



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

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Home of Heroes @ Fort Polk, LA

April 2, 2021

JRTC, Fort Polk, BJACH leaders visit regional hospitals

By JEAN CLAVETTE GRAVES
BJACH Public affairs officer

FORT POLK, La. — Leaders from the Joint Readiness Center and Fort Polk and Bayne-Jones Army Community Hospital traveled to Alexandria Monday to foster good relationships with hospitals that take care of Soldiers, Families and rotational units with specialty services not currently offered at BJACH.

Col. Jody Dugai, BJACH commander, said she coordinated the visits for Brig. Gen. David S. Doyle, JRTC and Fort Polk commanding general, because knowing their health-care partners is important for quality and continuity of care for Soldiers and their Families. She said the Army's number one priority is people first and quality health care is imperative for readiness and making the Army stronger.

"Brigadier General Doyle is committed to providing the best quality of life for Fort Polk Soldiers and their Families. Part of that quality of life is the ability to seek and receive health care at BJACH and off post medical facilities," she said. "This engagement with local health-care network leaders facilitates communication of the needs

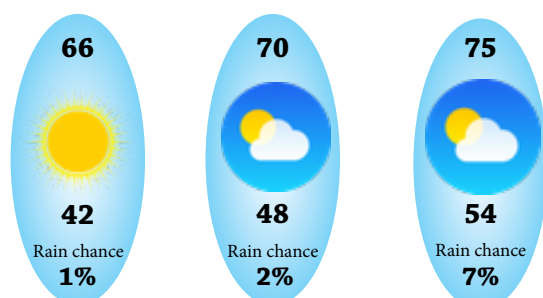
Please see BJACH, page 5



Brig. Gen. David Doyle, Joint Readiness Training Center and Fort Polk commanding general, discusses medevac capabilities on the Rapides Regional Medical Center helipad with Command Sgt. Maj. Michael Henry, post command sergeant major (left), Col. Jody Dugai, Bayne-Jones Army Community Hospital commander and Dawn Descant, Rapides Regional Medical Center physician and provider relations director. The commanding general was in Alexandria conducting community outreach with network providers in Central Louisiana on March 29.

JEAN CLAVETTE GRAVES/BJACH PAO

Weekend weather



Inside the Guardian

115th CoC.....	3	Why ICE?.....	9
Drinking? Be wary.....	6	Story Time.....	10
Army medicine.....	7	Month of Military Child.....	11

Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "What is your favorite spring activity and why?"

Here are their responses:



Sgt. Kyle Stanford: "I like to get out and enjoy nature. I love being in Louisiana because I can fish all the time. I also like hiking."



Spc. Mark Blakes: "I enjoy walking. I found a trail by the Main Post Exchange I like to walk on. It's beautiful and relaxing."



Anthony Pampanin: "I like walking in Kisatchie National Forest with my kids. It gets me away from work so I can de-stress."

Pfc. Nalleli Casas: "I enjoy Easter egg hunts because you get to spend time with your family and enjoy good food."



Logan Burns: "I enjoy participating in group sports, like football, soccer, volleyball and basketball, with my friends. I also enjoy walking with my wife and daughter. I have never been to a duty station where walking with your family was so popular. It's nice."



Abigail Lust: "My family usually has a barbecue and we bring out the slip and slide for the kids. It's nice to be social and spend time with friends."



Sgt. Rebecca Harrison: "Flying kites with my son is at the top of my list. He is 3 years old and so cute as he learns how to do it properly. I enjoy spending time with him."



Pfc. Kaleb Giles: "Fishing with a couple of buddies and enjoying the beauty all around me without a care in the world."



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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

CYS health fair

It's time to start thinking healthy with the help of Fort Polk's Child and Youth Services Interactive Health Fair April 2 from 3-6 p.m.

Topics of interest include growth mindset, environmental health, life hacks, dental care, sleep health and more.

The event is free and open to the public. For more information call 531-6004 or visit www.polk.armymwr.com.

Golf scramble

Sign up to take part in the garrison commander's four person golf scramble held at Warrior Hills Golf Course, 1321 Corps Road, April 9.

The entry fee is \$25. The fee includes greens fee, cart and lunch.

There are prizes and the winners' names will be placed on the anvil trophy. For more information call 531-4661.

Coping skills

The Army Community Service Family Advocacy Programs hosts a life coping skills class April 13 at ACS, 1591 Bell Richard Ave., bldg 920, from 9:30-11:30 a.m.

The class helps Soldiers and Families advance their skills in financial readiness, domestic violence awareness and reporting, raising an emotionally intelligent child, suicide prevention awareness and more. To register call 531-1938.

Ten-Miler

Intramural sports hosts the second Army Ten-Miler qualifier April 16 at 6:30 a.m. at Marion Bonner Trail. Preregistration is through April 15. Go to www.polk.armymwr.com or Wheelock Fitness Center to preregister. You can also register the day of the event from 6-6:30 a.m.

The event is open to all active duty personnel. For more information call (337) 378-2201.

115th Field Hospital hosts change of command

By ANGIE THORNE

Public affairs specialist

FORT POLK, La. — Fort Polk's 115th Field Hospital, 32nd Hospital Center, change of command ceremony was held April 1 at the Warrior Fitness Center as Lt. Col. Jason K. Marquart, outgoing commander, passed the guidon and leadership of the unit to Lt. Col. Stephen M. Duryea.

Col. Lee C. Freeman, 32nd Hospital Center commander, presided over the change of command.

Freeman said Marquart's presence, leadership, skill and perseverance helped him excel as the first commander of the 115th Field Hospital.

"Your command has been nothing less than impressive," he said. "Your team successfully met the Army's need with the Force Design Update from a combat support hospital to a hospital center/field hospital construct to meet the changing demands of Army doctrine and Department of Defense requirements."

Freeman praised the 115th Field Hospital under Marquart.

"You established a new unit and culture; deployed the newly established field hospital to the JRTC training area and provided support to JRTC, rotated units and deployed Soldiers during COVID-19 and numerous severe weather events," he said.

Marquart said the 115th Field Hospital should be proud of the way they have achieved greatness and represented JRTC, 1st Medical Brigade and the Army.

"This unit of extraordinary Soldiers and noncommissioned officers moved across the country to train at the National Training Center, deployed three task forces to Kosovo Force — a North Atlantic Treaty Organization led international peacekeeping force in Kosovo, deployed a 70 person Task Force Evacuate to (Iraq) support COVID-19 operations, provided the main force with COVID-19 screening for nine months and more. These Soldiers not only accomplished these tasks, but excelled while doing them," he said.

Marquart thanked Freeman for trusting, guiding and supporting his efforts as well as those that helped make his tenure as commander of the 115th Field Hospital a success, including his Family.



ANGIE THORNE/GUARDIAN

Col. Lee C. Freeman, (right) 32nd Hospital Center commander, passes the colors to Lt. Col. Stephen M. Duryea, 115th Field Hospital's incoming commander, in a change of command ceremony held April 1 at Fort Polk's Warrior Fitness Center.

He ended by sharing wisdom given by his grandfather m.

"He taught me a few important things — always work hard, never be frightened of failure — instead, be frightened of not trying. That has been the foundation of my leadership," he said.

Freeman welcomed Duryea to the team and told him he would have many opportunities to lead these fine Soldiers.

"You will help ensure that we, as leaders, share our lessons learned, minimize their challenges and maximize their success," he said.

Duryea said it is an honor and privilege to stand in the company of warrior medics and the Silver Knight family.

"I look forward to the opportunities ahead. Let's make it happen," he said.

Army News

Entire DoD work force could be vaccinated by summer

BY C. TODD LOPEZ
DoD News

PENTAGON — Defense Department officials have said the department will be ready to offer COVID-19 vaccinations to all eligible beneficiaries by May 1, in keeping with a White House announcement that on that date, all Americans will be able to get vaccinated if they want to.

“We are committed to contributing to the president achieving his goal of 200 million shots in 100 days,” said Acting Assistant Secretary of Defense for Health Affairs Dr. Terry Adirim during a briefing at the Pentagon.

Army Lt. Gen. Ronald J. Place, director of the Defense Health Agency said that depending on the rate at which the DoD can get vaccines, and the uptake rate — that’s the number of personnel who step forward to get vaccinated — it’s possible that by early summer, every person in the DoD could be vaccinated.

“Based on the projections that we have, both supply side and vaccination side, we do fully expect to be open to all ... of our DoD eligible populations on or before the first of May,” Place said. “At current uptake rates for those who want to get it, we think by the middle of July or so ... the department will be vaccinated.”

Place said right now that the military health system is administering COVID vaccine at 343 sites around the world. Also, he said, there are almost 3,000 military personnel providing vaccination support to FEMA-led community vaccination sites around the country.

“A special thanks goes out to our superbly trained enlisted medical forces carrying out these responsibilities with compassion and distinction,” he said.

Within the department, Place said, more than 600,000 service members from all three components have gotten at least their first COVID-19 vaccine.

“I want to use this opportunity to thank every service member who has gotten vaccinated,” said Adirim. “They are not only protecting themselves but they’re also contributing to the safety of their teammates, their families and their communities.”

Right now, there are three COVID-19 vaccines available. Those include vaccines from Pfizer and Moderna, both of which have cold-storage requirements, and both of which require two injections.

The Johnson and Johnson vaccine requires only a single shot, and has no cold-storage requirement.

All three vaccines are effective, Place said, but the single-shot Johnson and Johnson vaccine has been beneficial for use in austere environments.

“Every single one of these vaccines are shown through rigorous clinical trials to be safe and effective,” he said. “The ... unique advantages to this third vaccine is first it doesn’t require that cold chain requirement and second only requires one dose, all of which make its efficacy ... the actual effectiveness at the operational force to be greater. So we think this is a better vaccine for the circumstances in those austere environments.”

Adirim said she hopes that more service members will step forward to take whatever COVID-19 vaccine is eventually offered to them because doing so is the key to getting the nation back on track.

“Vaccination is one critical part of getting our country back to normal, along with continued testing and adherence to public health measures like masking and social distancing,”



U.S. Army Spc. Ying Chen, assigned to Joint Task Force COVID-19, New York National Guard, prepares a dosage of the Pfizer-BioNTech COVID-19 vaccine at the Camp Smith Training Site Medical Readiness Clinic, N.Y., on December 18, 2020. The New York National Guard is participating in a Department of Defense vaccine pilot program in which 44,000 doses of the Pfizer vaccine are being administered to front line medical personnel at 16 locations around the world.

Adirim said. “We just can’t let up at this point. Our DoD personnel have done a phenomenal job. I’m very proud of all of them. We’ve administered more than 1.8 million shots within DoD and more than 5 million shots have gone into arms by military service members in support of the FEMA mission.”

Policy Updates for Transgender Military Service announced

DoD PUBLIC AFFAIRS

PENTAGON — The Department of Defense published the policy updates for transgender military service April 1. The policy updates restore the Department’s original 2016 policies regarding transgender service.

The revised policies prohibit discrimination on the basis of gender identity or an individual’s identification as transgender, provide a means by which to access into the military in

one’s self-identified gender provided all appropriate standards are met, provide a path for those in service for medical treatment, gender transition and recognition in one’s self-identified gender and seeks to protect the privacy of all service members and to treat all service members with dignity and respect.

The policies will be effective on April 30, 2021, affording the military services the necessary time to update service-level policies and provide guidance to commanders, ser-

vice members, medical professionals and other communities of practice as appropriate. During this period, the Department’s interim guidance of Jan. 29, 2021 remains in effect.

The DoD Instruction 6130.03: Medical Standards for Appointment, Enlistment, or Induction into the Military Services can be found [here](#).

The DoD Instruction 1300.28: In-Service Transition for Transgender Service Members can be found [here](#).

Continued from page 1

of Army Soldiers and Families, as well as enables a better transition of care to the network if needed."

Rapides Regional Medical Center, CHRISTUS St. Frances Cabrini and Lingle Hospital were visited during the trip to Alexandria. The commanding general and BJACH leadership were treated to a tour of each facility, provided an overview of services offered at each location and discussed opportunities to secure a lasting relationship through persistent engagements in the future.

"Each of these facilities is proud to serve our community as part of a strong Tricare network," said Peggy Sylvest, health system manager, Humana Military. "The visit was a great way to network and build relationships with individuals working daily in support of our service members, Families and retirees."

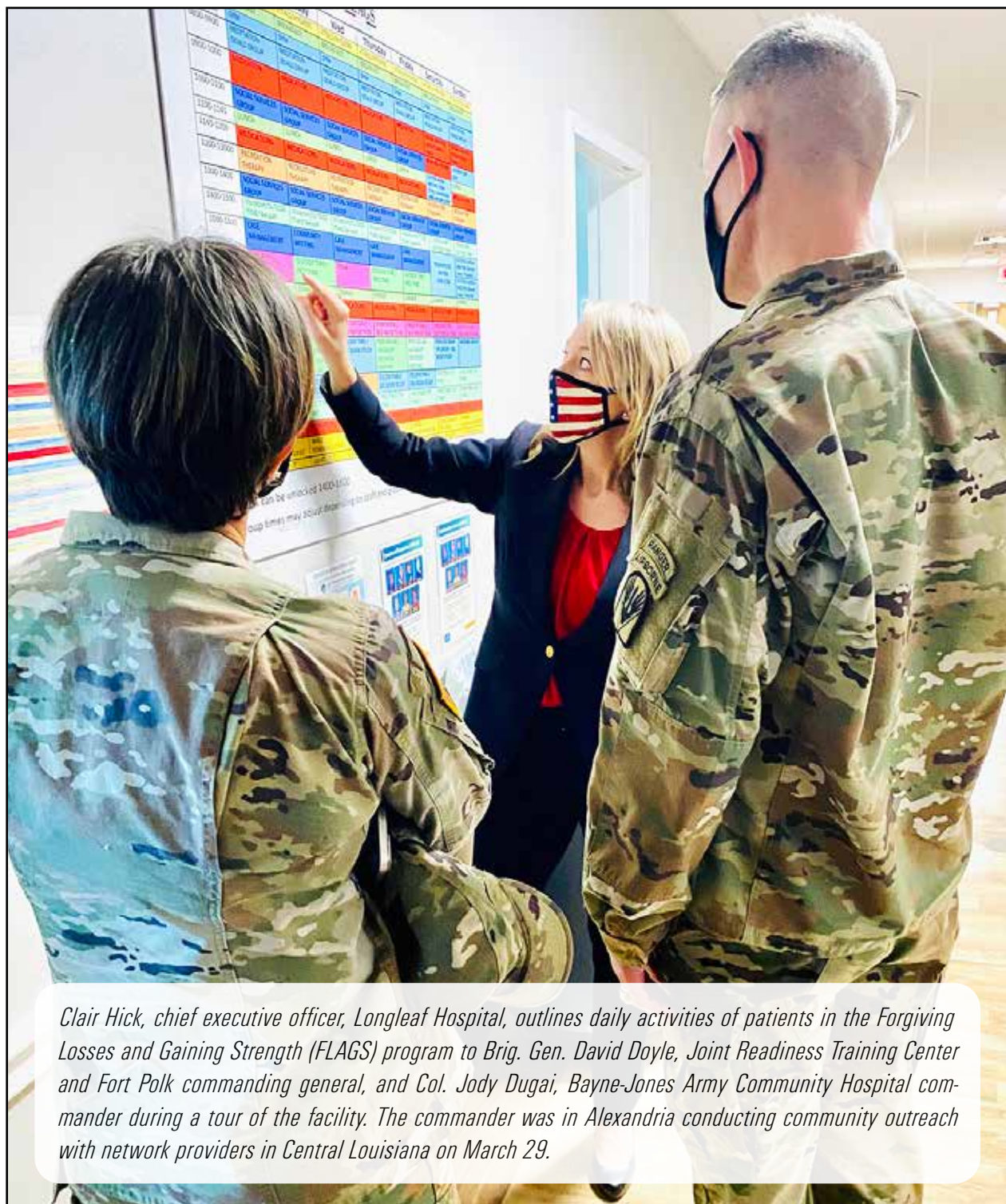
The day began at the U.S. Department of Veterans Affairs Alexandria Medical Center. Peter Dancy Jr., medical center director, provided information on the facility, community based outreach centers and benefits offered to transitioning service members and veterans.

"Building strong and trusting relationships between the Alexandria VA, Bayne-Jones Army Community Hospital and the Joint Readiness Training Center and Fort Polk is important to coordinating world-class care to our active duty military, as well as Louisiana veterans," said Dancy. "Each organization has a vested interest in taking care of America's sons and daughters. That trust allowed us to seamlessly battle the COVID pandemic and we will continue to build and improve the relationship on behalf of our shared patients."

He said each organization will continue to benefit from ensuring critical access to the care and service that is needed and earned by the dedicated men and women of the armed forces.

Rapides Regional Medical Center is the only Level II Trauma Center in central Louisiana. The ability to medically evacuate rotational Soldiers to the facility is extremely valuable to the combat training center.

"Rapides Regional Medical Center and Fort Polk have had a long relationship of caring for our Soldiers and military Families. Our engagements with Bayne-Jones Army Community Hospital and the Joint Readiness Training Center Leadership al-



Clair Hick, chief executive officer, Lingle Hospital, outlines daily activities of patients in the Forgiving Losses and Gaining Strength (FLAGS) program to Brig. Gen. David Doyle, Joint Readiness Training Center and Fort Polk commanding general, and Col. Jody Dugai, Bayne-Jones Army Community Hospital commander during a tour of the facility. The commander was in Alexandria conducting community outreach with network providers in Central Louisiana on March 29.

lows us to have important conversations about continuity of care for our shared patients," said Jason Cobb, CEO of Rapides Regional Medical Center. "It is an honor and privilege to care for our military communities. We strive to provide the highest level healthcare for our troops in a way that benefits both the Fort Polk community and the community of Central Louisiana at large."

The BJACH commander has several more visits to regional hospitals planned for the near future. Her team and the commanding general will continue building relationships with health care providers on behalf of Soldiers, Families, retirees and BJACH patients who need services from the network.



Brig. Gen. David Doyle, Joint Readiness Training Center and Fort Polk commanding general, talks to Peter C. Dancy Jr., director, Alexandria Veterans Administration Medical Center during a community outreach visit.

JEAN CLAVETTE GRAVES /BJACH PAO

April brings awareness to dangers of alcoholism

By AMELIA CONNOR
ASAP

FORT POLK, La. — April is a busy month representing awareness for topics such as Sexual Harassment/Assault Response and Prevention, Child Abuse Prevention Month and Month of the Military Child.

In addition to these campaigns, the Fort Polk Army Substance Abuse Program reminds everyone that it is Alcohol Awareness Month.

Alcohol Awareness Month was organized by the National Council on Alcoholism and Drug Dependence in 1987 as a way of increasing outreach and education regarding the dangers of alcoholism. The month focuses on the stigma that surrounds alcoholism and substance abuse in general.

Denial is a common trait among those struggling with alcohol abuse or alcoholism. Those who are addicted often underestimate the amount they drink; the duration of their drinking problem and the impact it has on their life. They can also overestimate their ability to control their drinking or quit.



Denial is also common among friends and family members who are uncomfortable acknowledging the gravity and reality of the situation.

Alcohol Awareness Month gives public health facilities, prevention services, community centers and treatment facilities the chance to increase their efforts to reach people who may not fully appreciate or under-

stand the dangers of unhealthy alcohol consumption.

ASAP will post statistics, activities and articles on its Facebook page throughout the month of April with #AlcoholAwarenessMonth.

If you have questions or need resources call the Army Substance Abuse Program at 531-2031.

Fort Polk Soldiers charged with UCMJ violations

OSJA

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, "The purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment and thereby strengthen the national security of the United States."

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

Across Fort Polk, the following disciplinary issues continue to be prevalent: Violations of General Order #1, 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 sergeant, assigned to 115th Field Hospital, 32nd Hospital Center, was found guilty at a Summary Court-Martial for fleeing apprehension from a military policeman and operating his vehicle in a reckless manner in violation of Article 97 and Article 113, Uniform Code of Military Justice. The

Soldier was sentenced to reduction to specialist.

- A specialist, assigned to 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division, was issued a General Officer Memorandum of Reprimand for assaulting his spouse, in violation of Article 128b, UCMJ.

- A specialist, assigned to 1st Battalion (Airborne), 509th Infantry Regiment, was found guilty at a Summary Court-Martial for disrespect toward a commissioned officer, disobeying a lawful order and disrespect toward a senior non-commissioned officer in violation of Article 89, 90 and 91, UCMJ. The Soldier was sentenced to reduction to private first class; forfeiture of 1/3 pay for one month and restriction to post for two months.

- A specialist, assigned to 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was separated under Chapter 14-12c(2) (Misconduct-Abuse of Illegal Drugs) for wrongful use of a controlled substance. The Soldier was issued a General under Honorable conditions characterization of service and a bar to post. Generally, this characterization of service results in the loss of a service member's educational benefits.



- A private, assigned to 1st Battalion (Airborne), 509th Infantry Regiment, was separated under Chapter 14-12b (A Pattern of Misconduct) for driving under the influence of alcohol, making a false official statement, failing to obey a lawful order on two separate instances, assaulting another Soldier and failing to report on several occasions.

The Soldier was issued an Other Than Honorable condition 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.

MCoE deputy discusses future of Army Medicine for Soldiers, Civilians

By JEAN CLAVETTE GRAVES
BJACH public affairs officer

FORT POLK, La. — Bayne-Jones Army Community Hospital celebrated the Army Medical Department Civilian Corps 25th Anniversary at the Joint Readiness Center and Fort Polk March 26. The ceremony and awards presentation celebrated the significant contributions of the BJACH civilian workforce.

Guest speaker, J.M. (Jay) Harmon, deputy to the commanding general of the U.S. Army Medical Center of Excellence, said he was honored to take part in the celebration. A former colleague and mentor to Col. Jodi Dugai, BJACH commander, Harmon said he wanted to support her and her team during this event.

“The Army Civilian Corps is one of the four cohorts that make up the Army along with commissioned, warrant and non-commissioned officers. I felt it was crucial to remind the civilian work force of the important role they play in Army medicine,” he said. “The contributions they make providing healthcare for Soldiers and their Families on a daily basis is significant and should be recognized.”

While on the installation, Harmon spoke with Brig. Gen. David Doyle, JRTC and Fort Polk commanding general. The leaders discussed the increased opportunities to integrate Army medicine into maneuver and sustainment training operations.

“I think the training that goes on here is what will prepare our warriors for the next battle and medical support is critical to the Soldiers’ morale and welfare,” Harmon said. “Integration of medical units and medical leadership in these training venues is crucial to success.”

Harmon said Army medicine is a huge part of the Army. The MEDCoE motto is “conserve the fighting strength.” He said from a readiness perspective, having medical units closely embedded with fighting units allows Soldiers to be treated quickly in theater and returned to the fight.

“Our mission at the Medical Center of Excellence breaks down into three lines of effort,” Harmon said. “Develop leaders, drive change and inform; inform meaning to own and dominate the information space; and spread the Army’s message about who we are, our culture and what we stand for.”

During his visit, Harmon toured the installation and saw the COVID-19 mitigation measures in place with the North Fort

Please see **Medicine** page 8



JEAN CLAVETTE GRAVES/BJACH PAO

Col. Jody Dugai, Bayne-Jones Army Community Hospital commander, (left) shares her enthusiasm for the training offered at the BJACH Medical Range with J.M. (Jay) Harmon, deputy to the U.S. Army Medical Center of Excellence commanding general. Harmon was at Fort Polk to serve as the keynote speaker for the BJACH Army Medical Department Civilian Corps 25th Anniversary ceremony hosted by the hospital on March 26.



J.M. (Jay) Harmon, U.S. Army Medical Center of Excellence, deputy to the commanding general, served as the keynote speaker for the Bayne-Jones Army Community Hospital Army Medical Department Civilian Corps 25th Anniversary ceremony March 26.

Medicine

Continued from page 7

training bubble. He visited medical service officers, pilots and flight medics from C Company, 1st Battalion, 5th Aviation Regiment “Cajun Dustoff,” and received trauma casualty care demonstrations at the BJACH medical range.

Harmon visited leaders of the 115th Field Hospital who recently returned from a deployment to Iraq. The field hospital was the first to deploy three times after it converted from a combat support hospital to the force design concept.

Harmon said part of the mission of the center of excellence is to be the customer’s representative by seeking their feedback on Army medical organizational design, training strategies and doctrine. Talking to Soldiers and leaders in the field provides feedback to ensure Army medicine is synchronized with the rest of the Army moving forward to the aim force point of 2035 and large scale operations in a multi-domain environment.

“Establishing relationships is extremely valuable,” he said. “It was great to be back at JRTC and Fort Polk and spend time with all of the medical assets conserving the Warrior Spirit being forged here.”



JEAN CLAVETTE GRAVES/BJACH PAO

J.M. (Jay) Harmon, U.S. Army Medical Center of Excellence, deputy to the commanding general, feels the advanced canine medical trainer (K9 Diesel), a full-body military working dog simulator, used during emergency medical technician certification training offered at the Bayne-Jones Army Community Hospital Medical Range.



J.M. (Jay) Harmon, U.S. Army Medical Center of Excellence, deputy to the commanding general, presents an Army Medical Department Civilian Corps pin to Anne White. White has served the AMEDD Civilian Corps for more than 46 years and has spent her career at Bayne-Jones Army Community Hospital. Harmon was at Fort Polk to serve as the keynote speaker for the BJACH AMEDD Civilian Corps 25th Anniversary ceremony March 26.



Maj. Ralph Salazar, U.S. Air Ambulance Company, “Cajun Dustoff,” 1st Battalion, 5th Aviation Regiment commander, discusses equipment upgrades on the UH-60 Blackhawk helicopter and the operational tempo supporting the Joint Readiness Training Center and Fort Polk to J.M. (Jay) Harmon, U.S. Army Medical Center of Excellence deputy to the commanding general, March 26.

What is ICE? Why should Fort Polk community care?

By KAYLA MOORE
PAIO

Have you ever found yourself in an on-post facility and noticed a poster for ICE? Maybe you have seen the banner at the bottom of the Fort Polk web page? Perhaps a customer service representative has mentioned it before. Have you ever asked yourself what is ICE? And more importantly, why should you care?

ICE is an acronym for Interactive Customer Evaluation, a Department of Defense program. ICE is the primary way the DoD, Army, and Fort Polk receive feedback from their customers.

If you have received excellent customer service from any Fort Polk service provider, please use ICE to acknowledge that service. This allows Fort Polk's leaders to keep track of what's done well, and highlight team members who go above and beyond in providing exceptional customer service.

Additionally, if you see areas that need improvement, you can use ICE as well. Fort Polk is continuously implementing improvements to provide the best customer service, to ensure you leave Fort Polk with positive life-long memories. The Garrison Innovation Program comment card was recently added to the system under the Plans, Analysis, and Integration Office (PAIO) service provider to allow Fort Polk's custom-

ers to easily submit innovative ideas that they would like to see initiated.

ICE is not only a tool for Fort Polk, it is also a tool for you as a customer to communicate. If you choose to leave your contact information and request a follow-up, a representative from the location for which you left the comment will contact you. You can also leave an anonymous comment. Please ensure that you answer the satisfaction question: Were you satisfied with your overall experience? On the ICE comment card please remember to click yes, no or N/A.

Fort Polk's ICE comments are taken seriously. Whether or not you ask for follow-up, or leave an anonymous comment,

all comments are read, reviewed and followed-up on.

You can use the ICE webpage on desktop or mobile devices at this link: <https://ice.disa.mil/>. Simply type in Fort Polk into the search bar on the homepage. This will bring you to the Fort Polk ICE. You can use the service provider search, or the menu on the left side to find the service provider. The site contact information at the bottom of the page is the desk phone number for your local ICE manager. Feel free to reach out anytime. Remember if you see a QR code around post on an ICE poster it should take you directly to the ICE website.

The Fort Polk team looks forward to receiving your ICE comments.



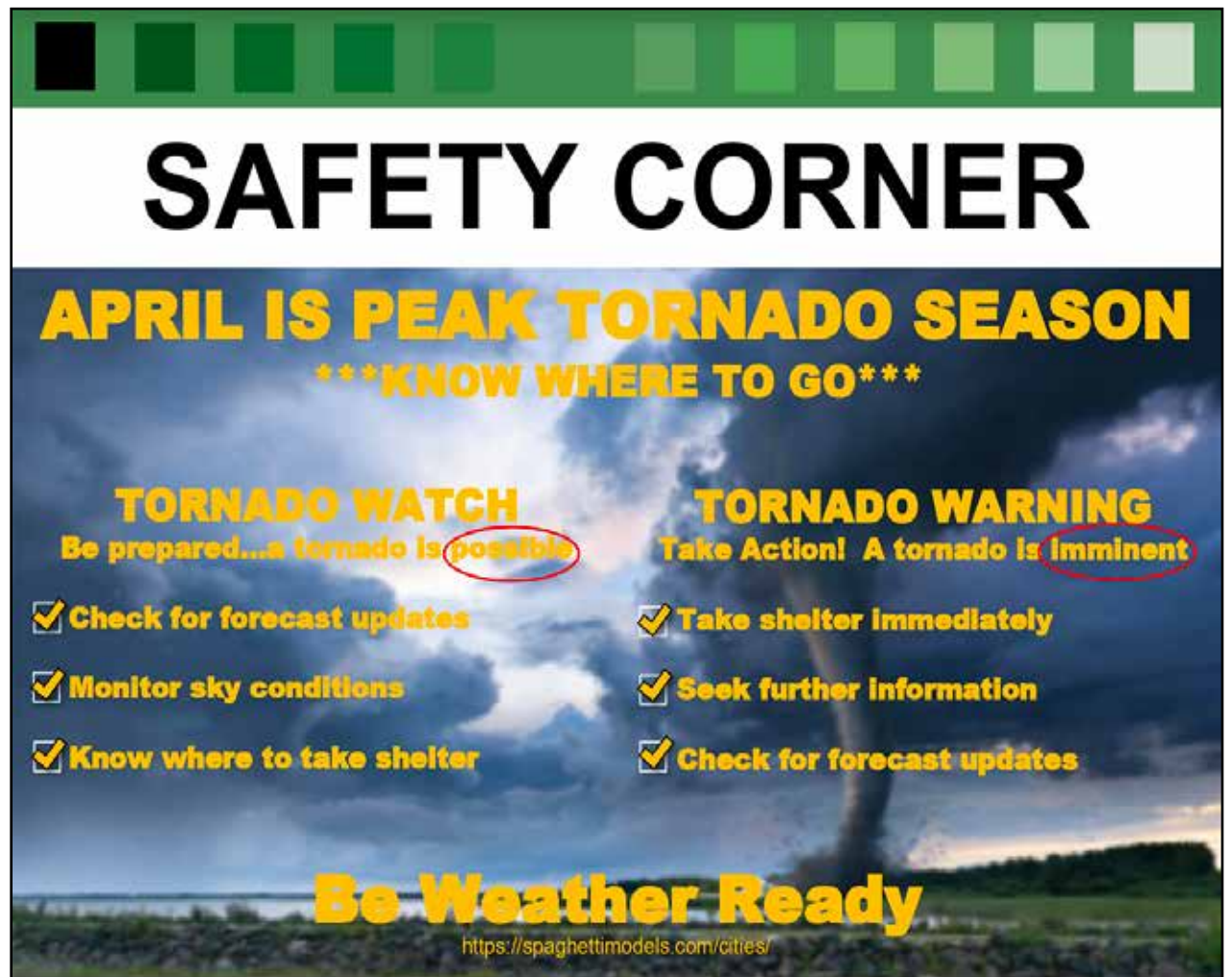
**Month of the Military Child
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✓ Monitor sky conditions	✓ Seek further information
✓ Know where to take shelter	✓ Check for forecast updates

Be Weather Ready
<https://spaghettimodels.com/cities/>

Community

Story Time returns to Allen Memorial Library

GUARDIAN STAFF

FORT POLK, La. — Allen Memorial Library's Story Time is back in session. Story Time takes place each Tuesday at 11:30 a.m. Space is limited and registration is required for pre-readers 0-5 years old and children 6-12. This week's stories had an Easter bunny theme and craft time included coloring and decorating an egg. For more information call 531-2665.

Clockwise from right: Margherita Brownlee, 8, (right) sits at a table across from sisters, Magnolia, 4, (left) and Olivia Reep, 8, as they color their Easter eggs at Allen Memorial Library's Story Time; Lene Goodman, Allen Memorial Library aide, reads a book to children March 30 at Story Time; Victoria Gonzales (left), library technician, reads a book next to Lene Goodman (right), library aide, as children listen about Peter Cottontail; Hayley Walters decorates an Easter egg with daughter Scarlett, 1; Jameson Heath, 6, works on coloring his Easter egg;



ANGIE THORNE/GUARDIAN



Parkway celebrates Month of the Military Child

GUARDIAN STAFF

FORT POLK, La. — Parkway Elementary School students and faculty celebrated the kickoff of Month of the Military Child March 31 with a rally.

Clockwise from right: Dione Bradford, Parkway Elementary School principal, leads students in the recitation of the Month of the Military Child creed; Students blow bubbles representing the official flower of the military child—the dandelion; Dione Bradford, Parkway Elementary School principal, speaks to the students about being a military child; Parkway Elementary School faculty work to raise their students excitement levels at the rally; more happy bubble blowing ensues at the Month of the Military Child event.



ANGIE THORNE/GUARDIAN



Families enjoy crafts, snacks, learn about volunteering

GUARDIAN STAFF

FORT POLK, La. — The Outreach/Volunteer program held an outreach event March 30 at Army Community Service in conjunction with Fort Polk's Directorate of Family Morale, Welfare and Recreation Arts and Crafts Center and the Fort Polk Spouses' Club.

Families learned about volunteer programs and classes available to them as they painted ceramic eggs and enjoyed cookies, games and free pizza.

To contact the Volunteer Coordinator call 531-1895.



Macire Bah, left, and her children Amabou, 8, (middle) and Fatou, 5, design their ceramic eggs while learning about volunteer opportunities and arts and crafts classes available to family members.



Gabrielle Powell and her daughter Maizie Joan, 4, get creative painting their ceramic Easter eggs.



Maj. Rick Gonzales, Joint Readiness Training Center Operations Group, is ready to help his daughter, Ana, 1, with her egg.



Caziyah Edwards, 4, enjoys a slice of pizza.



The Easter bunny, also known as Abbigale McAdams, 41st Transportation Company, 519th Military Police Battalion, helps hand out ceramic eggs to Families to begin painting their Easter masterpieces.



EMPLOYMENT READINESS PROGRAM
HOME BASED BUSINESS MARKET
 SUPPORT MILITARY SPOUSE OWNED HOME-BASED BUSINESSES
 APRIL 3 • MAY 1 • JUNE 5
 ***WEATHER PERMITTING


FIRST SATURDAY OF THE MONTH FROM
 0900-1200
 OLD COMMISSARY PARKING LOT

TO BECOME A HOME-BASED BUSINESS AND PARTICIPATE IN THESE EVENTS PLEASE CONTACT EMPLOYMENT READINESS PROGRAM
 (337) 531-6922 OR EMAIL STACEY.R.DELGATO.CIV@MAIL.MIL
 PACKETS ARE AVAILABLE ON THE JRTC AND FORT POLK WEBSITE



Fort Polk Catfish Derby

Family Fishing Fun!



Activities
 Filet Demonstration
 Raffle
 Games
 Educational Booths
 Prizes

17 APRIL 2021
0700-1100
CATFISH COVE
FORT POLK, LOUISIANA

Join the JRTC & Fort Polk as we celebrate the great outdoors with our Catfish Derby! Fishing will begin at precisely 0700 at Catfish Cove on 17 April 2021. Children ages 15 and under are allowed to fish. Persons 16 and over are allowed to assist children fishing. This event is open to the public. For more information please call Amy Brennan at (409) 504 - 2445.



MILITARY ONE SOURCE

2021 Month of the Military Child

MilKids, help us celebrate the wonders of you!

YOU'RE EVERYTHING

April is Month of the Military Child and we want to shine a spotlight on you – your face, your voice, your art, your family, your story. Here are some ways you can participate:

- ★ **Share pictures:** Send us images of you, your family or friends wearing purple to celebrate Purple Up!
- ★ **Provide a quote:** Write a short blurb about what it's like to be a military kid.
- ★ **Write a blog:** Send us a blog about a memorable military life experience.
- ★ **Send us your artwork:** Share a painting, drawing, poem, video or musical recording about your experience being part of the military community.

Please send all submissions to: MQMC2021@militaryonesource.mil

ARTS AND CRAFTS

WHIMSICAL TREE

CANVAS PAINT

APRIL 10 | 10:30AM - 12:30PM
\$25 PER ARTIST
 INCLUDES SUPPLIES & REFRESHMENTS
AGES 10yrs+



REGISTER BY APRIL 8 AT ARTS & CRAFTS
CALL 531 - 1980
 PAYMENT DUE AT REGISTRATION

*Cancellations prior to April 8 refunded (No-shows/cancellations after April 8 not eligible for refunds)



TOLEDO BEND ARMY RECREATION PARK



Bass Tournament
April 3rd

Register: 5 AM to Sunrise | Weigh in: 3 PM
\$ 40 Tournament Fee per Boat
2 Person limit per Boat
80% Pay Out for more than 8 boats
\$ 5 Big Bass Fee per Person
100% Pay Out Win
For more information call 318-565-4484

#bigbass Toledo #fortpolktoledo

PAINT AND SIP
APRIL SHOWERS
BRING MAY FLOWERS

ARTS & CRAFTS CENTER
APRIL 16 | 6:30 - 9pm

\$40.00 PER ARTIST
(INCLUDES ALL SUPPLIES AND INSTRUCTION)

REGISTER BY APRIL 14 AT THE ARTS & CRAFTS CENTER / CALL 531-1980
PAYMENT DUE AT TIME OF REGISTRATION



AGES 18+. IDS REQUIRED
ALCOHOLIC BEVERAGES
AVAILABLE FOR PURCHASE

*CANCELLATIONS PRIOR TO APRIL 14 WILL BE
REFUNDED (NO-SHOWS/CANCELLATIONS
AFTER APRIL 14 NOT ELIGIBLE FOR REFUNDS)

JRTC & FORT POLK FAMILY AND MWR

DYE HARD WARRIOR
5K COLOR RUN

MAY 1 | 9AM
SHOWBOAT THEATRE PARKING LOT
DOORS OPEN AT 8AM


RUNNERS & WALKERS OF ALL LEVELS AGES WELCOME NO PETS
REGISTRATION FORM LOCATED POLK.ARMYMWR.COM
FTPOLKSPECIALEVENTS@GMAIL.COM
LIMITED SPACE AVAILABLE 7 COURTSIDE SEAT FOR PARTICIPANTS ONLY




THIS FREE EVENT IS PROUDLY SPONSORED

BENDIT MOTORS • SOUTHWEST BEVERAGE • USAA
CORVIAS • PAPA JOHN'S
K&R FURNITURE • KVVU • GEICO • BFCU
TABOO HARLEY DAVIDSON
ARMED FORCES BENEFITS NETWORK

LIMITED SPACE AVAILABLE



GERONIMO WARRIOR RESTURANT



Breakfast: \$3.65 AND Lunch: \$5.85
Hours of Operation:
Breakfast: 0730-0900 AND Lunch: 1130-1300
Dinner/Weekends/Holidays: CLOSED
Open to all military and civilian personnel. Alabama Ave, Bldg. 2382 Fort Polk, LA 71459

05 APRIL 21	06 APRIL 21	07 APRIL 21	08 APRIL 21	09 APRIL 21
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
-BOILED EGGS -SCRAMBLED EGGS -TURKEY BACON -PORK BACON -PORK SAUSAGE -TURKEY SAUSAGE -HOME FRIED POTATOES -HASH BROWNS -WHITE RICE -BISCUITS -CREAMED BEEF -FRENCH TOAST -SYRUP W/ TOPPING -OATMEAL -GRITS -WESTERN OMELET	-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	-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	-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	-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
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
-SPAGHETTI & MEAT SAUCE -GRILLED SALMON -LONG GRAIN WILD RICE -OVEN BROWNED POTATOES -GREEN BEANS -CALICO CORN -CHICKEN RICE SOUP -PHILLY STEAK -HAMBURGER -HOT DOGS -CHICKEN TENDERS -BAKED BEANS -CHILLI w/ BEEF -CURLY FRIES -CHEESE SAUCE -ASSORTED SALAD -ASSORTED DESSERT	-BRAISED PORK CHOPS -CHICKEN FAJITA -BEEF FAJITA -GARLIC ROAST POTATOES -SPANISH RICE -GLAZED CARROTS -GREEN BEANS -CREAM OF BROCCOLI -CHICKEN WINGS -TACO BAR -HAMBURGERS -HOT DOGS -BAKED BEANS -CHILLI with BEEF -CURLY FRIES -CHEESE SAUCE -ASSORTED SALAD -ASSORTED DESSERT	-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	-BRAISED SPARERIBS -BBQ SPARERIBS -GRILLED CHICKEN -BBQ CHICKEN -SOUTHERN FRIED CATFISH -BAKED MAC & CHEESE -DIRTY RICE -COLLARD GREENS -CORN ON THE COB -GUMBO -CHICKEN WINGS -BAKED BEANS -CHILLI with BEEF -CURLY FRIES -CHEESE SAUCE -ASSORTED SALAD -ASSORTED DESSERT	-HOMESTYLE MEATLOAF -HONEY GARLIC SALMON -SCALLOPED POTATOES -WILD RICE -HERBED GREEN BEANS -HONEY GLAZED CARROTS -ONION SOUP -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!



Patriot Warrior Restaurant 7 Day Menu

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



05 APR 21	06 APR 21	07 APR 21	08 APR 21	09 APR 21	10 APR 21	11 APR 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 BBQ Ribs 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 Tetrazzini 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