the task," he said.

Facklam was also honored for volunteering at Fort Polk's Army Community Service after Hurricane Laura, ensuring the building's landscape was up to Fort Polk standards.



ANGIE THORNE/GUARDIAN

From left to right: Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, thanks Josias Blount, 13, as Command Sgt. Maj. Michael C. Henry, post command sergeant major, at the Fort Polk Volunteer of the Quarter Recognition Ceremony held Jan. 26.

Facklam said it's nice to be thanked, but he'll continue to do the work that needs to be done, regardless of whether he is recognized or not.

"It feels good to give back to the community," he said.

Gather W-2s, make appointment at Fort Polk Tax Center

By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — The Fort Polk Tax Center, located inside the Home of Heroes Soldier Recreation Center, 2165 Ninth St., hosted a ribbon-cutting ceremony Jan. 22 and is now ready to help the Fort Polk community complete their taxes for the 2020 tax season.

To give Soldiers and Families an idea of the tax center's success rate, the program saved its customers \$300,000 in tax fees, helped garner \$3 million in refunds and served 1,006 people during the 2019 tax season.

Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, offered remarks before helping the Fort Polk Tax Center staff cut the ribbon to open for business. Doyle said he is happy that Fort Polk can extend the capability of the Fort Polk Tax Center's expertise to the Soldiers on the installation.

"The Fort Polk community depends on this service because they want to make sure their taxes are done right, while being confident that they aren't paying more than they have to," he said.

Doyle addressed the Soldier tax preparers, thanked them for their willingness to volunteer and told them they make a huge difference to the climate on the installation.

"Even though you are a small group of people, you will have a profound impact. That's why I wanted to come out today and why the Office of the Staff Judge Advocate fought to keep this service alive. The work that you are going to do is incredibly important. I want you to know that we are behind you."

Bernadine Lenahan, Soldier and Family Service chief, oversees the tax center to make sure things run smoothly.

Lenahan said the tax center, which is fully confidential and free, works with the Internal Revenue Service to make sure the Soldiers that have volunteered to prepare taxes this year are properly trained.

"These Soldiers take the Volunteer Income Tax Assistance course and pass multiple certifications to qualify as tax preparers," she said.

Lenahan said the tax center provides a vital service, and she is glad to see it running, especially since many installations are shuttering their programs. "Command has made this (tax center) possible because they understand the value and benefit, not only to active duty Soldiers, but to the retiree



Spc. Devin Buterbaugh, 46th Engineer Battalion and volunteer tax preparer at the Fort Polk Tax Center, hands Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, a large pair of scissors in advance of the ribbon-cutting ceremony held Jan. 22 at Fort Polk's Home of Heroes Soldier Recreation Center.

community off post," she said.

Capt. Jenekwa Harrison, Fort Polk Tax Center officer in charge, said the retiree population comes to the center year after year.

To keep everyone safe, Harrison said the Tax Center operates by appointment only due to COVID-19, no more than four clients are permitted at a time in or around the tax center and all safety procedures, such as face masks, are implemented.

Harrison gave a quick overview of the step-by-step process involved in preparing taxes at the center. She said when a customer arrives for an appointment, they will stop at the front desk where they are briefed on procedure and then sent to intake personnel, who will go through the client's information and ensure the client has the necessary documents for their taxes.

If everything is in order, the customer can leave for an hour or so while the intake personnel hands their tax information to the next available preparer. Harrison said once the taxes are done, the customer can come back and sign the forms, then they are sent to a reviewer, ensuring a second set of eyes reviews the taxes.

"The tax forms then come to me. I will perform the last quality-control check and submit the forms to the IRS," she said.

As one of nine volunteer tax preparers, Spc. Devin Buterbaugh, 46th Engineer Battalion, said the IRS training wasn't that difficult because they had advisors that helped them understand the tax concepts, rules and regulations.

Buterbaugh said he liked the idea of being able to help people save money during these tough financial times.

"I know as a young Soldier that I can sometimes have money issues, so I can relate to others in the same circumstance. That's why I'm proud to be able to support others as a member of the Fort Polk tax center," he said.

Col. Ryan K. Roseberry, Fort Polk garrison commander, said the tax center provides an important benefit to the Fort Polk community.

"Soldiers have to deal with a lot of stress. Knowing that their taxes are being properly taken care of can relieve them of a burden, especially when they still have other things, like training with their unit or being out in the field, to worry about," he said.

Harrison said she believes the tax center is a great way to support the military community.

"This is service they deserve," she said.

If you would like to set up an appointment, call the tax center at 531-1040.

Total Force Fitness ideological, spiritual fitness aligns mission with core beliefs

By JEAN CLAVETTE GRAVES
BHAC H public affairs officer

FORT POLK, La. — When a Soldier's mission is aligned to their core beliefs, values and spiritual practices, they are better equipped to navigate life's challenges and optimize performance. A positive attitude and job satisfaction can't simply be "turned on." Like every aspect of fitness, the more a person practices and tunes the body and mind, the better they will perform.

Total Force Fitness examines eight dimensions of an individual to optimize peak performance. According to the Military Health System, ideological and spiritual fitness are the beliefs and practices that strengthen a person's connectedness with a source of meaning, hope and purpose. Spiritual fitness relates to an individual's ability to develop core beliefs, principles and values to guide them throughout their lives.

Capt. Nikki Reeves, chaplain for Bayne-Jones Army Community Hospital, said that when a Soldier's spiritual or ideological fitness is misaligned, it can impact their mental health, social interactions and Family relationships.

"People are multidimensional — one of those core dimensions is spirituality, whatever that may be or however a person may define that," she said. "Spirituality is a core component of identity. It ties in personal values, belief systems and world views. If we are putting it to the side, we are not functioning to our fullest capability."

Reeves said all eight dimensions of TFF are important; and if one is neglected, it can affect the others. She said all eight dimensions must be working in unity to achieve the best output or impact.

"For a person, the dimensions are congruent of everything they are mentally, physically, emotionally and spiritually," Reeves said. "As people come to discuss issues, they realize that those problems exist because things are misaligned in their lives. Something is causing internal friction, or they are trying to make a decision based on their core values and beliefs."

Reeves said that she and Spc. Payton Moore, religious affairs specialist for BJACH, advise leaders based on her knowledge of situations and what is going on among their team members. She said they primarily advise about morale, moral and ethical issues, spirituality and the state of their team.

Moore said having a unit ministry team available to his fellow Soldiers can help reduce stress, build trust and get to the root of



potential problems in a unit.

"For me, spiritual and ideological fitness is just as imperative as the other dimensions of Total Force Fitness," he said. "My faith and spiritually keep me going and have helped me through difficult times in my life. Spiritual fitness has made me more resilient and given me the tools to deal with the stressors in my life."

Moore said often people will question their purpose. "I like to think that everyone is a piece of a storybook. I feel like we all have a part to play, no matter how big or small," he explained.

"What we do might not seem significant right now, but it may be momentous farther down the road. Each character in the book is critical, and even if we don't know what our role means, we just need to keep on going."

Reeves said that spirituality is foundational, it's not just about meeting in a church, how a person chooses to pray or sacred texts, literature, symbols or material.

"Spirituality is what informs you, it's what identifies you as a person. It gives you purpose, direction and identifies your values and priorities," she said. "It takes all of those things and pulls them into a coherent package for you. It can take a variety of forms. If you take away the ideological side of a person, you take away a big chunk of their identity. Without the spiritual compo-

ment, a person loses their sense of purpose, fulfillment or achievement."

Reeves said ideological and spiritual fitness is a coping mechanism to grapple with the friction and tension in this world. She said Soldiers in combat situations are often called upon to do things that are difficult; being spirituality fit is one way they can make sense of it and move forward.

"We are not compartmentalized. Everything about us is interwoven with everything else about us," Reeves said.

"All eight dimensions of Total Force Fitness are tied together. There is a lot of baggage, connotations and perceptions that come with the words religion, faith or spirituality; but they are components that are interwoven with everything else that makes us who we are."

Editor's note: This is the fourth 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.

To learn more about spiritual fitness visit: <https://www.hprc-online.org/mental-fitness/spiritual-fitness>.

FNL program reaches benchmark, commences fourth year

By **CHRISTY GRAHAM**

Guardian editor

FORT POLK, La. — Fort Polk's premier Forging New Leaders program reached a new benchmark, entering its fourth year of implementation Jan. 14 with 11 new students.

"We did an initial three-year pilot program, and each year we worked out the bugs. Last year we dealt with COVID-19, hurricanes and tornadoes, but it was still successful," Parks said that the garrison is now executing its first four-year contract for the course, as it is now fully developed.

Across the program's 10-month timeline, graduates log more than 180 hours of classroom instruction, which includes team projects; academic studies, readings and presentations; and 14 directorate briefs and tours focusing on Fort Polk's major services and functions, said Parks.

FNL begins with eight hours of Stephen Covey's, "7 Habits of Highly Effective People," eight hours of operations order writer and concept of operations development and 40 hours of Army Design Methodology and Military Decision Making Process instruction.

Including MDMP is what sets Fort Polk's FNL course apart from other installation FNL programs.

"This instruction is key to training Army civilians, that are experts in their field, in becoming experts at operationalizing their projects, concepts and events to better nest with their uniformed counterparts and present it successfully to the commander for approval," he said.

"These skills are also necessary to assemble and analyze a project that the garrison commander and directorates need to solve complex issues on the installation."

Garrison issues are presented to the class, which is broken down into teams, "and that (issue) will be the navigating thread throughout the entire program," said Parks.

The course culminates in the teams briefing their proposed solutions to the com-



mander. "The installation gets a win-win; employees receive critical leadership development and then they deliver actionable solutions for the garrison," he said.

Over the past three years, five out of six recommendations have been implemented, helping leaders provide more efficient services to the Fort Polk community.

During the second month of the program, students begin to hone their skills with 10 classes including Business Organization Structure, Time and Task Management, Personal Productivity, Career Management, Effective Communication, Making your Leadership Commitment, Creating a Coaching and Performance Culture, Project Management, Leadership Framework and Team Building. Coupled with the directorate briefings, students recognize the importance of clear and effective communication, and how the team relies high-functioning interdependence to make things work.

"The skills and experiences gained during

the FNL program is priceless," said Parks.

"Personal and professional relationships are forged and strengthened, buttressed by the installation workforce's augmented mutual, operational understanding."

Thirty percent of FNL graduates have already taken positions of greater responsibility, and 100% of them feel they learned skills that will jettison them into new roles and responsibilities down the line.

"FNL graduates have openly confirmed that their knowledge of garrison operations and their confidence to lead has improved since completing the course," said Parks.

Parks also noted that the program aligns with the 40th Chief of Staff of the Army's statement: "We win through people, and people will drive success in our readiness, modernization and reform priorities."

If you are interested in taking the course, or if you have any questions, please contact Bobbie Parks at 531-1102 or by emailing bobbie.l.parks.civ@mail.mil.

Soldiers found guilty, separated for UCMJ violations

OSJA

FORT POLK, La. — At the Joint Readiness Training Center and Fort Polk, the commanding general takes discipline seriously. However, certain disciplinary issues continue to be prevalent across Fort Polk.

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

- A first lieutenant, assigned to 46th Engineer Battalion, was issued a General Officer Memorandum of Reprimand for fraternizing with a non-commissioned officer and

an enlisted Soldier, in violation of Article 92, Uniform Code of Military Justice.

- A sergeant, assigned to 46th Eng Bn, was punished under Article 15 for misuse of his government travel charge card, in violation of Article 92, UCMJ. The Soldier

Please see **Service**, page 13

BJACH employee remembers more than 45 years of civil service

By JEAN GRAVES
BJACH PAO

FORT POLK, La. — Army careers can be challenging. Moving every few years, packing up your Family and starting over in a different state is commonplace for Soldiers and civilians alike. Few people can say they began a career with one organization and, more than 45 years later, still enjoy working for that same organization.

Bayne-Jones Army Community Hospital has a unicorn working within its building. According to Hootsuite Chief Executive Officer Ryan Holmes, a unicorn employee is a member of the staff who possesses unique qualities that make them extremely rare and valuable. Sherlynn White, known by her friends and colleagues as Anne, is the executive assistant to the hospital commander and began her career at BJACH in 1976.

White personifies the qualities of a unicorn with her attention to detail and can-do attitude. She is passionate about what she does, humble and respectful and an ambassador for teamwork. She is not limited by her job title — she has true grit, and she gets things done.

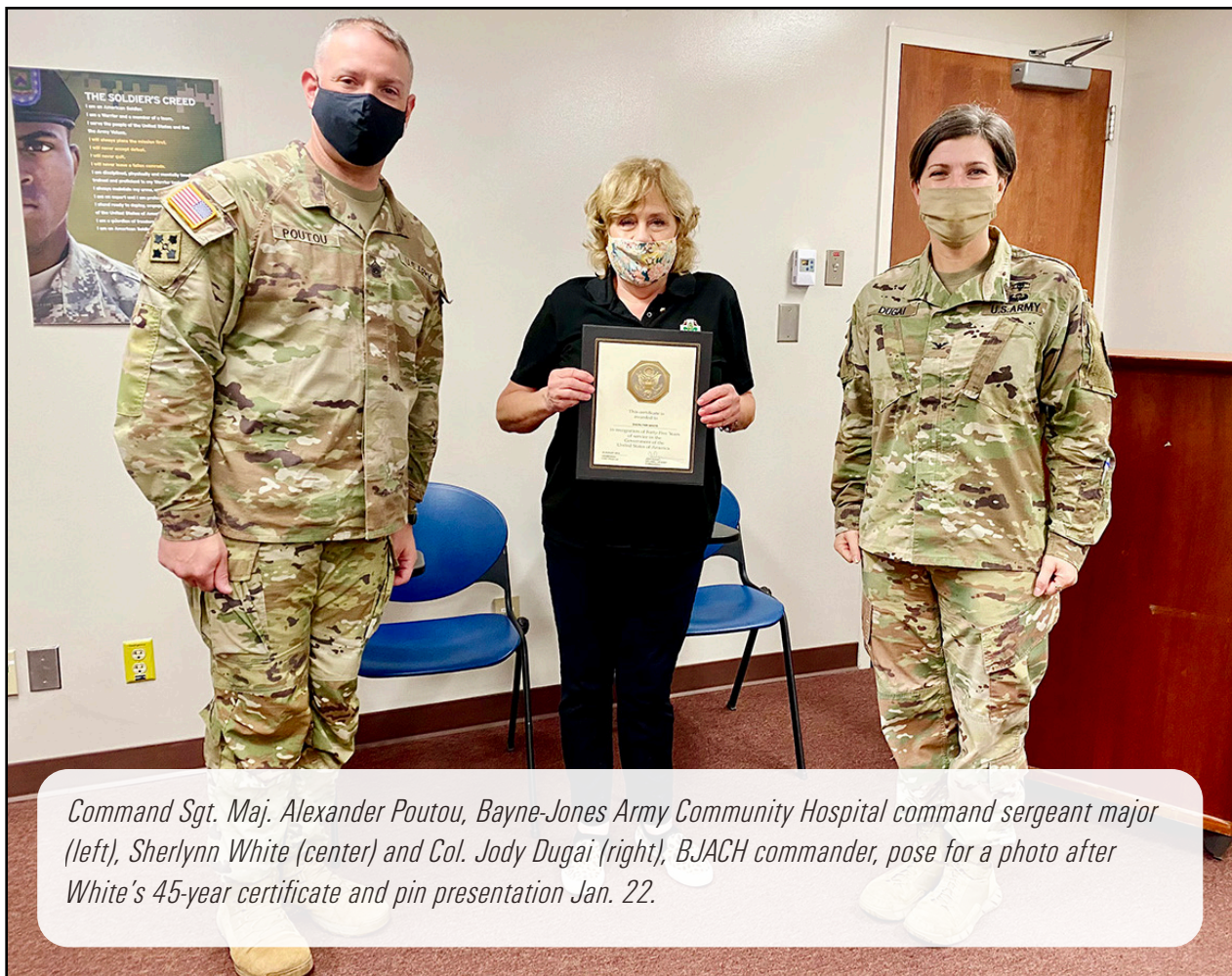
Col. Judy Dugai, BJACH commander, presented White with a certificate and 45-year pin on Jan. 22. Dugai marveled at how much White has seen during her tenure working for the hospital.

She began her career before the current facility was built in 1984, before the Joint Readiness Training Center relocated to Fort Polk in 1993 and has served 12 chief nurses and eight hospital commanders.

“On behalf of us, the beneficiaries, the commanders and the rotational units, I want to say thank you,” Dugai said during the presentation. “Anne, you don’t realize how many people you’ve touched, and how important you are to this organization. I don’t have the words to express my gratitude for you and all that you do every day.”

White, a self-proclaimed Navy brat, said her Family settled in her mom’s hometown of Allegany, New York, her sophomore year of high school. After graduation, White began taking business courses at St. Bonaventure University. She said she took the typing and stenography civil-service exam as practice.

“I never thought a job would come out of it. Other than the Social Security Office, I didn’t think there were any federal jobs in the area,” she said. “However, my scores were high; I was at the top of the list; and I was referred and selected for a job



as a clerk/typist with the Army Reserve Officers’ Training Corps program at St. Bonaventure University in 1974. That was my first job, and how I got lucky enough to get into civil service.”

White’s husband joined the Army in 1975. Fort Polk was their first and only duty station. She said when they arrived, the McDonalds in Leesville had just opened and there was little else in town compared to her hometown in New York. Her husband was assigned to the 7th Engineer Battalion and, after his initial four-year contract, he left the Army to pursue a career in construction. They decided to make Louisiana home because of the mild winter weather and her position at BJACH.

“I got my first job working in outpatient medical records,” White said. “I pulled patient records and delivered them to the clinics. I was only in outpatient records a few months when a position as a clerk/typist opened in the Department of Nursing.”

White worked for the Department of Nursing from 1976 until June 2006, when she was selected as the commander’s secretary. “I grew up in the Department of Nursing,” she said. “I never had an unhappy day there. The thing I miss and love the most about it was being a mentor, a sounding board and a confidant to the young Army Nurse Corps officers and the young Soldiers.”

White said during her 30 years working for the Department of Nursing, she had the opportunity to get to know the nurses well. She said many of them were far from home, and she was like a surrogate mother to them while they were here. She said the personal relationships she made with the Army nurses was the thing she cherished the most.

In 2006, the hospital commander asked her to consider applying for her current position as his secretary. White’s reputation as a stellar employee was well known. White said she had no plans to leave the Department of Nursing; she was happy there. But despite her trepidation, the deputy commander of nursing at the time encouraged her to apply.

“When I was asked to consider the job, I figured I should,” said White. “I have no regrets about applying for and ultimately being selected for my current position.”

Even though the job as the commander’s secretary was a promotion it wasn’t about money, she said.

“Being happy coming to work every day is the most important thing to me,” she said. “The administrative duties are essentially the same, but sometimes the Soldiers avoid the command area. When I left the Nursing Department, I used to joke that I was going

Please see **Service**, page 13

Service

Continued from page 12

to the dark side.”

During her tenure, White has seen a lot of changes at the hospital from the building itself, the units stationed here and the makeup of the staff.

White said when she first started at the hospital there was no Deputy Commander of Nursing — the head of nursing was called the chief nurse, and that it didn’t change until Col. C. William Fox Jr. took command in 1997.

“When Col. Fox came to BJACH, he couldn’t fathom why the chief nurse wasn’t a deputy commander,” she said. “He implemented that change when he was here. He said the chief nurse needed a seat at the table with the rest of the deputies.”

Looking back and discussing current changes and initiatives in the Army, White said the inclusive atmosphere and “People First” philosophy are good things.

“I think the Army is a little more progressive than the civilian sector regarding race and gender issues. Our first female commander was Col. Kelly A. Murray in 2009. She and the subsequent female commanders made it obvious that a woman can command a hospital just as competently as men can,” she said. “Looking across the Army

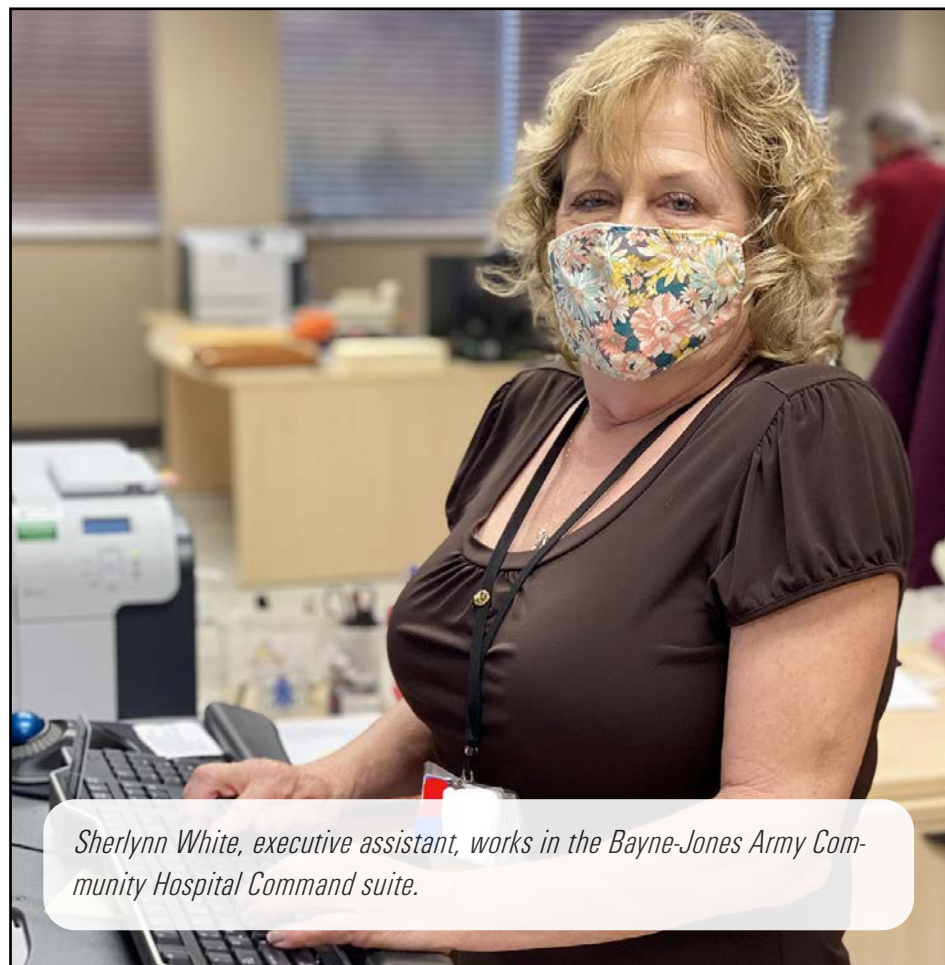
Medical Command, there are a lot of women in leadership roles.”

A photo on the BJACH Facebook page about White’s longevity at BJACH resulted in more reactions, comments and shares than any previous post on BJACH’s profile. Friends, colleagues and former coworkers remarked at her dedication and performance. To many people, White is the heart and soul of the organization.

Retired Spc. Linda Anderson Poteat served at BJACH as a soldier and a civilian nurse until her retirement in 2011. “Anne was the first person I met when I arrived in 1978,” she said. “Ms. White was always friendly and a wealth of information — she was our go-to person for everything.”

Tina Davidson, a former Department of Nursing administrative assistant, said White is a dedicated, caring and selfless hard worker. “I’m so happy to see this special person recognized. We worked side-by-side for many years, and I can honestly say every day was great,” she said. “Anne was diligent in every task put before her; coworkers just don’t get any better than she does,” Davidson said.

White said she has enjoyed every day of her career at BJACH. She admitted she could retire at



Sherlynn White, executive assistant, works in the Bayne-Jones Army Community Hospital Command suite.

JEAN GRAVES/BJACH PAO

any time, but she is still happy coming each morning.

“Army Spouses should try their best to get a job working for the Department of the Army, so they can work alongside their Soldiers,” she said. “The civilian personnel office has made it somewhat easier to get your foot in the door with spousal preference. I didn’t have any spousal preference, I just lucked out and have had a wonderful career here at BJACH.”

She said if you work hard, then the sky is the limit.

“If I had to do it all over again, I wouldn’t change a thing.”

Got News?

Call the Guardian
at 531-1416

Justice

Continued from page 11

was sentenced to a reduction to E-4; extra duty for 14 days and an oral reprimand.

- A sergeant, assigned to 519th Military Police Battalion, was separated under Chapter 14-12c (Commission of a Serious Offense) for driving while intoxicated on two separate occasions. The Soldier was issued a General under Honorable conditions characterization of service and a bar to post. Generally, this characterization of service results in the loss of a service member’s educational benefits.

- A specialist, assigned 1st Battalion (Airborne), 509th Infantry Regiment, was separated under Chapter 14-12b (A Pattern of Misconduct) for multiple failures to report and giving a false official statement to a commissioned officer.

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 sergeant, assigned to Headquarters

and Headquarters Company, 3rd Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for wrongfully possessing a loaded firearm in the passenger seat of their vehicle, in violation of Article 92, UCMJ.

The Soldier was sentenced to a reduction to E-4; forfeiture of \$1253 pay for two months, suspended, to be automatically remitted if not vacated within six months; restriction for 60 days; and an oral reprimand.



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01 FEB 21	02 FEB 21	03 FEB 21	04 FEB 21	05 FEB 21	06 FEB 21	07 FEB 21
<u>Breakfast</u> <ul style="list-style-type: none">• Boiled Eggs• Scrambled Eggs• Omelets• Turkey Bacon• Oven Fried Bacon• Pork Sausage• Home Fried Potatoes• White Rice• Biscuits• Asst. Fresh Smoothies• Creamed Gravy• Creamed Beef• Asst. Fruit• Pancakes• Oatmeal and Grits	<u>Breakfast</u> <ul style="list-style-type: none">• Boiled Eggs• Scrambled Eggs• Omelets• Turkey Bacon• Oven Fried Bacon• Pork Sausage• Home Fried Potatoes• White Rice• Biscuits• Asst. Fresh Smoothies• Creamed Gravy• Creamed Beef• Asst. Fruit• Pancakes• Oatmeal and Grits	<u>Breakfast</u> <ul style="list-style-type: none">• Boiled Eggs• Scrambled Eggs• Omelets• Turkey Bacon• Oven Fried Bacon• Pork Sausage• Home Fried Potatoes• White Rice• Biscuits• Asst. Fresh Smoothies• Creamed Gravy• Creamed Beef• Asst. Fruit• Pancakes• Oatmeal and Grits	<u>Breakfast</u> <ul style="list-style-type: none">• Boiled Eggs• Scrambled Eggs• Omelets• Turkey Bacon• Oven Fried Bacon• Pork Sausage• Home Fried Potatoes• White Rice• Biscuits• Asst. Fresh Smoothies• Creamed Gravy• Creamed Beef• Asst. Fruit• Pancakes• Oatmeal and Grits	<u>Breakfast</u> <ul style="list-style-type: none">• Boiled Eggs• Scrambled Eggs• Omelets• Turkey Bacon• Oven Fried Bacon• Pork Sausage• Home Fried Potatoes• White Rice• Biscuits• Asst. Fresh Smoothies• Creamed Gravy• Creamed Beef• Asst. Fruit• Pancakes• Oatmeal and Grits	<u>Brunch</u> <ul style="list-style-type: none">• Boiled Eggs• Scrambled Eggs• Omelets• Oven Fried Bacon• Pork Sausage• Home Fried Potatoes• White Rice• Biscuits• Creamed Gravy• French Toast• Grits• Roast Pork• Baked Blackened Salmon• Bourbon Chicken• Chicken Pot Pie• Seasoned 5-Way Veggies• Calico Corn• Hot Rolls• Chicken Gravy• Short order• Asst. Salads• Asst. Desserts• Asst. Fresh Fruit• Soup	<u>Brunch</u> <ul style="list-style-type: none">• Boiled Eggs• Scrambled Eggs• Omelets• Oven Fried Bacon• Pork Sausage• Home Fried Potatoes• White Rice• Biscuits• Creamed Gravy• Pancakes• Grits• Roast Turkey• Onion Lemon Baked Fish• Rosemary Grilled Pork Chops• Herbed Broccoli• Cauliflower• Hot Rolls• Brown Gravy• Short Order• Asst. Salads• Asst. Desserts• Asst. Fresh Fruit• Soup
<u>Lunch</u> <ul style="list-style-type: none">• Beef Bulgogi• Blackened Cod• Sweet and Sour Chicken• White Rice• Pork Fried Rice• Oven Baked Potatoes• Herbed Broccoli• Glazed Carrots• Egg Rolls• Asst. Fresh Smoothies• Asst. Salads• Asst. Desserts• Asst. Fresh Fruit• Short Order• Asst. Pizzas• Soup	<u>Lunch</u> <ul style="list-style-type: none">• Chicken Fajitas• Beef Tacos• Tamales• Baja Fish• Refried Beans• Oven Glo Potatoes• Mexican Corn• Herbed Green Beans• Jalapeño Cornbread• Asst. Fresh Smoothies• Asst. Salads• Asst. Desserts• Asst. Fresh Fruit• Short Order• Asst. Pizzas• Soup	<u>Lunch</u> <ul style="list-style-type: none">• Lasagna• Spinach Lasagna• Primavera Stuffed Chicken• Hot Italian Sausage• Lyonnaise Rice• Lyonnaise Potatoes• Seasoned Corn• Herbed Cauliflower• Garlic Bread• Asst. Fresh Smoothies• Asst. Salads• Asst. Desserts• Asst. Fresh Fruit• Short Order• Asst. Pizzas• Soup	<u>Lunch</u> 3/10 VICTORY MEAL <ul style="list-style-type: none">• Carved smoked Ham• BBQ Ribs• BBQ Chicken• Fried Catfish• Jambalaya• Fried shrimp• Macaroni and Cheese• Steamed Rice• Sweet Potatoes• Collard Greens• Corn on the Cob• Cheese Biscuits• Asst. Fresh Smoothies• Asst. Salads• Asst. Desserts• Asst. Fresh Fruit• Short Order• Asst. Pizzas• Soup	<u>Lunch</u> <ul style="list-style-type: none">• Swedish Meatballs• Veal Steaks• Lemon Baked Fish• Buttered Penne Noodles• Home Fried Potatoes• Fried Cabbage• Peas with Mushrooms• Hot Rolls• Asst. Fresh Smoothies• Asst. Salads• Asst. Desserts• Asst. Fresh Fruit• Short Order• Asst. Pizzas• Soup		
<u>Dinner</u> <ul style="list-style-type: none">• Hamburger Yakisoba• General Tso Chicken• Basil Baked Cod• Parsley Buttered Potatoes• Orange Rice• Peas and Carrots• Succotash• Egg Rolls• Hot Rolls• Asst. Fresh Smoothies• Asst. Salads• Asst. Desserts• Asst. Fresh Fruit• Short Order• Asst. Pizzas• Soup	<u>Dinner</u> <ul style="list-style-type: none">• Herbed Baked Chicken• Chicken Stew• Parmesan Fish• Paprika Potatoes• Rice Pilaf• Spinach• Marinated Glazed Carrots• Hot Rolls• Asst. Fresh Smoothies• Asst. Salads• Asst. Desserts• Asst. Fresh Fruit• Short Order• Asst. Pizzas• Soup	<u>Dinner</u> <ul style="list-style-type: none">• Chicken Parmesan• Parmesan Fish• Braised Beef• Tossed Green Rice• Baked Potatoes• Oriental Veggies• Lima Beans• Garlic Bread• Asst. Fresh Smoothies• Asst. Salads• Asst. Desserts• Asst. Fresh Fruit• Short Order• Asst. Pizzas• Soup	<u>Dinner</u> <ul style="list-style-type: none">• Beef Stroganoff• BBQ Chicken• Lemon Baked Fish• New Red Potatoes• Noodles Jefferson• Herbed Green Beans• Oriental Veggies• Cheese Biscuits• Asst. Fresh Smoothies• Asst. Salads• Asst. Desserts• Asst. Fresh Fruit• Short Order• Asst. Pizzas• Soup	<u>Dinner</u> <ul style="list-style-type: none">• Chili Macaroni• Chicken A-la-King• Creole Fish• Long Grain Wild Rice• Mashed Potatoes• Calico Cabbage• Succotash• Hot Rolls• Asst. Fresh Smoothies• Asst. Salads• Asst. Desserts• Asst. Fresh Fruit• Short Order• Asst. Pizzas• Soup	<u>Supper</u> <ul style="list-style-type: none">• Orange Honey Glazed Cornish Hens• Veal Parmesan• Lemon Baked Fish• Parsley Buttered Potatoes• Buttered Egg Noodles• Seasoned Peas and Carrots• Creole Summer Squash• Hot Rolls• Asst. Salads• Asst. Desserts• Asst. Fresh Fruit• Short Order• Soup	<u>Supper</u> <ul style="list-style-type: none">• Beef Stew• Chicken Bulgogi• Mustard Dill Fish• Loaded Mashed Potatoes• Steamed Rice• Succotash• Green Beans• Hot Rolls• Asst. Salads• Asst. Desserts• Asst. Fresh Fruit• Short Order• Soup



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01 FEB 21

BREAKFAST

- BOILED EGGS
- SCRAMBLED EGGS
- TURKEY BACON
- PORK BACON
- PORK SAUSAGE
- TURKEY SAUSAGE
- HOME FRIED POTATOES
- HASH BROWNS
- WHITE RICE
- BISCUITS
- CREAMED BEEF
- PANCAKES
- SYRUP W/ TOPPING
- OATMEAL
- GRITS
- WESTERN OMELET

02 FEB 21

BREAKFAST

- BOILED EGGS
- SCRAMBLED EGGS
- TURKEY BACON
- PORK BACON
- PORK SAUSAGE
- HOME FRIED POTATOES
- HASH BROWNS
- WHITE RICE
- BISCUITS
- CREAMED BEEF
- FRENCH TOAST
- SYRUP W/ TOPPING
- OATMEAL
- GRITS
- WESTERN OMELET

03 FEB 21

BREAKFAST

- BOILED EGGS
- SCRAMBLED EGGS
- TURKEY BACON
- PORK BACON
- PORK SAUSAGE
- HOME FRIED POTATOES
- HASH BROWNS
- WHITE RICE
- BISCUITS
- CREAMED BEEF
- PANCAKES
- SYRUP W/ TOPPING
- OATMEAL
- GRITS
- WESTERN OMELET

04 FEB 21

BREAKFAST

- BOILED EGGS
- SCRAMBLED EGGS
- TURKEY BACON
- PORK BACON
- PORK SAUSAGE
- HOME FRIED POTATOES
- HASH BROWNS
- WHITE RICE
- BISCUITS
- CREAMED BEEF
- FRENCH TOAST
- SYRUP W/ TOPPING
- OATMEAL
- GRITS
- WESTERN OMELET

05 FEB 21

BREAKFAST

- BOILED EGGS
- SCRAMBLED EGGS
- TURKEY BACON
- PORK BACON
- PORK SAUSAGE
- HOME FRIED POTATOES
- HASH BROWNS
- WHITE RICE
- BISCUITS
- CREAMED BEEF
- PANCAKES
- SYRUP W/ TOPPING
- OATMEAL
- GRITS
- WESTERN OMELET

01 FEB 21

LUNCH

- SPAGHETTI & MEAT SAUCE
- GRILLED SALMON
- LONG GRAIN WILD RICE
- OVEN BROWNED POTATOES
- GREEN BEANS
- CALICO CORN
- CHICKEN RICE SOUP
- PHILLY BAR
- HAMBURGER
- HOT DOGS
- CHICKEN TENDERS
- RUEBEN SANDWICH
- BAKED BEANS
- CHILLI with BEEF
- CURLY FRIES
- CHEESE SAUCE
- ASSORTED SALAD
- ASSORTED DESSERT

02 FEB 21

LUNCH

- BRAISED PORK CHOPS
- CHICKEN FAJITA
- BEEF FAJITA
- GARLIC ROAST POTATOES
- SPANISH RICE
- GLAZED CARROTS
- STEAM GREEN BEANS
- CREAM OF BROCCOLI
- TACO BAR
- CHICKEN WINGS
- HAMBURGERS
- HOT DOGS
- BAKED BEANS
- CHILLI with BEEF
- CURLY FRIES
- CHEESE SAUCE
- ASSORTED SALAD
- ASSORTED DESSERT

03 FEB 21

LUNCH

- KOREAN PEPPERED STEAK
- HONEY-GINGER CHICKEN
- GARLIC SOY ROASTED POTATOES
- FRIED RICE
- VEGGIE STIR FRY
- STEAMED BROCCOLI
- VEGETABLE SOUP
- HAMBURGERS
- CHICKEN TENDERS
- BAKED BEANS
- CHILLI with BEEF
- CURLY FRIES
- CHEESE SAUCE
- ASSORTED SALAD
- ASSORTED DESSERT

04 FEB 21

LUNCH

- BRAISED SPARERIBS
- BBQ SPARERIBS
- GRILLED CHICKEN
- BBQ CHICKEN
- SOUTHERN FRIED CATFISH
- BAKED MAC & CHEESE
- DIRTY RICE
- SOUTHERN FRIED CABBAGE
- CORN ON THE COB
- GUMBO
- HAMBURGERS
- CHICKEN WINGS
- BAKED BEANS
- CHILLI with BEEF
- CURLY FRIES
- CHEESE SAUCE
- ASSORTED SALAD
- ASSORTED DESSERT

05 FEB 21

LUNCH

- HOMESTYLE MEATLOAF
- HONEY GARLIC SALMON
- SCALLOPED POTATOES
- WILD RICE
- HERBED GREEN BEANS
- HONEY GLAZED CARROTS
- ONION SOUP
- PIZZA BAR
- CHICKEN TENDERS
- HAMBURGER
- HOT DOGS
- BAKED BEANS
- CHILLI with BEANS
- CURLY FRIES
- CHEESE SAUCE
- ASSORTED SALAD
- ASSORTED DESSERT

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COUPLES PRICING
(2 PARTICIPANTS)

GO - KARTS
(3 RACES)

&

MINI - GOLF
(18 HOLES)

\$30
PER COUPLE
(2 PEOPLE)

CALL 337-531-5481
FOR MORE INFO



Toledo Bend Army Recreation Park Valentine's Day Get Away

February 13-14

**Free Bundle of Firewood
& Lover's Bundle**

(small bottle of wine, glasses, box of chocolate, candles, & a rose)
Under age participants will receive sparkling juice

With every cabin rental!



CALL 1-888-718-9088

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