



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

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Home of Heroes @ Fort Polk, LA

Feb. 26, 2021

519th NCO thwarts parents' worst nightmare

By **CHRISTY GRAHAM**
Guardian editor

FORT POLK, La. — On Jan. 16, Staff Sgt. Herman Main, 519th Military Police Battalion, strolled through the aisles of the Main Post Exchange when he noticed that someone was in trouble — a young girl was choking.

"I saw an older gentleman run past me with the child in his arms — it was clear that something was wrong."

Main said he began walking in the man's direction, and that's when he heard a woman exclaim that the child was choking.

Main said when he caught up with the man and the young girl in distress, he noticed that her body was limp and her lips were blue. "I took the child, held her and I administered back blows. I also called out for someone to contact emergency responders," said Main.

"I gave roughly five back blows before the child swallowed the obstruction and began crying and breathing on her own again."

After clearing her airway, Main said that he stood the girl up to check her airway. By this point, paramedics were on the scene

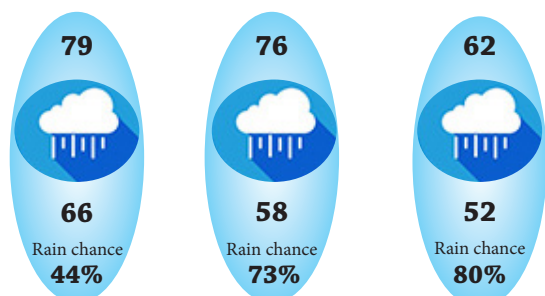
Please see **Hero**, page 3



Brig. Gen. David S. Doyle (left), Joint Readiness Training Center and Fort Polk commanding general, presents Staff Sgt. Herman Main (second to the left), 204th Military Police Company, 519 MP Bn, with the Army Commendation Medal for saving a child's life, Jan. 16, at the Main Post Exchange while he was shopping. Pictured with Main are his parents Herman Main (second to the right) and Kathy Main (right).

CHRISTY GRAHAM/GUARDIAN

Weekend weather



Inside the Guardian

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Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "What is the best thing about your pet?" Here are their responses:



Jean Clavette Graves: "Simba (top) and Stitch provide us with hours of entertainment. The brothers get into mischief, especially when boxes are involved."



Mercedes Magbee: "My dogs are the best – Sophie, Zoey and Bella just lay around all day and snuggle. They kept me warm when I had no power, and they make me feel safe!"



Dana Harunkiewicz: "The best thing about Lina from South Carolina – she's mine! Also, she won't let any stranger into the house or a vehicle."



Emily McGruder: "No matter how 'ruff' of a day we have, Butter and Biscuit are always excited to see us."



Cynthia Styner: "This is Sugar and Cinco, and the best thing about these two is that their personalities keep me smiling. It's like they never have a bad day!"



Patty Graver: "Axel is full of personality and makes me laugh no matter the day I've had!"



Alexis Jensen: "The best thing about my Delta is that he reminds me every day to be a better version of myself."



Ladyana Hernandez: "The best thing about Twix is how much he loves his daddy and me. As soon as we walk through the door, he is all happiness."



Guardian Editorial Staff

Brig. Gen. David S. Doyle
Joint Readiness Training Center
and Fort Polk commanding general

Col. Ryan K. Roseberry
Garrison commander

Kim Reischling
Public affairs officer

Chuck Cannon
Command information officer

Christy Graham
Editor

Angie Thorne

Keith Houin

Public affairs specialists

T.C. Bradford

Jeff England

Broadcast

Editorial Offices

Building 4919, Magnolia Street
Fort Polk, LA 71459-5060
Voice (337) 531-4033
Fax (337) 531-1401

Email: **Kimberly.K.Reischling.civ@mail.mil**

Fort Polk Homepage

home.army.mil/polk/

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Links to the Guardian are also included in all-users emails to government email users and by request to non-military units. To be included on all-users messages email **kimberly.k.reischling.civ@mail.mil**.

All editorial content of the Guardian is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

For more information on Fort Polk units and happenings visit the following Facebook pages: **@JRTCOperationsGrp**, **@BayneJonesACH** or **@fortpolkmwr**.

Briefs

Vehicle release

The Directorate of Emergency Services traffic section will release the following vehicles to a towing company for disposal today, if they remain unclaimed. Vehicles are listed with the last four digits of their vehicle identification number. If one of these vehicles belongs to you, contact the Fort Polk Police traffic section at 531-1806/6675/2677.

1991	Lexus	ES 3	1115
1991	Jeep	Cherokee	1746
1996	Toyota	Corolla	3720
1998	Jeep	Cherokee	8963
2007	Jeep	Patriot	5613
2006	Nissan	Altima	6924
2007	Mitsubishi	Lancer	6360
2008	Jeep	Patriot	8419
2006	Audi	A 4	2290
1998	Honda	4 door	9662
2003	Ford	F150	4907
2003	Dodge	Dakota	9878

Intramural sports

Fort Polk's Intramural Sports hosts a variety of outdoor activities for Soldiers and Families:

- March 5 at 6 a.m. — Individuals interested in competing for a position on the Joint Readiness Training Center and Fort Polk Army Ten-miler team, consisting of active-duty personnel from the JRTC and Fort Polk, should register with the Intramural Sports Office no later than Wednesday by submitting a registration form, however, forms will also be accepted the morning of the event.

- March 24 at 6 p.m. — Intramural Sports basketball skills challenge. For this individual competition, participants must register with the Intramural Sports Office no later than March 23 by submitting a registration form. Play consists of four mini-competitions (all skills, shoot the cycle, 2-ball and 3-point challenge).

The registration form can be found at <https://polk.armymwr.com/programs/intramural-sports>. Email forms to travyon.a.amir.naf@mail.mil.

For more information call (337) 378-2201.






MILITARY SPOUSE CAREER EMPOWERMENT EXPO

VIRTUAL EVENT

Military spouses – join us to get job-search ready!
THURSDAY, MARCH 4, 2021 • 9 a.m. to 3 p.m. CST
#PeopleFirst

At this free expo, you can:

- Connect with Spouse Education and Career Opportunities career coaches, Military OneSource consultants, Military Spouse Employment Partnership companies and employment readiness personnel.
- Prepare for your next job with resume tips, networking guidance and education options.
- Attend sessions around being your own boss and the federal hiring process, as well as the best ways to navigate a job search and even self-care.

Child care will be provided for Child and Youth Services-registered children at the Family Readiness Center. Preregistration is required.

Wi-Fi is available for spouses with internet challenges in the Family Readiness Center. Bring your digital device and headphones to access the Expo.

Register now: <https://www.eventsquid.com/event.cfm?id=12183>

The Empowerment Expo is exclusively for spouses of active duty, Guard and reserve service members assigned to Fort Polk. Registration is free.

To contact a SECO career coach, call Military OneSource at **800-342-9647**.






Hero

Continued from page 1

ready to evaluate the girl.

For his life-saving efforts, Main received the Army Commendation Medal on Feb. 11 during an awards ceremony attended by Main's unit and close relatives.

Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, spoke at the ceremony and presented the award to Main.

"The best noncommissioned officers are all named Abe, which stands for 'Alert, Bold and Expert,'" said Doyle.

"In saving that child, you had to stay

alert, you acted boldly by not hesitating and you proved yourself to be an expert — you had the skills necessary to help that child."

Doyle said that there is a Family today that is extremely glad that Main has the wherewithall to jump into action.

Main said that this incident proves that training is important. "We may do a lot of training that is repetitive, but you never know when you're going to be in a situation that requires quick thinking. It's vital to take all the training you can get, take it seriously and train like you fight."

Army leaders urge Soldiers to get COVID-19 vaccine

ARMY NEWS SERVICE

Although safety guidelines are in place to stem the spread of COVID-19, vaccines are what will end the virus, top Army medical leaders said during a virtual town hall Feb. 22, in an effort to encourage Soldiers to get vaccinated as soon as possible.

For now, the coronavirus vaccine is voluntary for Soldiers, but following full approval from the Food and Drug Administration, or if the president waives the option for them to receive it, the vaccine may become mandatory, similar to the influenza shot.

But with limited supplies, it's unlikely either will happen soon. Instead, Army medical leaders are imploring all Soldiers, when their time comes, to take the vaccine and "be part of the solution," said Army Surgeon General Lt. Gen. Scott R. Dingle during the town hall.

"If you get vaccinated, you're doing (your part) to protect someone else who might be at risk," said Dr. Steven Cersovsky, deputy director of the Army Public Health Center. "As long as you remain unvaccinated, you can become infected and pass it along to other people. You're part of that transmission chain."

But many Soldiers remain nervous about the COVID-19 vaccine's safety, said Lt. Gen. Leslie Smith, the Army's inspector general, whether it's a choice based on their medical history, apprehensiveness because of its expedited approval, based on something they read online or simply because they declined to offer a reason at all.

Soldiers may even "just want to wait and see how others react to the vaccine," Smith said. But,

like with the rest of the senior leaders on stage, he assured all Soldiers the vaccines are safe.

Why it's safe

Both Pfizer and Moderna vaccines were given the green light for emergency use by the FDA, which means although they have not completed every meticulous round of testing required by the administration, a process that often takes a decade to complete, they were determined safe following rigorous reviews of the clinical trials.

During the initial trials, researchers tested the then-experimental vaccines on a small group of people for the first time. In Phase 2 trials, the experimental vaccines were given to a larger group of people to see if they were effective and to further assess their safety. Phase 3 trials were administered to an even larger pool of people.

The trials give researchers enough data to confirm effectiveness, gauge potential side effects, the ability to compare it to other commonly used treatments and to collect additional information needed to allow the experimental drug or treatment to be safely used.

The FDA also combs through all the raw data collected by researchers to ensure safety, immune response and efficacy from the trial stages before they are allowed for use and distribution.

Safety and effectiveness is a top concern with the development of the vaccines and researchers believe women trying to get pregnant in the short and long term will not have complications, Cersovsky said.

"Each person needs to make an individual decision with their health-care provider regarding getting the vaccine while pregnant, lactating or if they plan on



JOSHUA L. SEYBERT / ARMY NEWS SERVICE

A service member prepares a COVID-19 vaccination dose Feb. 4. Army senior leaders encourage all Soldiers to take the vaccine when it's available to them.

becoming pregnant soon," he added.

"I urge you to make certain that your Families also get the vaccines," Dingle said as if speaking directly to individual Soldiers. "Do your part to protect yourselves, your family and friends and remain combat-ready. Let me emphasize these vaccines are equally effective on everyone — I have received the vaccine, and I hope you follow suit and get the vaccine when it is available."

Myth versus reality

The town hall also gave the medical leaders a chance to set the record straight on misbeliefs concerning the vaccine. For example, despite some theories, vaccinations have no serious side effects, said Col. Jennifer McDannald, Army Public Health Center director, in a pre-recorded video leading into the town hall.

For individuals who have reported side effects, the most common is pain at the injection site, which usually subsides within 24 hours, she said. Although some people have experienced fever, chills, tiredness and headaches; those minor cases are resolved within a

few days and are not signs of COVID infection.

While the vaccines may likely stop COVID-19, Soldiers should continue using preventive measures to ensure the vaccine has the most effective chance of working, said Command Sgt. Maj. Diamond D. Hough, senior enlisted leader of U.S. Army Medical Command.

"Vaccines are among the most important accomplishments in modern medicine," Dingle said. "They have saved more lives around the world than any other medical innovation, including antibiotics and surgery itself."

If someone does have a negative response to the first of the two-shot vaccine, such as difficulty breathing, they should not take the second dose, Cersovsky said. However, previously experiencing adverse reactions to flu shots does not predict potential complications from the COVID-19 vaccination.

For Hough, taking the vaccine isn't a gamble. It's an assurance. "(The vaccines) are safe for everyone," he said. "The vaccines for COVID-19 are only made available after being demon-

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Drawing blood, giving back life: Techs support medical readiness

HEALTH.MIL

WASHINGTON — The Armed Services Blood Program is the military's only blood donor program for service members, their Families, retirees, veterans and local communities worldwide, helping those in critical need. Both whole blood and COVID-19 convalescent plasma from those who have recovered from COVID-19 remain in high demand. All 21 donor centers adhere to Centers for Disease Control guidelines to reduce the spread of COVID-19.

There's an art, science, system and network to the military's collection, storage and dissemination of life-saving blood products. Behind that effort are human hands drawing red blood cells, plasma and platelets from willing human arms.

"I feel like there can always be more of us," said Angelica Kuper, a civilian phlebotomist and an apheresis lead technician at the Fort Bliss Blood Donor Center, part of the William Beaumont Army Medical Center in El Paso, Texas. "Especially right now that we have so many different kinds of projects going on with COVID-19 convalescent plasma and platelets ... we can always use more help."

Kuper was referring to the many workers like her, civilian and military, who are on the front lines of the Military Health System's global blood distribution grid. Her specialty, apheresis, is the procedure that removes whole blood from a donor or patient and separates it into individual components (such as platelets or plasma). The remaining components are then put back into the bloodstream of the donor.

Phlebotomists draw blood for tests, perform blood transfusions, conduct research and assist with blood donations.



Sgt. JOSEPH McDONALD / U.S. ARMY

William Graham, a retired Army Soldier, looks away as Navy Petty Officer 1st Class Komlanvi Atsu, an Armed Services Blood Program phlebotomist, draws his blood during the ASBP blood drive at the United Service Organizations center in Grafenwoehr, Germany, on Feb. 2.

"We all work toward the same mission," said Air Force Staff Sgt. Michelle Longoria-Fisher, a medical laboratory technician at the Armed Services Blood Bank Center at Joint Base San Antonio, Texas.

The center is part of the 59th Medical Diagnostics and Therapeutics Squadron and similar to a large clearinghouse for blood products. Longoria-Fisher said she is part of a team of about 65 who draw blood, interview donors, test the blood, filter it and ship it. The ASBBC performs some 800 tests per day on blood for at least seven combatant commands.

She anticipates training as a phlebotomist in the future but currently works in the "component room" of the donor center.

"I get the units that have been drawn, and I make them into the different components and then we ship them wherever they need

to go," Longoria-Fisher said. "We'll get the whole blood and then we'll filter it (to eliminate white blood cells) and spin them down at high speeds to get the plasma and the red cells to separate. We'll get two units from that one donation."

In the component room with three civilians and five other techs in uniform, some are new to the job, like Longoria-Fisher, who arrived last August after volunteering for special duty there.

A five-year veteran of the Air Force, she was previously stationed at Travis Air Force Base, California.

"Not many lab techs get to experience donor center work," she said. "Previously I was working on the transfusion side of things, so it's great to see the making of units for those transfusions."

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Vaccine

Continued from page 4

strated to be safe and effective. (They) have been manufactured and distributed safely and securely as well."

Maintaining readiness

One of the town hall's top messages was trust. The senior leaders urged Soldiers to trust the science, and the Army, because that was the biggest way to ensure overall readiness, they said.

"Our people are important, and safely navigating this pandemic is critical because

it's a matter of Army readiness," Hough said.

"These vaccines are an important part of ensuring we are fit. We need you to stay healthy, not just our Soldiers, but our Families, civilians and contractors as well. To ensure maximum Army readiness, we are asking for your assistance and your trust."

Right now, more than 100,000 Soldiers are deployed in 140 countries. According to Hough, fighting COVID-19 is just as

important as any of their deployments because "we must be ready to win decisively here at home, and that means beating this pandemic."

To date, the Army has vaccinated more than 300,000 personnel. That tally, along with the individuals following health guidelines, has offered protection against COVID-19, said Christopher Lowman, the senior official performing the duties of the undersecretary of the Army.

Training for a healthy heart can improve overall health

HEALTH.MIL

WASHINGTON — Having a medically ready force means ensuring each service member is in optimum physical, mental and spiritual health to perform at their best throughout their high-stress careers. A healthy heart is essential to service members' performance because it's the pump that ensures their bodies get the right amount of nutrients and oxygen to work properly and sustain them.

To do that, the heart itself must work properly, and the lifestyle choices service members make contribute to their hearts' health.

"A healthy heart not only is important for how your body performs in the present, but also contributes to your longevity," said Tim Bockelman, supervisory physical fitness advisor and sports medicine and injury protection coordinator for the Recruit Training Regiment at the Marine Corps Recruit Depot in Parris Island, South Carolina.

Exercise is one important aspect to achieving a healthy heart, but there are specific ways to exercise to ensure your heart is protected to allow for optimum performance. However, exercise is not the only way to achieve heart health.

"A good combination of healthy behaviors include exercise, recovery, nutrition, sleep, limiting alcohol use, smoking cessa-



Navy Information Systems Technician 1st Class Caleb Womack performs a plank in preparation of the Physical Readiness Test at the Naval Recruiting Command in Millington, Tennessee, in February.

tion, along with decreasing amounts of inactivity can positively impact heart health and performance," said Bockelman.

And though all types of exercise contribute to good health, certain types of exercise contribute most to a healthy heart.

"For heart health, the recommendation is moderate intensity activities for 2.5 hours per week," said Bockelman.

"Moderate exercise activities increase your heart rate and cause you to sweat, but you're still able to talk," he said. Hiking,

brisk walking, biking on a level surface and water aerobics are some examples of moderate intensity activities.

And if you plan to engage in higher-intensity activities, the recommended time decreases because they engage your heart more.

"If you ramp up the intensity to something vigorous, such as running, circuit training, biking faster or with hills or swimming laps, the recommended time decreases."

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Giving back

Continued from page 5

Blood flow

There seems to be a constant need for all blood products; but from Kuper's standpoint, there is a particular urgency for platelets. The Fort Bliss Center is the sole provider to the medical center, and they need to provide at least one platelet donation every day. If they come up short, the hospital must buy platelets from the civilian sector.

"The thing with platelets is they are only good for five days," she said. "We need a continuous amount of donors coming through the door."

Regular blood donation quotas are constant, too, especially with war fighters still downrange.

For those unfamiliar with the blood-giving process, Kuper said it's easy for walk-ins — the donor provides demographic information, completes a questionnaire, lists their health history and has their vi-

tals taken prior to the blood draw. Regular whole blood-giving takes no more than 40 minutes. Plasma donations can take up to an hour and a half, Kuper said, and giving platelets could take up to two hours.

Both Kuper and Longoria-Fisher have observed the same thing over the past year as have many others at blood banks across the country, military or civilian: Donations are down due to the impacts of COVID-19.

"Typically, I get about 30 collections per day — it's been a little bit of a struggle lately," Longoria-Fisher said. "Not a lot of people want to come in to donate ... but we have a lot of regulations in place. We try to keep it as safe as possible for the donors."

The ASBBC regularly ships blood products to fulfill quotas for the Armed Services Whole Blood Processing Laboratory on both coasts in the United States and targets units overseas.

On Saturdays, traffic is heavy but happy, she said, because the Blood Bank Center works with the commanders at Joint Base San Antonio's Basic Military Training unit. There, recruits are often only too pleased to take a break from the rigors of daily boot camp to listen to music, get a snack and give blood. Longoria-Fisher says they get up to 200 donations some weeks.

"It can get crazy," she said with a laugh, adding that she enjoys her work and would eventually like to get a bachelor's degree in laboratory science.

Kuper is proud of the life-saving work she does with platelets and COVID-19 convalescent plasma, which comes from recovered COVID-19 patients whose anti-body levels are at a certain level mandated by FDA.

Check out the [ASBP website](#), to learn about how to donate.

Keep the Army ready: Report crime, suspicious activity

CID

QUANTICO, Va. — Army Criminal Investigation Command is asking the Army community and American public to help the Army maintain its readiness by reporting any and all criminal or suspicious activity.

“It is critical for people to say something when they see something, and it literally can mean the difference between someone receiving the justice they deserve or victimizing another innocent person or our Army,” said Christopher Grey, spokesman for CID.

CID is responsible for conducting felony criminal investigations in which the Army is, or may be, a party of interest. The digital crime tips submission system allows users the ability to easily and anonymously submit information online. Utilizing the P3 Crime Tips, a nationwide platform used by crime stopper programs, schools, law enforcement entities and various federal agencies, CID is able to vet crime leads from incoming tips.

The program allows a person to submit



CID LOOKOUT

CRIME TIPS

Anonymously report crime, suspicious activity or threats to the U.S. Army Criminal Investigation Command with the CID Crime Tips app

WWW.CID.ARMY.MIL

crime solving assistance to CID without being directly involved in the investigation process and eliminates fear of retaliation.

Whenever a person submits a tip online, the completed form is securely transferred directly to Army CID through a Secure Sockets Layer connection, which means that the tips are encrypted, entirely confidential and completely anonymous. Users can also attach images, videos and documents with their tips. Additionally, persons providing anonymous tips will have the ability to communicate with CID Special Agents.

After submission, each tip receives a reference/ID number that allows the tipster to create a password to check the status of their submission or check on the status of a reward, if applicable. There is also the multi-language feature that allows tips to be auto-converted into English on the back-end, regardless of the language used in the original submission.

The public can access the system by visiting, <https://www.cid.army.mil/>. Also, the app is available for free download from the Apple Store and Google Play.

Healthy heart

Continued from page 6

es to 1.25 hours per week,” said the recruit trainer.

During vigorous activities, a person’s heart rate increases and their ability to talk is limited to a few words between breaths. These higher-intensity activities are cardiovascular strategies that alternate between shorter bursts of intense anaerobic exercise with less intense recovery periods.

“Research using high-intensity interval training has moved past just providing performance benefits to where it is also providing heart health benefits,” said Bockelman.

Studies show the shorter duration, but more intense workouts result in an increased supply of oxygen to the muscles and improved lung, heart and metabolic health. They also result in improved exercise tolerance, or how well the heart responds to exercise.

Marine Corps recruits, for example, must pass physical and combat fitness tests and be ready for the rigors of other training events and follow-on training, said Bockelman. “We’ve looked at those physical demands and developed a progressive regimen in balance with total body high-inten-

sity interval training, strength conditioning, mobility and flexibility.”

The conditioning program is designed to improve their physical performance, but it also provides general health improvement to include heart health. However, there are other aspects to heart health that contribute to overall health for optimum performance.

Proper sleep and a healthy diet, for example, allow the body to recover and withstand high-stress and high-performance careers such as those of service members.

“A diet with high levels of fat, especially saturated fats, cholesterol, sodium and alcohol has been linked to poor heart health,” said Bockelman.

“High-performing service members need to look at foods to fuel their body for performance and health.”

A calorie intake over your daily needs will lead to obesity, which increases the risk for a cardiac episode, he said. And, combining this with a high-stress lifestyle is not a good combination for optimum performance.

Likewise, “poor sleep patterns disrupt the resting heart rate and can increase blood pressure,” he said. “Restful sleep is vital to

daily performance and health.”

Spiritual and mental health also contribute to a healthy heart. In turn, a healthy heart impacts mind and spirit for optimal performance.

“Sound spirituality can provide a sense of purpose,” said Bockelman. “This can lower stress levels and help service members cope with stressful situations. With this, cardio-respiratory stress and blood pressure can stay low.”

Service members can “work out” certain aspects of their life to contribute to keeping their heart healthy by making sound lifestyle choices to ensure they attain overall health.

Today, technology provides tools to help individuals help themselves achieve and maintain optimum health.

“There are a multitude of smartphone apps to help lead users through brief mindfulness and relaxation techniques,” said Bockelman. “Even watches are now providing stress evaluation and recommendations. A couple minutes a few times a day with these techniques can bring a significant calm to your life.”

Take note of Army retention options, benefits

POST RETENTION

FORT POLK, La. — Take advantage of the several exciting opportunities available in today's Army.

Soldiers can take control of their futures and ensure they meet reenlistment qualifications by contacting their career counselors with any questions.

Listed below are Joint Readiness Training Center and Fort Polk career counselor contacts by unit.

- Post Retention
531-7387/6714
Third Street, bldg. 250, room 150
In and Out Processing
- 5th Aviation Battalion; 41st Transportation Company; 383rd Movement Control Company
Sgt. 1st Class Soto
531-7387
Third Street, bldg. 250, room 150
In and Out Processing
- JRTC Operations Group
Sgt. 1st Class Waltman
337-718-7438
Bldg. 1633
- 1st Battalion (Airborne), 509th Infantry Regiment
Sgt. 1st Class Wolf
337-378-7794
Bldg. 2155
- 46th Engineer Battalion
Sgt. 1st Class Poloso
531-1249
Bldg. 2262
- 519th Military Police Battalion
Sgt. 1st Class O'Neill
531-1461
Bldg. 2391, suite 103
- Bayne-Jones Army Community Hospital
Staff Sgt. Smock
531-3195
BJACH, 1st Floor
- 32nd Hospital Center; 115th Field Hospital
Sgt. 1st Class Delgado
531-7035
1868 15TH St, bldg. 3665, room 122
- Brigade senior career counselor
Master Sgt. Green
Bldg. 1700
- 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division
Staff Sgt. Lee
Bldg. 2256, suite 102
- 2nd Battalion, 4th Infantry Regiment,



Married couple, Sgt. Robert Lee Ray (left) and Staff Sgt. Sarah Ray, both members of 1st Battalion, 5th Aviation Regiment, reenlist together Feb. 25 at the Fort Polk Air Field. Robert says this is the second time he and his spouse have reenlisted together and they hope to continue their careers in the Army and retire together.

- 3rd BCT, 10th Mtn Div
Staff Sgt. Birdsong
Bldg. 1056
- 2nd Battalion, 30th Infantry Regiment, 3rd BCT, 10th Mtn Div
Staff Sgt. Smock
531-0514
Bldg. 1053
- 5th Battalion 25th Field Artillery Regiment, 3rd BCT, 10th Mtn Div
Staff Sgt. Smith
Bldg. 1264
- 3rd Battalion, 89th Cavalry Regiment, 3rd BCT, 10th Mtn Div
Staff Sgt. Ogden
Bldg. 1070
- 317th Brigade Engineer Battalion, 3rd BCT, 10th Mtn Div
Sgt. Floyd
Bldg. 1700

Current reenlistment options

Soldiers' reenlistment windows open 15 months prior to their expiration term of service date.

Please note: Not all Soldiers will qualify for all options — please contact a career counselor to determine your reenlistment options.

- Regular Army — two to six year reenlistment based on the needs of the Army
- Current station stabilization — two to six year reenlistment that guarantees stabilization at the Soldier's current duty station.
- Army training — three to six year reen-

listment in which Soldiers may attend an available school for their primary military occupation specialty or an MOS reclassification.

- Overseas assignment of choice — three to six year reenlistment guaranteeing an assignment to an overseas area.

- Contiguous United States station of choice — three to six year reenlistment guaranteeing an assignment to continental U.S. area.

When considering your future, please keep the following benefits in mind and compare them with civilian employment offers.

Army career benefits

- Retirement and savings (retire after 20 years of service)
- Healthcare
- Housing
- Paid time off (30 days per year)
- Family support services
- Education assistance
- Life insurance
- Home loan guarantee (Veterans Affairs loan)
- Reenlistment bonuses (MOS specific)
- Basic allowance for housing (BAH)
- Basic allowance for subsistence (BAS)
- Specialty pay (such as airborne or flight pay)

Contact your servicing career counselor today to review the career opportunities available to you.

Soldiers punished, separated for UCMJ violations

OSJA

FORT POLK, La. — At the Joint Readiness Training Center and Fort Polk, the commanding general takes good order and discipline seriously. However, the following disciplinary issues continue to be prevalent: General Order #1 violations, driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, sexual assault and underage drinking. Below are recent examples of adverse legal actions for units within the Fort Polk jurisdiction.

- A specialist, assigned to Operations Group, Joint Readiness Training Center, was separated under Chapter 10 (Discharge in Lieu of Trial by Court-Martial) for theft of government property on diverse occasions in violation of Article 121, Uniform Code of Military Justice.

The Soldier was issued an Other Than 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 and health benefits.

- A specialist, assigned to 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was separated under Chapter 10 (Discharge in Lieu of Trial by Court-Martial) for abusive sexual contact in violation of Article 120, UCMJ. The Soldier was issued an Other Than 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 and health benefits.

- A specialist, assigned to 46th Engineer Battalion, was punished under Article 15 for theft of merchandise of a value of about \$110.34, from a government affiliated establishment, in violation of Article 121, UCMJ.

The Soldier was sentenced to a reduction to E-3; forfeiture of \$1,740 pay for two

months, suspended, to be automatically remitted if not vacated within 90 days; extra duty for 45 days; and an oral reprimand.

- A private, assigned to 46th Eng Bn, was punished under Article 15 for failing to report to his appointed place of duty, in violation of Article 86, UCMJ.

The Soldier was sentenced to extra duty for 14 days, suspended, to be automatically remitted if not vacated by March 20; and an oral reprimand.

- A private, assigned to 3rd Squadron, 89th Cavalry Regiment, 3rd BCT, 10th Mtn Div, was separated under Chapter 10 (Discharge in Lieu of Trial by Court-Martial) for abusive sexual contact in violation of Article 120, UCMJ.

The Soldier was issued an Other Than 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 and health benefits.



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Yarborough Mile strengthens Operations Group Soldiers

By Capt. MATHEW SULLIVAN
1st Bn (Abn), 509th Inf Reg

FORT POLK, La. – The 1st Battalion (Airborne), 509th Infantry Regiment (Geronimo) braved wet, frigid conditions during the pre-dawn hours of Feb. 23 to run the Yarborough Mile. Since arriving at the Joint Readiness Training Center in 1993, the unit has executed the 3.1 mile course nearly 60 times in the austere conditions of Fort Polk's swamp land, but this running marked a first.

Geronimo invited 90 leaders from throughout Operations Group to join teams and assault the Yarborough Mile together. Fourteen platoon-size teams comprised of observer coach/trainers and Geronimos blended together with a focus on strengthening teamwork, cooperation and relationships. The outcome achieved its purpose.

Joint Readiness Training Center Operations Group and 1st Bn (Abn), 509th Inf Reg share a unique relationship. The strength and the bond between OC/Ts and Geronimos galvanize the world-class training that rotational units have come to expect at JRTC. The OC/T and Geronimo relationship is a symbiotic one. One coaches best, when the other creates havoc within the operating environment. To accomplish this, both must understand the scenario and the training objectives of the unit in "the box." Both share mutual respect, develop personal and professional relationships and demand the best performance from one another. The rules of the game provide a framework whereby the coach and the opposing force enable unit training.

The Yarborough Mile is an arduous course that stretches through undulating terrain near the 1st Bn (Abn), 509th Inf Reg footprint. Teams navigate their way through thick brush, waist-deep streams, concertina wire and treacherous mud. Additionally, the platoons must utilize teamwork and critical thinking to conduct a logistical resupply as they transport pickets, Composition-4 explosives, a mortar tube, five-gallon water cans and a 55-gallon drum through the course. Rules for navigating the course provide a level of clarity and ambiguity which allow critical thinkers to exploit opportunities. Plenty of twists, turns and obstacles leave ample opportunity for teams to stray off course.

Since its inception, the Yarborough Mile has been a battalion event paratroopers in Geronimo utilize to re-invigorate and men-

Please see **Mile**, page 11



1ST BATTALION (AIRBORNE), 509TH INFANTRY REGIMENT

Paratroopers from Headquarters and Headquarters Company, 1st Battalion (Airborne), 509th Infantry Regiment and Joint Readiness Training Center Operations Group Task Force Aviation observer coach/trainers pose after completing the Yarborough Mile.



CHUCK CANNON/COMMAND INFORMATION OFFICER

Trooping through obstacles, such as streams and wooded areas, is all part of the challenge associated with the Yarborough Mile.



CHUCK CANNON/COMMAND INFORMATION OFFICER

As Fort Polk traffic passes by, Soldiers participating in the Yarborough Mile travel through a concrete culvert carrying 5 gallon gas containers as part of the challenges of the competition held Feb. 23.

Mile

Continued from page 10

tally focus the unit prior to returning to “the box.” It traditionally occurs as the first training event following a block-leave period. This time, Geronimo wanted to conduct the event with Ops Group and the enthusiastic response confirmed the kind of esprit de corps common among paratroopers. It takes grit, mental and physical toughness and a kindred spirit to jump at the opportunity to trudge through a swamp in 43-degree weather voluntarily.

“Completing the Yarborough Mile as not just Geronimo, but as an Operations Group team was a great experience,” said 1st Lt. Jacob Woodworth, Dog Troop. “The opportunity to complete this challenging event helped reinforce that we are all one team, working to complete the same mission.”

The OC/Ts also felt the group competition was a rewarding experience. “The teamwork and cohesion between our Task Force and Geronimo was paramount to completing the event successfully. The challenge was both fun and tested my overall endurance. I highly recommend that OC/

Ts continue participating in the future,” said Sgt. 1st Class Jeremy Hyder, Task Force Aviation.

While the Yarborough boots were not at stake this time, Third Platoon, Able Company and their OC/Ts kept pace and recorded the fastest time. This was the fifth consecutive time they finished first.

The Yarborough Mile is named for Lt. Gen. William Yarborough, who made great contributions to both the Airborne and Special Forces communities. He is recognized as the “Father of the modern Green Berets” for not only establishing the precursor to what would become the John F. Kennedy Special Warfare Center and School at Fort Bragg, but also is one of the main proponents for adopting the Green Beret as the official headgear for Special Forces Soldiers.

With the Yarborough Mile complete, the 1st Brigade, 82nd Airborne Division will descend on JRTC for rotation 21-05. On the ground, they will find OC/Ts ready to help the unit achieve their objectives and Geronimos chomping at the bit to enter “the box.”



CHUCK CANNON/COMMAND INFORMATION OFFICER

Teams work together to carry supplies as they race through the Yarborough Mile Feb. 23.



CHUCK CANNON/COMMAND INFORMATION OFFICER

A team participating in the Yarborough Mile Feb. 23 carries a 55 gallon drum through water, over tough terrain and through woods.



CHUCK CANNON/COMMAND INFORMATION OFFICER

Participants in the Yarborough Mile make their way through a large concrete culvert Feb. 23.

Fort Polk command engages in Palmetto Terrace walking tour



ANGIE THORNE/ GUARDIAN

Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, points out what could be a hazard during the Walking Town Hall held Feb. 23 in Palmetto Terrace.



ANGIE THORNE/ GUARDIAN

Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, along with the Fort Polk command team and representatives from the Fort Polk Housing Assistance Office, Corvias, Bayne-Jones Army Community Hospital and more participated in a Walking Town Hall Feb. 23 to talk to residents about issues they may have with their homes and inspect neighborhoods for damages and repairs that need to be corrected.



CHUCK CANNON/ GUARDIAN

If you have housing issues, Fort Polk's Housing Assistance Office and Garrison Command team are here to help. From left to right are Bernard Sturden, housing manager, Brian Degrafenreld, housing manager, Lesley Mangus, housing manager, Betty Beinkemper, housing office chief, Command Sgt. Maj. Christopher M. Ausbun, garrison command sergeant major and Col. Ryan K. Roseberry, Fort Polk garrison commander. Call the housing office at 531-6000/9883.



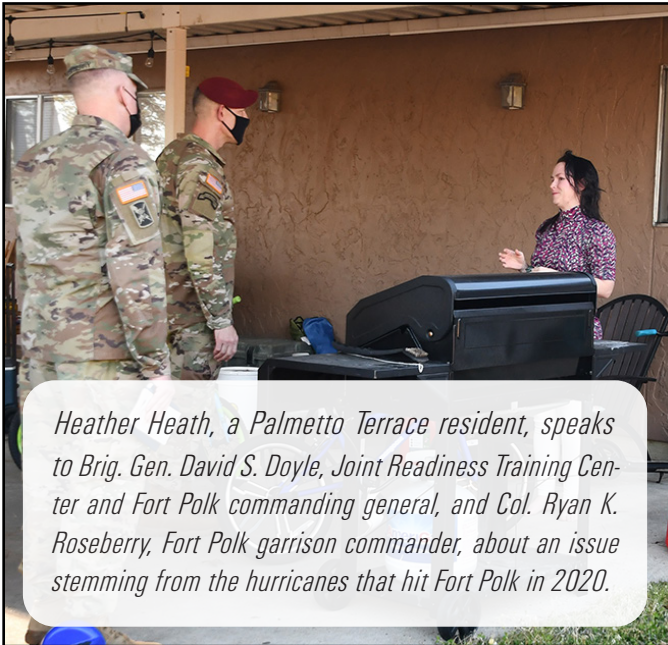
ANGIE THORNE/ GUARDIAN

Participants of the walking tour investigate damage in the front and back of homes in the Palmetto Terrace neighborhood.



ANGIE THORNE/ GUARDIAN

Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, talks to Brittney LeBlanc, a Palmetto Terrace resident, about potential issues she may have at her home due to the recent hurricanes and ice storm at Fort Polk. Command Sgt. Maj. Michael C. Henry, post command sergeant major, takes notes.



ANGIE THORNE/ GUARDIAN

Heather Heath, a Palmetto Terrace resident, speaks to Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, and Col. Ryan K. Roseberry, Fort Polk garrison commander, about an issue stemming from the hurricanes that hit Fort Polk in 2020.

Ken Shamrock trains Soldiers in mixed martial arts



Staff Sgt. ASHLEY M. MORRIS/ U.S. ARMY

2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division Soldiers warm up with a few crunches before training with Ultimate Fighting Championship fighter, Ken Shamrock, Feb. 24.

Ultimate Fighting Championship fighter, Ken Shamrock, visits with 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division Soldiers Feb. 24 at Joint Readiness Training Center and Fort Polk.

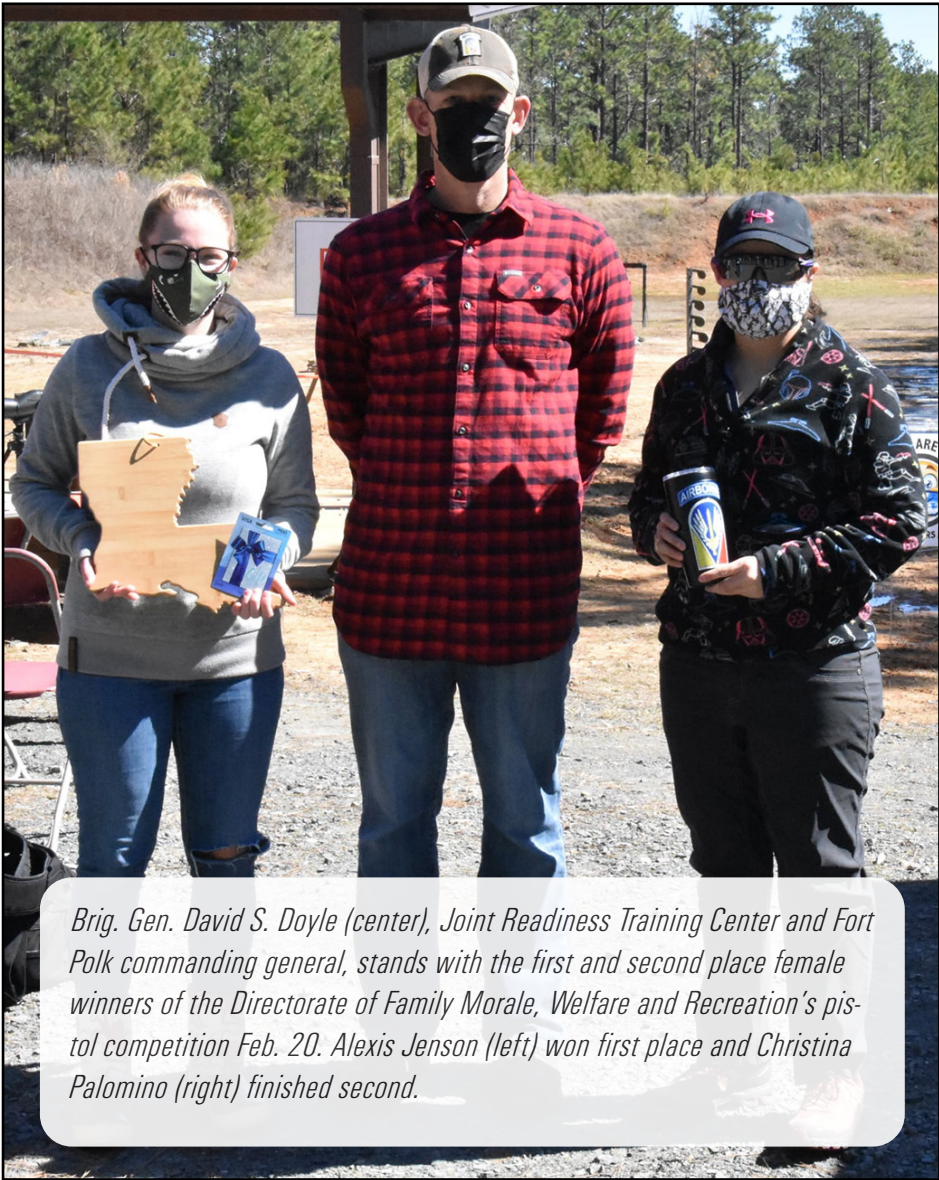


2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, Soldiers practice some grappling Feb. 24 at the Joint Readiness Training Center and Fort Polk during a visit from Ultimate Fighting Championship fighter, Ken Shamrock.



A Soldier from 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, listens to pointers from Ultimate Fighting Championship fighter, Ken Shamrock, Feb. 24. before practicing some mixed martial arts with a fellow Soldier.

Competitors fire away at DFMWR's pistol competition



Brig. Gen. David S. Doyle (center), Joint Readiness Training Center and Fort Polk commanding general, stands with the first and second place female winners of the Directorate of Family Morale, Welfare and Recreation's pistol competition Feb. 20. Alexis Jenson (left) won first place and Christina Palomino (right) finished second.



Brig. Gen. David S. Doyle (center), Joint Readiness Training Center and Fort Polk commanding general, stands with the first and second place male winners of the Directorate of Family Morale, Welfare and Recreation's pistol competition Feb. 20. Ali Lofti (left) won first place and Travis Zembrythi (right) finished second.

CHUCK CANNON/GUARDIAN



Brig. Gen. David S. Doyle (right), Joint Readiness Training Center and Fort Polk commanding general, fires his pistol along with other competitors during the Directorate of Family Morale, Welfare and Recreation's pistol competition Feb. 20.



Five of the 25 markspersons fire away at targets on the Directorate of Family Morale, Welfare and Recreation's Shooting Range 23A Feb. 20 during a DFMWR pistol competition.



Col. Ryan Roseberry, Fort Polk garrison commander, fires his pistol during the Directorate of Family Morale, Welfare and Recreation's pistol competition Feb. 20.

Soldiers tackle Air Assault obstacle course, sling load training



Pvt. 1st Class Andrew T. Granlund, an infantryman assigned to 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, rappels down a rope at the Air Assault Course Feb. 25.



Spc. Steven T. Boen, a physical therapy specialist assigned to Bayne-Jones Army Community Hospital inspects a set of ropes for deficiencies as a Phase 2 sling load training task for the Air Assault Course taught Feb. 22.

Staff Sgt. ASHLEY M. MORRIS/ U.S. ARMY



Spc. Malik A. Al Itbi, an interpreter-translator with 3rd Battalion, 353rd Training Regiment, Security Force Assistance Command, verifies a military vehicle is ready for sling load during an Air Assault Course practical exercise Feb. 22.



Sgt. Alexander M. Coleman, a military police officer with 519th Military Police Battalion, 16th Military Police Brigade, ensures a pinto is serviceable during a sling load certification inspection exercise at the Air Assault Course, Feb. 22.

Community

COVID-19 vaccine: Writer takes shot, encourages others

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — The COVID-19 pandemic is an ongoing nightmare. Social events and activities we have enjoyed in the past as part of maintaining our mental well-being have been canceled, schools have closed leaving kids and parents to deal with virtual learning and too many Families have suffered the unimaginable loss of loved ones due to the virus. The pain and suffering of the last year can't be measured. So frankly, I am surprised to hear there are those who are refusing the vaccine — our lifeline to getting back to a new normal.

I am one of the lucky ones. For me, the pandemic has been inconvenient, frustrating and a learning experience in resiliency. I haven't gotten sick. I was able to continue my job uninterrupted through telework and I personally learned to enjoy the solitude of my home more than I would have ever imagined as a practicing extrovert. I have read more books, honed my cooking skills and learned to embrace the simple things life has to offer.

The biggest inconvenience for me was that I couldn't visit my family last summer. My

sister-in-law is a physician assistant in Alabama and my cousin, by marriage, is a doctor in Florida. Their positions as health-care providers required them to take extreme precautions to stay healthy as they

serve their communities. This made our annual visit impossible. Now that they have been vaccinated, they continue to do their part to stay healthy and protect their patients. My hope is we can spend a week fishing, swimming and catching up this summer.

However, one of my worries is that there will be an insufficient number of people getting the vaccine to reach public immunity, putting my trip in jeopardy.

Thanks to my new position at Bayne-Jones Army Community Hospital, I have been able to do

my part to get one step closer to making that visit happen.

Within weeks of beginning my public affairs job at BJACH, the COVID-19 vaccine was made available to volunteers according to a specific schema. The initial wave of vaccine was

limited to health-care

providers and first responders. I became eligible in the next tier of volunteers because my job potentially puts me in contact with COVID-19 positive people at the hospital.

At first, I was skeptical that I should get the vaccine because I felt there were people more deserving, but not getting the vaccine never occurred to me

because I want life to get back to normal.

People seem to be cautious

about getting the vaccine. I have heard some of the reasons, most of which are more myth than fact. Some of the arguments include that it was developed too quickly or that we are taught in the military



Graves

COMMENTARY

“I got the COVID-19 vaccine because I have confidence in its efficacy and know it is the best protection for me and my unborn child.”

Sgt. 1st Class Tersa Bocanegra
NCOIC of the OBGYN Clinic
Senior Enlisted Advisor to the Deputy
Commander of Clinical Services
Bayne-Jones Army Community Hospital

to never volunteer and others have adopted the “wait and see” scenario in case there are unusual side effects. I haven't actually heard a sound reason not to get the vaccine yet.

My husband, a police officer, and I have received both doses of the Moderna mRNA COVID-19 vaccine and we joke with each other that we have not started craving human brains, grown horns or unfortunately, developed any supernatural abilities. Unusual side effects have been surprisingly low, according to the subject matter experts at BJACH.

Our first shot resulted in slight headaches and some soreness around the injection site. We both had a few mild side effects after the second shot, but both of us were back to normal within 24 hours of the second dose.

I'm a creative type of person. I barely passed high school chemistry and couldn't tell you much about the science of vaccines before I started talking about it with the medical professionals at BJACH. Now I've written several stories on the

subject. Still not an expert, I have learned enough about the vaccine to know most of the reasons not to get the vaccine can easily be debunked.

None of the COVID-19 vaccines distributed to date contain the live virus that causes COVID-19. Basically, the vaccine teaches our immune system to defend itself against the virus.

Our immune response is, “I remember this stuff, and I'm going to attack it.” The Centers for Disease Control and Prevention has a complete description of how that works. Look it up: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>.

The notion that the vaccine was developed too quickly is also incorrect. The mRNA vaccine technology is new but vaccines of this nature have been studied and developed for decades.

The CDC says the vaccines can be developed in a laboratory using readily available materials — so the process can be standardized and scaled

Please see **Vaccine**, page 17

Make effort to prevent stormwater pollution

DPW

FORT POLK, La. — Ever wonder what happens to the oil that accumulates on roads and dirty water, soaps, and detergents from washing your car?

They are carried through storm drains into rivers, streams and lakes. Anything that is dumped, dropped on the ground or ends up in the gutter can find its way into the nearest body of water.

Stormwater pollution comes from materials and chemicals that wash into the storm drains from streets, gutters, neighborhoods, industrial sites, parking lots and construction sites. This type of pollution is significant because, unlike the water that goes down a sink or toilet in your home, stormwater is untreated and flows directly to a river, stream or lake.

Stormwater systems are intended to route rainwater quickly off the streets during a heavy storm. Unfortunately, these systems can carry pollutants such as pesticides, bac-

teria and chemicals through city streets and straight to local waterways. Stormwater pollution can include chemicals, fast food wrappers, cigarette butts, sewage overflow, cooking oil, bacteria from pet waste, used motor oil, fertilizers and paint.

Used oil from a single oil change can pollute up to 1 million gallons of fresh water. Improper disposal of used oil, which includes oil leaking from cars, contributes significantly to stormwater pollution. The Environmental Protection Agency estimates that American households improperly dump about 193 million gallons of used oil every year, or roughly, the equivalent of 17 Exxon Valdez oil spills — the oil spill occurred in Prince William Sound, Alaska, March 24, 1989, impacted more than 1,000 miles of coastline and killed thousands of seabirds, sea otters, harbor seals, bald eagles, orcas and other wildlife.

Household cleaners can hurt the environment as well, if not disposed of properly. One ounce of household bleach requires

312,000 ounces of water to be safe for fish. Even biodegradable soaps can pose problems for aquatic life — for 1 ounce of biodegradable detergent to be safe for fish, it needs to be diluted by almost 20,000 ounces of water.

Here are some things you can do to prevent storm water pollution:

- Don't dump anything other than stormwater into storm drains.
- Properly dispose of household chemicals by following the directions on the package.
- Clean oil spills and fix leaking automobiles.
- Use drip pans to catch engine oil and other pollutants while repairing cars.
- Recycle used motor oil.
- Wash your car at a commercial car wash or on an unpaved surface so that the excess water can be absorbed by the ground.
- Report illegal dumping by calling the Illicit Discharge Detection and Elimination hotline at 531-9626.

Vaccine

Continued from page 16

up — making vaccine development faster than traditional methods.

Don't volunteer is another weak argument. When I joined the Army, I was told never volunteer for anything. That never made any sense to me because I volunteered to join the Army, and isn't everyone who serves our nation a volunteer? In my experience, volunteering has had unexpected and often great outcomes. I remember in basic, I always volunteered to buff the floors on Sunday mornings instead of going to church. In return, our detail got to blast music from our drill sergeant's radio and have the barracks to ourselves for a few hours each week. We danced, laughed and had great fun while we worked, a rare opportunity during training.

I anticipate volunteering for this vaccine will have a positive outcome for me in a few months when I get to go spend time with my family, whom I miss so much. I really look forward to it.

I believe volunteering for this vaccine will help bring back a little fun in my life — and yours. I want to go to festivals and concerts and participate in large gatherings again. I've been training for the Austin Marathon where my friend and I will run the 13.1 mile half-marathon. The race has

already been postponed once and if we can't get COVID-19 under control it will probably be totally canceled. I'm sick of virtual races and am ready to get back out there with other runners to accomplish our goals and revel in the camaraderie of post-race festivities.

I've talked to people who have voluntarily received the vaccine and their primary motivations were to protect not only themselves, but also their families and, in the case of health-care providers — their patients. The idea is that the vaccination will develop community immunity and enable us to get back to normal as a society. For Soldiers, community immunity will also increase readiness, which is important

to our national defense.

In the end, I'm ready for the routine of the ordinary lives we once took for granted. I don't know anyone who wants to continue living under these restrictions and limitations and, in addition to all those other reasons, I willingly volunteered to get the COVID-19 vaccine to do my civic duty for our country.

This is a team effort. We should all do our part to protect ourselves, our friends and our neighbors from this virus that has wreaked havoc on our economy, nation and lives.

I encourage you to volunteer to receive the vaccine because I think that it is simply the right thing to do!



Check out new Fort Polk worship service at Glory Chapel

By **ANGIE THORNE**

Public affairs specialist

FORT POLK, La. — Fort Polk's Religious Support office is increasing its spiritual outreach to the Fort Polk community by offering a new Protestant service. The service begins March 7 at Glory Chapel, 1980 Glory Loop Road. The service, called Christ the King Chapel Fellowship Service, will be held each Sunday at 9 a.m.

Other services currently offered at Fort Polk include:

- Roman Catholic service: Held at 8:30 a.m. and 4 p.m. Sundays at the Main Post Chapel
- Chapel Next (Contemporary): Held at 10:30 a.m. Sundays at the Main Post Chapel
- Gospel service: Held at 11 a.m. Sundays at Glory Chapel

Chap. (Lt. Col.) Kenneth Godwin, deputy garrison chaplain, is the lead pastor for the Christ the King Chapel Fellowship Service. Supporting chaplains include Capt. Kim Sebastian, 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division chaplain, and Capt. Rob Kraft, 5th Battalion, 25th Field Artillery Regiment, 3rd BCT, 10th Mtn Div chaplain.

Godwin said the addition of the Protestant



ANGIE THORNE/GUARDIAN

service doesn't take away from the services already being offered; instead it rounds out the line-up by giving Soldiers and Family members another quality choice when it comes to their worship opportunities. "We had a Protestant service before COVID-19 forced us to combine all our services at one time. I believe not having this service left a hole in our worship diversity. Now we are bringing it back," he said.

Godwin said each of the services has its

own structure and strengths that appeal to people for different reasons based on their own personal preferences. Christ the King Chapel Fellowship service offers them a more traditional approach to Christian worship with a structured format.

"For those who grew up in a traditional or 'high church' service with a formality that includes a call to worship, benediction, invocation, scripture reading, communion

Please see **Worship**, page 19

Chaplain encourages flexing your muscle of compassion

By **Chap. (Capt.) ROB KRAFT**

5th Bn, 25th FA Chaplain

FORT POLK, La. — Compassion is an underrated word. It comes from Latin, which in turn comes from Greek, and it combines the idea of togetherness and suffering. It is the act of suffering together. Like building a house, suffering is difficult and potentially impossible to do by yourself. But if you have a company of people, building a house or experiencing suffering — it becomes more manageable.

Imagine Soldiers on a ruck march and each Soldier is helping the Soldier in front by lifting their rucks and lightening their load. I don't think I've ever seen this because most of the time rucking is an event of personal endurance. But in a combat zone, we need personal endurance and something more. We also need to share our suffering by carrying one another's burdens. We need to learn to embrace "the suck" together.

When that happens at the very point it matters most, we become more than in-

dividuals who are tough. We merge with each other, becoming greater than our individual parts, grown stronger and more enduring together. We become tough as a group. This is essential for combat survival and it is something we should contemplate since we train as we fight.

Compassion teaches us that there is a fine balance between being an individual and being a community. We can be a group of individuals, like a random crowd on the street, or we can be a coordinated team focused to win the Indy 500. It's the same number of people, but this bond I'm talking about changes a random crowd of individuals into a mighty and efficient team.

Teams, not crowds, build houses, win wars, solve problems and become nations. Making that mental decision to see the larger picture of others around you

shapes how we see and help each other.

It all starts with compassion because it crosses any barriers we may face. Biblically, we see this in the Samaritan helping the Jew who was beaten and robbed on

the road. Charities exist because they have this concept in mind. Historically, schools, hospitals and orphanages started because individuals saw other people's needs were greater than their own and acted on them.

They dove deep into the suffering they saw to make it more manageable. Because of these acts of compassion, today we expect schools and hospitals to exist as if they are ordinary. But in fact, they are extraordinary and all due to the motivation compassion inspires.

I dare say, the military was built on a similar premise. It is not far-fetched to think about how a bunch of people got together to defend their Families and way of life from an invading evil, which sounds like suffering together for the greater good. They weren't a mob, they were farmers, businessmen, pastors and merchants who formed a group of individuals because they all saw the same problem,.

They acknowledged that only by suffering together would they achieve their military objective and defend their way of life. That sounds like any war in history to

Please see **Compassion**, page 19

COMMENTARY

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Worship

Continued from page 18

(offered once a month), hymns, corporate confession of Christian faith and an emphasis on preaching verse by verse from the bible, then this is something you may have been looking for," he said. "Through this traditional format, we are connecting people to apostolic worship or that which is found in the scriptures."

The service promotes family integrated worship, which means there is no child care or children's church offered. Instead, children sit with their parents through the service.

"We want children to worship with their mom and dad," said Godwin.

Godwin said the structure of this worship service is also designed to share the gospel of forgiveness as provided by Christ to forgive your sins.

"I think that is the most practical part of the service because many times what Soldiers and Family members, who feel bad about themselves and their lives, need to hear is that in Christ they are valued and loved," he said.

Godwin said he doesn't want those worried about COVID-19 to miss out on worship. This is the only service using Glory Chapel at the moment.

"There will be plenty of room to social distance and follow all COVID-19 safety measures," he said.

Though Godwin said they aren't expecting large numbers of parishioners at first, he hopes once people experience a Christ the King Chapel Fellowship service that their congregation numbers will grow.

"If you want to worship God or simply

CHRIST THE KING

Fellowship

A traditional approach to worship.

learn more about him, this service is for you. There is no expectation or confessional requirement. Come as you are and receive God's gracious provision," he said.

"This is a time we have committed to worship Christ, fellowship and praying for each other."

Compassion

Continued from page 18

include the War of Independence.

Only a body of dedicated individuals, united in mind and arms, can achieve this. Imagine if the same group of people saw an invading army but didn't care, were too scared or chose to just serve themselves. The invaders would win before they even showed up.

Coming together makes us stronger and gives us a better chance to succeed. That strength, determination and commitment were all tempered by compassion.

Look around and see the power of compassion. If you don't see it, play your role in encouraging it. Compassion shapes nations, forms communities, strengthens

Families and protects us as a whole. We have all these wonderful things because we came together in common cause and bond and worked as one. We stand on the shoulders of those before us; and when we continue to work and suffer together, our children may also have the same view and character.



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- OATMEAL
- GRITS
- WESTERN OMELET

02 MAR 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 MAR 21

BREAKFAST

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

01 MAR 21

LUNCH

- CHICKEN PESTO
- GRILLED SALMON/ W HERBS
- LONG GRAIN WILD RICE
- OVEN BROWNED POTATOES
- MIXED VEGGIES
- CARROTS ALAMDINE
- CHICKEN RICE SOUP
- HAMBURGER
- HOT DOGS
- CHICKEN TENDERS
- RUEBEN SANDWICH
- BAKED BEANS
- CHILLI with BEEF
- CURLY FRIES
- CHEESE SAUCE
- ASSORTED SALAD
- ASSORTED DESSERT

02 MAR 21

LUNCH

- FIESTA CHICKEN
- PORK CHALUPA
- PED BEANS & RICE
- BUTTERED ROAST POTATOES
- MEXICAN CORN
- CALICO CABBAGE
- VEGETABLE SOUP
- CHICKEN TENDERS
- HAMBURGERS
- HOT DOGS
- BAKED BEANS
- CHILLI with BEEF
- CURLY FRIES
- CHEESE SAUCE
- ASSORTED SALAD
- ASSORTED DESSERT

03 MAR 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

04 MAR 21

LUNCH

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

05 MAR 21

LUNCH

- BBQ PORK LOIN
- LEMON BAKED FISH
- SEASONED MASHED POTATOES
- RICE PILAF
- TANGY SPINACH
- GLAZED CARROTS
- CREAM OF MUSHROOM SOUP
- CHICKEN WINGS
- HAMBURGER
- HOT DOGS
- BAKED BEANS
- CHILLI with BEANS
- CURLY FRIES
- CHEESE SAUCE
- ASSORTED SALAD
- ASSORTED DESSERT

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Breakfast: \$3.65; Lunch: \$5.85; Dinner: \$5.10; Brunch: \$6.55; Supper: \$8.00

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



01 MAR 21	02 MAR 21	03 MAR 21	04 MAR 21	05 MAR 21	06 MAR 21	07 MAR 21
Breakfast <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 	Breakfast <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 French Toast Oatmeal and Grits 	Breakfast <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 	Breakfast <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 French Toast Oatmeal and Grits 	Breakfast <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 	Brunch <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 	Brunch <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
Lunch <ul style="list-style-type: none"> Beef & Broccoli Blackened Cod Sweet and Sour Pork 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 	Lunch <ul style="list-style-type: none"> Chicken Fajitas Mexican Pork Chops 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 	Lunch <ul style="list-style-type: none"> Meatloaf Spinach Lasagna Chicken Parmesan Hot Italian Sausage Lyonnais Rice Lyonnais Potatoes Seasoned Corn Herbed Cauliflower Garlic Bread Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Lunch <ul style="list-style-type: none"> Smothered Pork Chops Sausberry Steak BBQRibs Rotisserie Chicken Scalloped Potatoes Wild Rice Fried Cabbage Glazed Carrots Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Lunch <ul style="list-style-type: none"> Salisbury Steak Fried Catfish Fried Shrimp 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 		
Dinner <ul style="list-style-type: none"> Chicken Tetrizini Spaghetti W/ Meat Sauce Grilled Salmon Parsley Buttered Potatoes Egg Noodles Sliced Carrots Club Spinach Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Dinner <ul style="list-style-type: none"> Herbed Baked Chicken Beef Stew Blackened Salmon Oven Glo Potatoes Rice Pilaf Asparagus Corn Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Dinner <ul style="list-style-type: none"> Stuff Bell Pepper Chicken With Rice Beef Stroganoff 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 	Dinner <ul style="list-style-type: none"> Szechwan Chicken Pork Adobo Creole Fish Oven Glo Potatoes Steamed Rice Cauliflower Green Beans Hot Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	Dinner <ul style="list-style-type: none"> Chili Macaroni Chicken Adobo Fried Pork Chops 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 	Supper <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 	Supper <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