



# FORGING THE

# WARRIOR SPIRIT

## The JRTC and Fort Polk Guardian

Vol. 48, No. 7

Home of Heroes @ Fort Polk, LA

Feb. 19, 2021



*February's polar vortex brought frigid and dangerous conditions to Louisiana's 2021 winter season.*

COL. RYAN ROSEBERRY / U.S. ARMY

### Weekend weather



### Inside the Guardian

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# Passion for healing forges leaders of military medicine

By **MARCY SANCHEZ**  
Army News Service

WASHINGTON — As a college student, Lee Phillips didn't know what life had in store for him. In his words, he was "kind of going through college and working a little bit, trying to pay my way through and didn't really know what I wanted to do."

After witnessing his father walk again following a traumatic injury, Phillips was led toward a career in medicine as a physical therapist to help others like physical therapists helped his father.

"When I saw (my father's healing) I told myself 'this is something that I'm really interested in. I think I would like to help people like, that therapist helped my father,' and it's something I've been doing ever since," said Phillips, now a physical therapist at Landstuhl Regional Medical Center in Landstuhl, Germany.

Phillips' passion for healing drove him toward work with the Department of Defense, first as a contracted physical therapist at Fort Leonard Wood's General Leonard Wood Army Community Hospital, and later as a Defense Health Agency civilian employee in Germany.

After 20 years working in physical therapy, Phillips is equipped for increased responsibility and was recently selected for the Joint Medical Executive Skills Institute Intermediate Executive Skills Course (JMESI-IES).

The course provides education and training on leadership and management skills necessary to successfully serve in an intermediate-level leadership position within a DHA medical treatment facility.

"(Phillips) has great initiative," said Maj. Candi Roberts, chief of LRMC's Physical Therapy Clinic. "He has a strong drive to make sure to always do the right thing all the time for his patients and for the team



*Lee Phillips, a physical therapist at Landstuhl Regional Medical Center's Physical Therapy Clinic, assesses a patient during an initial session at LRMC, Jan. 25. Phillips was recently selected to the Joint Medical Executive Skills Institute Intermediate Executive Skills Course. The course provides education and training on leadership and management skills necessary to successfully serve in an intermediate-level leadership position within a Defense Health Agency medical treatment facility.*

that he works for."

For Phillips, a native of Greenbrier, Arkansas, the course would open opportunities for advancement and provide an in depth understanding of the DHA mission, strategic plan and help develop skills required to serve in an intermediate-level leadership position.

"When he expressed interest in the course, I was really enthusiastic to see him trying to progress himself so that one day he will take over as a chief or an assistant chief at an MTF," said Roberts.

"I know he's going to do great things in the future."

With only two years at LRMC, Phillips has already taken on increased roles, heading multiple efforts to standardize policies within his department, a position especially important during

a recent on-site survey aimed to assess standards compliance.

"With (Phillips) leading the team and making sure we have everything in place, I know that we're in good hands," said Roberts.

While the new skills may advance Phillips' career, he hopes to continue treating service members and helping them heal for years to come.

"It's awesome to be able to treat our service members," explains Phillips.

"What (we) do here, when a Soldier who is less than 100 percent comes in, and we try to get him back to 100 percent, we are helping the military with their readiness. I may not be able to go out and help someone on the front lines but I may be able to help someone stay in the fight or get back into it."



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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

### Free car seat installation

Join nationally certified technicians, Feb. 26 from 11 a.m.-3 p.m. at Fort Polk's Main Post Exchange parking lot, to reduce serious injuries and fatalities in children by making sure your child's safety seats are installed properly. It's estimated that 96% of all child restraints are installed incorrectly. The technicians can help Fort Polk parents select the proper child restraint, ensure that their child is placed into the restraint properly and that the restraint is correctly installed in their vehicle.

### Tuition assistance

ArmyIgnitED replaces the GoArmy-ED system March 8. Soldiers requesting tuition assistance for classes should apply for aid as soon as possible. The staff of Fort Polk's Education Center can assist Soldiers in requesting tuition assistance. Three computer labs are also available for the creation of [ArmyIgnit-ED](#) accounts by appointment only to ensure social distancing. Sessions will be held at 9 a.m., 11 a.m. and 1 p.m. To make an appointment call 531-5269.

### BOSS events

Fort Polk's Better Opportunities for Single Soldiers host February events.

- Today — 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 offers mandatory preretirement briefings quarterly at the Education Center. For more details, contact the Retirement Services Office at 531-0363/0402.



Fort Polk roads are covered in a layer of ice and snow due to the intense winter weather that hit Louisiana Feb. 13-18.

COL. RYAN ROSEBERRY/US ARMY

## Mother Nature strikes JRTC, Fort Polk — again

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — What started out as a quiet, four-day weekend for the Soldiers and civilians at the Joint Readiness Training Center and Fort Polk turned into a battle with Mother Nature as sleet, freezing rain, snow and frigid temperatures were the rule for almost a week.

Not content with pounding the installation with two hurricanes and numerous tornadoes during the fall, over the President's Day weekend, JRTC and Fort Polk saw a mixture of winter precipitation, which coated local roads with snow and ice as temperatures quickly fell below freezing. Moreover, JRTC and Fort Polk Families awoke Feb. 16 to a hard freeze and dangerous driving conditions as ice accumulated and hardened overnight on installation and local community roads.

Only mission essential personnel reported Feb. 16-18 as the icy conditions prevailed. The Fort Polk Commissary opened from 10:30 a.m.-4 p.m. on Feb. 17 and the Main Shoppette opened from noon-6 p.m. for personnel to purchase necessary items. The Commissary and all Army and Air Force Exchange Service facilities reopened from noon-6 p.m. Feb. 18.

Child and Youth Services have remained open for mission essential personnel only. Several buildings, barracks and Corvias homes have experienced water damage due to pipe bursts and water intrusions emanating from the roof and frozen gutters. Damage reports are being developed at this time.

Fort Polk's Detachment 2, 18th Combat Weather Squadron, said nearly 2 inches of precipitation, in the form of sleet, snow and freezing rain, fell during the storm leading to the ice covering on most roadways.

Fort Polk's Directorate of Public Works worked around the clock to clear roads as quickly and safely as possible.

The Warrior Operation Center stood up for the duration of the storm and helped keep residents and workers informed of the constantly changing road and weather conditions.

Personnel installation-wide returned to work today and the Commissary and Army and Air Force Exchange Service facilities returned to normal hours of operations.

Directorate of Family Morale, Welfare and Recreation activities resumed, including the Pistol Competition at the DFMWR Range 23A, Saturday, from 9-11 a.m. DFMWR Youth Sports activities are slated to resume Monday.

Please see **Snow day**, page 5



## Army to target sexual harassment, assault in new command climate survey

By DEVON SUITS  
Army News Service

WASHINGTON — An updated version of the Defense Organizational Climate Survey will provide commanders with an evidence-based feedback tool to help them identify and intervene against a variety of areas critical to command climate, including destructive behaviors, such as sexual harassment, sexual assault and associated retaliation.

The Army will incorporate 10 additional questions about sexual harassment and sexual assault reporting climate into all DEOCS surveys, said Michelle Zbylut, director of the U.S. Army Research Institute for the Behavioral and Social Sciences.

The additional line of questions supports a People First Task Force initiative linked to the Fort Hood independent review, Zbylut said.

Army senior leaders stood up the task force in December to aggressively address the results of an independent report and restore an Army-wide culture of dignity and respect, according to task force officials.

The DEOCS is intended to identify risk factors that drive command climate, said Jenna Newman, social science advisor with the Army Resilience Directorate.

The survey is managed and administered by the Defense Department's Office of People Analytics, Zbylut explained. The core survey is a collection of approximately 100 questions, with the option to include no more than 10 service-specific questions.

Installation leaders can also include no more than 10 multiple-choice and up to five open-ended questions to target

local interests, she added. These questions are selected from a bank of options to ensure the survey's reliability and compliance with DoD policies.

"The optional DEOCS content includes a wide variety of topics, ranging from workplace experiences, professional development, discrimination, to COVID-19," Zbylut said. "The additional questions allow commanders to dig deeper into a given topic area."

Installation commanders are required to conduct a DEOCS upon the first 120 days of taking command, Zbylut said.

Participation in the survey is considered voluntary for all personnel and provides a safe, secure and confidential means to submit feedback.

The recent update to the DEOCS will allow participants to complete it through a mobile device, creating more flexibility for anyone who wants to participate, Zbylut added.

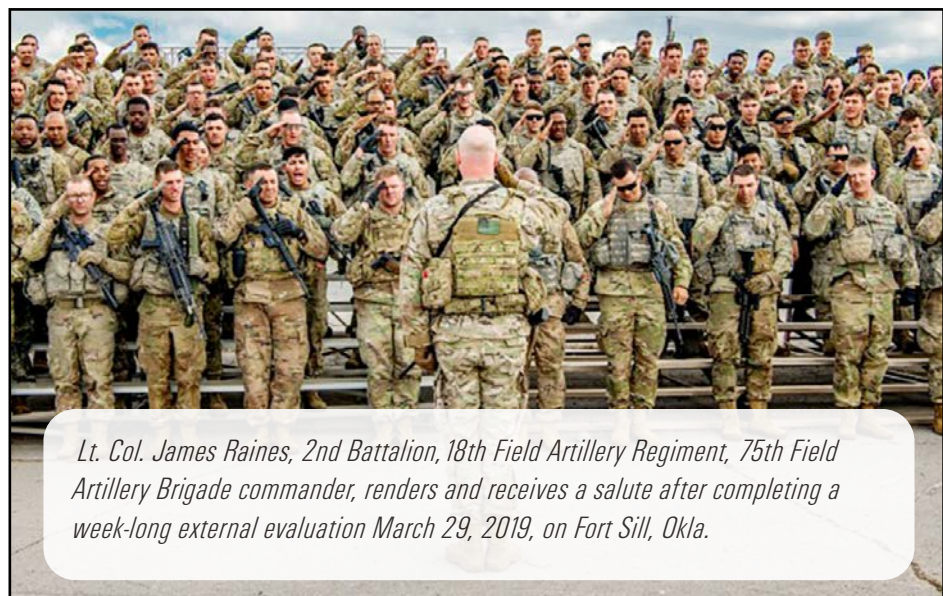
"Many individuals in the Army will have taken a DEOCS at some point in their career, but these questions are going to look different from previous iterations," Zbylut said.

### A focused survey

To refine the survey, OPA received input from all military branches. The organization also included data and research from policymakers and subject-matter experts connected to force resilience; diversity, equity and inclusion; equal employment opportunity; suicide prevention; and sexual assault and prevention response initiatives.

The process determined a list of intersecting risk and protective factors that are actionable and relevant to include in the survey.

Several protective factors associated with positive behaviors



*Lt. Col. James Raines, 2nd Battalion, 18th Field Artillery Regiment, 75th Field Artillery Brigade commander, renders and receives a salute after completing a week-long external evaluation March 29, 2019, on Fort Sill, Okla.*

SGT. DUSTIN BIVEN/ U.S. ARMY

include cohesion, connectedness, inclusion, leadership support, morale, transformational leadership and work-life balance, Zbylut said.

Alternatively, risk factors identified in the DEOCS focus on binge drinking, passive leadership, racial or ethnic harassing behaviors, sexually harassing behaviors, sexism, stress, toxic leadership or workplace hostility, she added.

The opportunity to participate in a DEOCS is typically limited to a four-week window, she said. Once the survey is closed, the results are generated within 72 hours and sent to the local administrators, the commander and the commander's supervisor.

Using the survey's findings, commanders should develop an action plan to address areas of most concern, she added.

"A commander may try to dive deeper into some areas based on what they see in their report. For instance, they might go out and conduct additional focus groups or interviews," Zbylut said. "If the survey revealed a more serious issue, such as findings of sexually harassing behaviors, the commander will need to work with subject-matter experts."

### 10 questions

The 10 additional Army-only questions — five about sexual harassment and five about sexual assault — will allow the Army to assess a command's reporting climate, and see how leaders are actively discouraging or, by not actively discouraging, contributing to a permissive command climate surrounding those behaviors, Newman said.

"The survey can only help (commanders) if (they) are willing to do something with the information," Zbylut said. "The DEOCS is just one tool ... and it doesn't replace speaking with Soldiers one on one. However, it can help steer the conversation, or reveal things before they become a larger issue."

These questions have appeared on previous versions of DEOCS, which will provide the Army with historical comparisons and the ability to examine trends over time, Zbylut said.

"To make this survey work, it's important that people participate," said Newman, adding that the past issues at Fort Hood potentially speak to a larger issue throughout the Army.

"To truly understand the scope of these issues, we need to hear from as many people as we can."



# Snow day

Continued from page 3



The winter weather began with dropping temperatures that covered everything in a layer of icy snow.



Gray winter clouds hover over Fort Polk homes that have already received a layer of snow and ice.



COL. RYAN ROSEBERRY/U.S. ARMY

Heavy equipment operators clear snow and ice from roads to make travel safer for the Fort Polk community.



Drivers use caution while driving on roads visibly covered in slippery ice during the waves of winter weather that hit Louisiana this week.

Please see **Snow day**, page 6

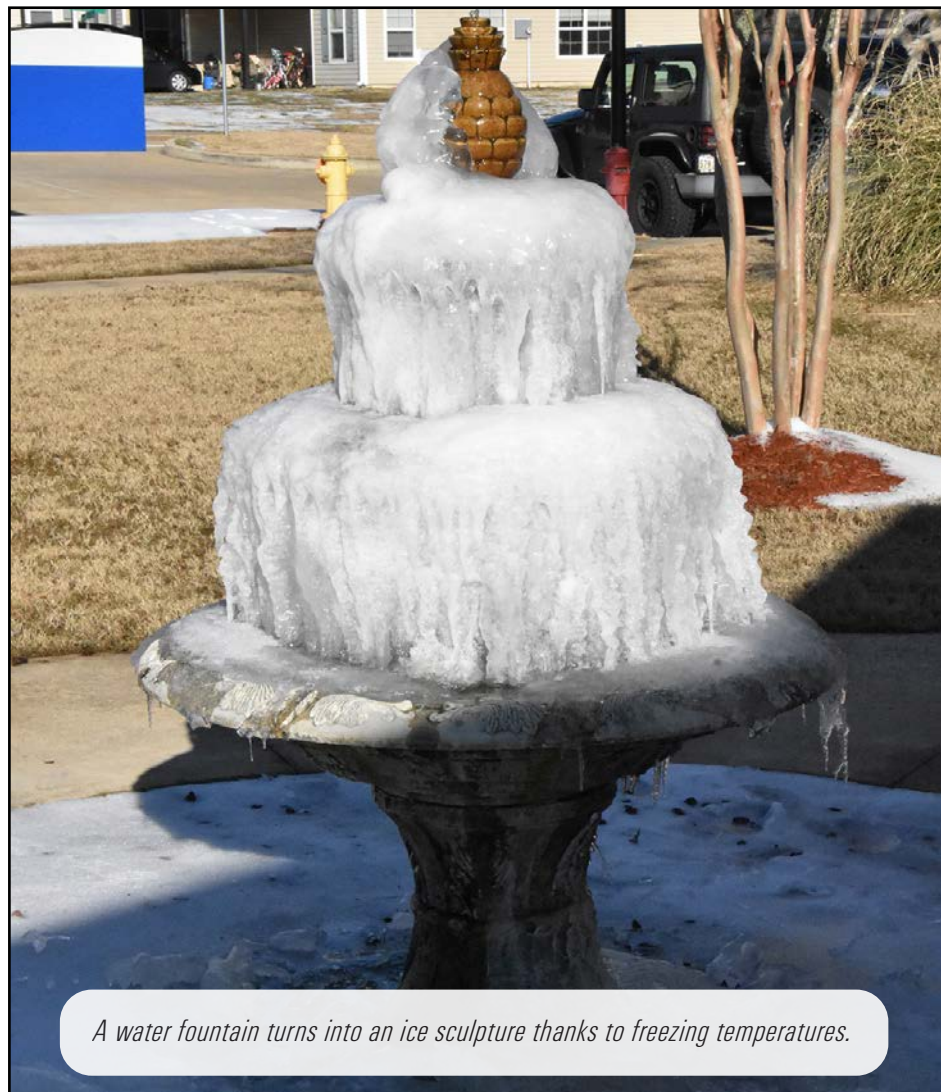


# Snow day

Continued from page 5

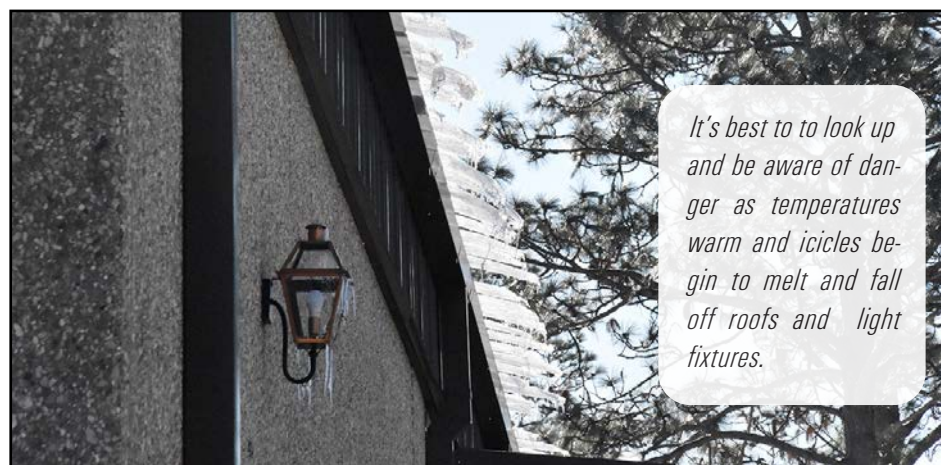


Maintenance employees clear hazardous ice on sidewalks in front of Fort Polk facilities as the sun appears today and temperatures begin to warm.



A water fountain turns into an ice sculpture thanks to freezing temperatures.

CHUCK CANNON/GUARDIAN



It's best to look up and be aware of danger as temperatures warm and icicles begin to melt and fall off roofs and light fixtures.

## Fort Polk's Tax Center offers eligible educators tax tips

### OSJA

FORT POLK, La. — Eligible educators can deduct unreimbursed expenses for COVID-19 protective items to stop the spread of COVID-19 in the classroom. COVID-19 protective items include, but are not limited to:

- face masks
- disinfectant for use against COVID-19
- hand soap
- hand sanitizer

- disposable gloves
- tape, paint or chalk to guide social distancing
- physical barriers (for example, clear plexiglass)
- air purifiers
- other items recommended by the Centers for Disease Control and Prevention to be used for the prevention of the spread of COVID-19.

The educator expense-deduction rules permit eligible educators to deduct up to

\$250 of qualifying expenses per year (\$500 if married filing jointly and both spouses are eligible educators, but not more than \$250 each). Eligible educators are kindergarten through grade 12 teachers, instructors, counselors, principals or school aides that work at least 900 hours during a school year. This deduction is for expenses paid or incurred during the tax year.

If you have any questions call the Tax Center at 531-1040 for. To see a legal assistance attorney call 531-2580.





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**REGISTER ON SITE: 5:30-6PM**  
 (REGISTER AS A TEAM OF 5 OR INDIVIDUALLY)

**AGE GROUPS:**  
 8-10 | 11-13 | 14-16

**\$5 PER PLAYER**  
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# Patriot Warrior Restaurant 7 Day Menu

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## Hours of Operation:

Breakfast: 0730-0900; Lunch: 1130-1300; Dinner: 1700-1830;  
Brunch: 0930-1300; Supper: 1600-1730.

Open to all military and civilian personnel. 2020 Glory Loop, Building 1162 Fort Polk, LA 71459



22 FEB 21	23 FEB 21	24 FEB 21	25 FEB 21	26 FEB 21	27 FEB 21	28 FEB 21
<b><u>Breakfast</u></b> <ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Scrambled Eggs</li> <li>Omelets</li> <li>Turkey Bacon</li> <li>Oven Fried Bacon</li> <li>Pork Sausage</li> <li>Home Fried Potatoes</li> <li>White Rice</li> <li>Biscuits</li> <li>Asst. Fresh Smoothies</li> <li>Creamed Gravy</li> <li>Creamed Beef</li> <li>Asst. Fruit</li> <li>Pancakes</li> <li>Oatmeal and Grits</li> </ul>	<b><u>Breakfast</u></b> <ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Scrambled Eggs</li> <li>Omelets</li> <li>Turkey Bacon</li> <li>Oven Fried Bacon</li> <li>Pork Sausage</li> <li>Home Fried Potatoes</li> <li>White Rice</li> <li>Biscuits</li> <li>Asst. Fresh Smoothies</li> <li>Creamed Gravy</li> <li>Creamed Beef</li> <li>Asst. Fruit</li> <li>Pancakes</li> <li>Oatmeal and Grits</li> </ul>	<b><u>Breakfast</u></b> <ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Scrambled Eggs</li> <li>Omelets</li> <li>Turkey Bacon</li> <li>Oven Fried Bacon</li> <li>Pork Sausage</li> <li>Home Fried Potatoes</li> <li>White Rice</li> <li>Biscuits</li> <li>Asst. Fresh Smoothies</li> <li>Creamed Gravy</li> <li>Creamed Beef</li> <li>Asst. Fruit</li> <li>Pancakes</li> <li>Oatmeal and Grits</li> </ul>	<b><u>Breakfast</u></b> <ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Scrambled Eggs</li> <li>Omelets</li> <li>Turkey Bacon</li> <li>Oven Fried Bacon</li> <li>Pork Sausage</li> <li>Home Fried Potatoes</li> <li>White Rice</li> <li>Biscuits</li> <li>Asst. Fresh Smoothies</li> <li>Creamed Gravy</li> <li>Creamed Beef</li> <li>Asst. Fruit</li> <li>Pancakes</li> <li>Oatmeal and Grits</li> </ul>	<b><u>Breakfast</u></b> <ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Scrambled Eggs</li> <li>Omelets</li> <li>Turkey Bacon</li> <li>Oven Fried Bacon</li> <li>Pork Sausage</li> <li>Home Fried Potatoes</li> <li>White Rice</li> <li>Biscuits</li> <li>Asst. Fresh Smoothies</li> <li>Creamed Gravy</li> <li>Creamed Beef</li> <li>Asst. Fruit</li> <li>Pancakes</li> <li>Oatmeal and Grits</li> </ul>	<b><u>Brunch</u></b> <ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Scrambled Eggs</li> <li>Omelets</li> <li>Oven Fried Bacon</li> <li>Pork Sausage</li> <li>Home Fried Potatoes</li> <li>White Rice</li> <li>Biscuits</li> <li>Creamed Gravy</li> <li>French Toast</li> <li>Grits</li> <li>Roast Pork</li> <li>Baked Blackened Salmon</li> <li>Bourbon Chicken</li> <li>Chicken Pot Pie</li> <li><b>Seasoned 5-Way Veggies</b></li> <li>Calico Corn</li> <li>Hot Rolls</li> <li>Chicken Gravy</li> <li>Short order</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Soup</li> </ul>	<b><u>Brunch</u></b> <ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Scrambled Eggs</li> <li>Omelets</li> <li>Oven Fried Bacon</li> <li>Pork Sausage</li> <li>Home Fried Potatoes</li> <li>White Rice</li> <li>Biscuits</li> <li>Creamed Gravy</li> <li>Pancakes</li> <li>Grits</li> <li>Roast Turkey</li> <li>Onion Lemon Baked Fish</li> <li>Rosemary Grilled Pork Chops</li> <li>Herbed Broccoli</li> <li>Cauliflower</li> <li>Hot Rolls</li> <li>Brown Gravy</li> <li>Short Order</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Soup</li> </ul>
<b><u>Lunch</u></b> <ul style="list-style-type: none"> <li>Pepper Steak</li> <li>Blackened Salmon</li> <li>Teriyaki Chicken</li> <li>White Rice</li> <li>Pork Fried Rice</li> <li>Oven Baked Potatoes</li> <li>Herbed Broccoli</li> <li>Vegetable Stir Fry</li> <li>Egg Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<b><u>Lunch</u></b> <ul style="list-style-type: none"> <li>Beef Fajitas</li> <li>Mexican Chicken</li> <li>Tamales</li> <li>Baja Fish</li> <li>Refried Beans</li> <li>Oven Glo Potatoes</li> <li>Mexican Corn</li> <li>Herbed Green Beans</li> <li>Jalapeño Cornbread</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<b><u>Lunch</u></b> <ul style="list-style-type: none"> <li>Spaghetti w/ Meatballs</li> <li>Lasagna</li> <li>Chicken Alfredo</li> <li>Hot Italian Sausage</li> <li>Lyonnais Rice</li> <li>Lyonnais Potatoes</li> <li>Seasoned Corn</li> <li>Herbed Cauliflower</li> <li>Garlic Bread</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<b><u>Lunch</u></b> <ul style="list-style-type: none"> <li>Fried Catfish</li> <li>Fried Chicken</li> <li>BBQ Ribs</li> <li>BBQ Chicken</li> <li>Mac &amp; Cheese</li> <li>Wild Rice</li> <li>Collard Greens</li> <li>Com on the cob</li> <li>Hot Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<b><u>Lunch</u></b> <ul style="list-style-type: none"> <li>Swedish Meatballs</li> <li>Veal Steaks</li> <li>Baked Chicken</li> <li>Buttered Penne Noodles</li> <li>Home Fried Potatoes</li> <li>Fried Cabbage</li> <li>Peas with Mushrooms</li> <li>Hot Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>		
<b><u>Dinner</u></b> <ul style="list-style-type: none"> <li>Hamburger Yakisoba</li> <li>General Tso Chicken</li> <li>Basil Baked Cod</li> <li>Parsley Buttered Potatoes</li> <li>Orange Rice</li> <li>Peas and Carrots</li> <li>Succotash</li> <li>Egg Rolls</li> <li>Hot Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<b><u>Dinner</u></b> <ul style="list-style-type: none"> <li>Herbed Baked Chicken</li> <li>Chicken Stew</li> <li>Parmesan Fish</li> <li>Paprika Potatoes</li> <li>Rice Pilaf</li> <li>Spinach</li> <li>Marinated Glazed Carrots</li> <li>Hot Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<b><u>Dinner</u></b> <ul style="list-style-type: none"> <li>Chicken Parmesan</li> <li>Parmesan Fish</li> <li>Braised Beef</li> <li>Tossed Green Rice</li> <li>Baked Potatoes</li> <li>Oriental Veggies</li> <li>Lima Beans</li> <li>Garlic Bread</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<b><u>Dinner</u></b> <ul style="list-style-type: none"> <li>Szechwan Chicken</li> <li>Pork Adobo</li> <li>Creole Fish</li> <li>Oven Glo Potatoes</li> <li>Steamed Rice</li> <li>Cauliflower</li> <li>Green Beans</li> <li>Hot Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<b><u>Dinner</u></b> <ul style="list-style-type: none"> <li>Chili Macaroni</li> <li>Chicken A-la-King</li> <li>Creole Fish</li> <li>Long Grain Wild Rice</li> <li>Mashed Potatoes</li> <li>Calico Cabbage</li> <li>Succotash</li> <li>Hot Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<b><u>Supper</u></b> <ul style="list-style-type: none"> <li>Orange Honey Glazed Cornish Hens</li> <li>Veal Parmesan</li> <li>Lemon Baked Fish</li> <li>Parsley Buttered Potatoes</li> <li>Buttered Egg Noodles</li> <li>Seasoned Peas and Carrots</li> <li>Creole Summer Squash</li> <li>Hot Rolls</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Soup</li> </ul>	<b><u>Supper</u></b> <ul style="list-style-type: none"> <li>Beef Stew</li> <li>Chicken Bulgogi</li> <li>Mustard Dill Fish</li> <li>Loaded Mashed Potatoes</li> <li>Steamed Rice</li> <li>Succotash</li> <li>Green Beans</li> <li>Hot Rolls</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Soup</li> </ul>



# MILITARY SPOUSE EMPLOYMENT FAIR

**MAR 24 | 10AM - 1PM**

**YOUTH GYM BLDG 2070  
FORT POLK**



**FOR INFORMATION  
CALL 337-531-6922**



THE FORT POLK ARMY VOLUNTEER PROGRAM

FREE FLEUR DE LIS  
CERAMIC PROVIDED

## PAINT AND LUNCH OUTREACH EVENT

Learn about the Volunteer Program and the different opportunities on the installation while learning about the amazing resources the Arts and Craft Center has to offer!

FREE GUMBO AND RICE

THE EVENT WILL BE ON FEBRUARY 23  
FROM 10AM-12PM AT THE ARTS AND CRAFT CENTER

EVENT WILL BE LIMITED TO 20 PARTICIPANTS. PLEASE CALL 337-531-1895 TO RESERVE YOUR SPOT



Geronimo Warrior Restaurant

Breakfast: \$3.65 AND Lunch: \$5.85

Breakfast: 7:30-9 a.m. / Lunch: 11:30 a.m.-1 p.m.

**Dinner/Weekends/Holidays: CLOSED**

Open to all military and civilian personnel.

Alabama Avenue, bldg 2382, Fort Polk



### 22 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

### 23 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

### 24 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

### 25 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

### 26 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

### 22 FEB 21

#### \*\*LUNCH\*\*

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

### 23 FEB 21

#### \*\*LUNCH\*\*

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

### 24 FEB 21

#### \*\*LUNCH\*\*

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

### 25 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
- CHICKEN WINGS
- BAKED BEANS
- CHILLI with BEEF
- CURLY FRIES
- CHEESE SAUCE
- ASSORTED SALAD
- ASSORTED DESSERT

### 26 FEB 21

#### \*\*LUNCH\*\*

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

*No Better Place To Go. Than Geronimo!*