



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

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Home of Heroes @ Fort Polk, LA

April 23, 2021

BJACH announces Soldier, NCO of the Year winners

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital held its Soldier and Non-commissioned Officer of the year competition April 15. Competitors participated in a series of rigorous events including a 12-mile foot march, water survival tests, written essay, uniform inspection and appeared before a board of senior NCOs from BJACH.

The challengers, two NCOs and three Soldiers representing the behavioral health or surgical departments from the hospital, participated in a full day of difficult physical and mental tasks that began before dawn.

First Sgt. James Buchanan said the criteria to compete began with winning local monthly and quarterly boards with the winners moving forward to Regional Health Command-Central's Best Leader Competition May 9-14 at Fort Hood, Texas.

"The competition was tough," he said. "There was

a solid group of Soldiers and NCOs out there, each one an excellent representative of our organization."

Command Sgt. Maj. Alexander Poutou said that Soldiers and NCOs who participate in these competitions go above and beyond the standard and participate in addition to their normal day-to-day duties.

"We have a lot of good Soldiers at BJACH and these Soldiers and NCOs put themselves out there to compete to be the best," he said. "Events like this focuses on physical fitness along with warrior tasks and drills. These individuals have set themselves apart from the team."

The winners were announced in a small ceremony at BJACH April 20. Sgt. Jesus Gil, behavior health specialist, won the title of NCO of the Year. Spc. Vanessa Mundell, surgical technician, won the title of Soldier of the Year and will represent the organization at the regional Best

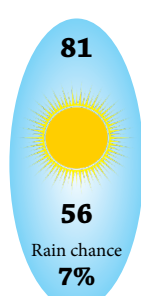
Please see **NCO**, page 5



CHAP. (CAPT) NIKKI REEVES/BJACH

Sgt. Jesus Gil takes a blindfolded plunge from the high dive during Army Combat Water Survival test portion of the Bayne-Jones Army Community Hospital Soldier and Noncommissioned Officer of the Year competition April 15 at the Joint Readiness Training Center and Fort Polk.

Weekend weather



Inside the Guardian

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Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "What are you reading right now?"

Here are their responses:



Gustavo Jimenez: "I'm reading a parenting book called, 'Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting.' We have two small children and my wife and I are always looking for ways to be better parents."

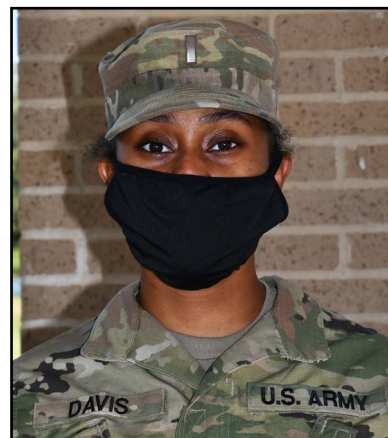
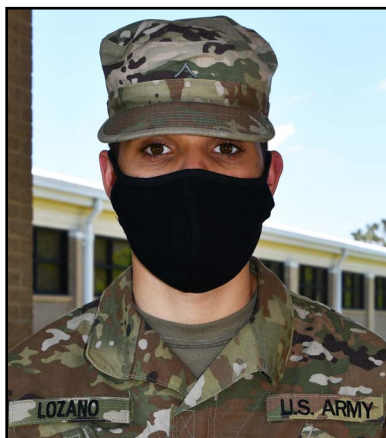


Nicole Vo: "I've been reading articles on cryptocurrency and the new dogecoin. It's interesting to see how financial trends are constantly changing."

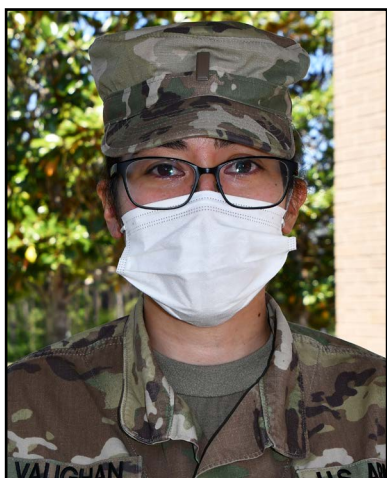


Dane Gritsch: "I've been keeping up on news and sports. I enjoy the latest reports about the draft and players. It's something to look forward to."

Pvt. Javier Lozano: "I'm reading 'War of the Century: When Hitler Fought Stalin.' It's a history, non-fiction book about World War II. It's something I'm interested in and I'm enjoying the book."



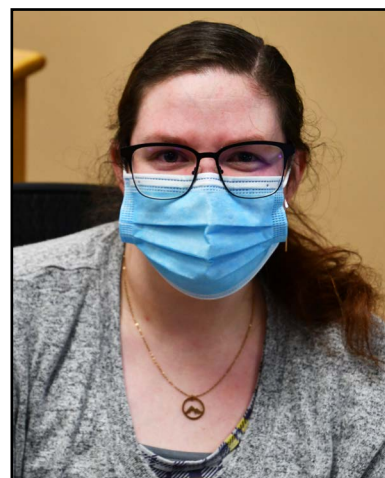
2nd Lt. Amira Davis: "I'm reading 'Turn the Ship Around,' by L. David Marquet. It's about leadership and how everyone has a role to play. It's recommended reading and I'm enjoying it."



2nd Lt. Maria Vaughan: "I've started reading a book for my masters degree in education. The book is all about how kids learn and that it continues to change. How I learned is different than how kids today learn."



Lena Goodman: "I'm really into psychological mysteries and anything to do with serial killers. I'm reading 'Talking with Serial Killers.' It's about the inner workings of their minds and how they think. It's fascinating."



Janell Womack: "I'm between two books – 'The Atlantis Grail' and rereading the Harry Potter series as an adult. Reading these books are fun and they take me away when I need to get away from the realities of life."



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For more information on Fort Polk units and happenings visit the following Facebook pages:

@JRTCOperationsGrp, **@BayneJonesACH** or **@fortpolkmwr**.

Briefs

Catfish derby

Make plans to attend Fort Polk's Catfish Derby May 8 from 7-11 a.m. at Catfish Cove.

Families can stake out their spot along the bank of Catfish Cove and fish to their heart's delight. There will also be activities, a raffle, games, educational booths, a fillet demonstration and prizes.

Abandoned vehicle

The Directorate of Emergency Services Traffic section releases the following vehicle to a towing company for disposal on May 31, 2021, if it remains unclaimed.

The vehicle is listed with its VIN number.

2011 Toyota Prius 9170

If this vehicle belongs to you contact the Fort Polk Police Traffic Section at 531-1806/6675/2677.

Commissary sale

Don't miss the Defense Commissary Agency's Military Appreciation Month Sidewalk Sale scheduled May 13-16 from opening to 6 p.m. each day.

Regular Fort Polk commissary hours are from 9:30 a.m.-8 p.m. Tuesday through Friday, 9 a.m.-8 p.m. Saturday and 10 a.m.-6 p.m. on Sunday. The commissary is closed on Monday.

The sale features extra savings on a variety of every day items that may include products in the following categories: Snacks, beverages, pet food, international foods, baking goods, canned goods, non-food items and health and beauty products.

For more information call 531-2747.

Prepare for emergency

Disasters happen. Learn how to prepare at an emergency preparedness class hosted by the Family Readiness Center, bldg 924, May 19 from 9-11 a.m. Learn how to make a plan, build a kit and stay informed. Registration is required. For more information, or to register, call 531-9743 or email catherine.a.scott26.ctr@mail.mil.

Desmond Metcalf, (left) Sgt. Maj. Howard Metcalf's son, works with Jasmine Roberts, (right) Desmond's fiancée, their son, Khalil, 3 months old, and Sgt. Maj. Osvaldo Martinez, (behind Jasmine) 13th Regimental command sergeant major of the U.S. Army JAG Corps, as they unveil the plaque dedicating the Fort Polk Courthouse in Metcalf's name.

Fort Polk celebrates courthouse dedication

By Maj. NORBERTO O. DALUZ
OSJA military justice chief

FORT POLK, La. — On the morning of April 21, the Fort Polk Office of the Staff Judge Advocate named and dedicated the Fort Polk Courthouse after Sgt. Maj. Howard Metcalf.

Metcalf served as the 8th Regimental Sergeant Major of the U.S. Army Judge Advocate General's Corps from Feb. 17, 1998, until his retirement in 2002. He passed away in November 2019 at the age of 72. The Fort Polk Courthouse Naming and Dedication

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JRTC, Fort Polk wins DoD Environmental award

DEPARTMENT OF DEFENSE

FORT POLK, La. — The Department of Defense announced the Secretary of Defense Environmental Awards winners for 2021 on April 22.

The awards recognize installations, teams, and individuals for their accomplishments in innovative and cost-effective environmental management strategies that support mission readiness.

Among the winners is the U.S. Army Garrison Fort Polk in the Sustainability, Non Industrial Installation Category.

Fort Polk's Directorate of Public Works, Environmental Resources Management Division, used advanced technologies to reduce energy and water use; increase the installation's resilience through renewable onsite resources; and reduce greenhouse gas emissions from transportation, facilities, and construction. Focusing on energy resilience and efficiency, Fort Polk invested \$13 million in funding for advanced technology projects during fiscal years 2019-2020 to expand upon micro grids, energy storage, electric vehicles, building control integration, and infrastructure improvements.

"Three priorities — defending the nation, taking care of our people, and succeeding

through teamwork — will guide our efforts," said Lloyd J. Austin III, Secretary of Defense. On tackling the climate crisis, he stated, "we will elevate climate as a national security priority, integrating climate considerations into the department's policies, strategies, and partner engagements."

Each year since 1962, the Secretary of Defense Environmental Awards have honored service members and civilians across DoD.

The nominees' achievements include significant strides to conserve the nation's natural and cultural resources; protect human health; prevent or eliminate pollution at the source; clean up hazardous substances, pollutants or contaminants, and munitions on DoD sites; and incorporate environmental requirements into weapon system acquisition.

DoD also leverages technology to develop innovative solutions to existing and emerging human health and environmental challenges. A diverse panel of 47 judges from federal and state agencies, academia, and the private sector evaluated nominations from the DoD components to help determine the winners. Eight winners were selected from a total of 27 nominees.

Editor's note: A more in-depth article will run in an upcoming issue of the Guardian.

Army researchers create real-time conversational AI

U.S. ARMY DEVCOM

ADELPHI, Md. — Spoken dialogue is the most natural way for people to interact with complex autonomous agents such as robots. Future Army operational environments will require technology that allows artificial intelligent agents to understand and carry out commands and interact with them as teammates.

Researchers from the U.S. Army Combat Capabilities Development Command, known as DEVCOM, Army Research Laboratory and the University of Southern California's Institute for Creative Technologies, a Department of Defense-sponsored University Affiliated Research Center, created an approach to flexibly interpret and respond to Soldier intent derived from spoken dialogue with autonomous systems.

This technology is currently the primary component for dialogue processing for the lab's Joint Understanding and Dialogue Interface, or JUDI, system, a prototype that enables bi-directional conversational interactions between Soldiers and autonomous systems.

"We employed a statistical classification technique for enabling conversational AI using state-of-the-art natural language understanding and dialogue management technologies," said Army researcher Dr. Felix Gervits. "The statistical language classifier enables autonomous systems to interpret the intent of a Soldier by recognizing the purpose of the communication and performing actions to realize the underlying intent."

For example, he said, if a robot receives a command to "turn 45 degrees and send a picture," it could interpret the instruction and carry out the task.

To achieve this, the researchers trained their classifier on a labeled data set of human-robot dialogue generated during a collaborative search-and-rescue task. The classifier learned a mapping of verbal commands to responses and actions, allowing it to apply this knowledge to new commands and respond appropriately.

Researchers developed algorithms to incorporate the classifier into a dialogue management system that included techniques for determining when to ask for help given incomplete information, Gervits said.

Army researchers create a novel approach that allows autonomous systems to flexibly interpret and respond to Soldier intent.



1st Lt. ANGELO MEJIA/US ARMY

In terms of Army impact, the researchers said this technology can be applied to combat vehicles and autonomous systems to enable advanced real-time conversational capability for Soldier-agent teaming.

"By creating a natural speech interface to these complex autonomous systems, researchers can support hands-free operation to improve situational awareness and give our Soldiers the decisive edge," Gervits said.

According to Gervits, this research is significant and unique in that it enables back-and-forth dialogue between Soldiers and autonomous systems.

"Interacting with such conversational agents requires limited to no training for Soldiers since speech is a natural and intuitive interface for humans and there is no requirement to change what they could say," Gervits said. "A key benefit is that the system also excels at handling noisy speech, which includes pauses, fillers and disfluencies — all features that one would expect in a normal conversation with humans."

Since the classifier is trained ahead of time, the system can operate in real-time with no processing delay in the conversation, he said.

"This supports increased naturalness and flexibility in Soldier-agent dialogue, and

can improve the effectiveness of these kinds of mixed-agent teams," Gervits said.

Compared to commercial deep-learning approaches, which require large, expensive data sets to train the system, this approach requires orders of magnitude fewer training examples, he said. It also has the advantage of being able to reduce deployment time and cold start capability for new environments.

Another difference is that commercial dialogue systems are typically trained in non-military domains, while his focus is on a search-and-rescue task specifically designed to mimic the style of Soldier-robot interaction that could occur in a future tactical environment.

Finally, the classification approach allows for better transparency and explainability of the system performance making it possible to analyze why the system produced a certain behavior. This is critical for military applications wherein ethical concerns demand greater transparency of autonomous systems, Gervits said.

The research was performed primarily a few years ago when Gervits was an intern at ICT. The subsequent manuscript was accepted to the International Workshop on Spoken Dialogue Systems in 2019 and pre-

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NCO

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Leader competition next month.

"It feels great to be selected as the BJACH NCO of the year," said Gil. "I've been working toward this for the past three years. All of the time training and studying has paid off."

Gil said the competition was rigorous and will prepare the team moving forward. With an upcoming permanent change of station he will not represent BJACH at the next level, but he believes the competition at Fort Polk will give the team an idea of what to expect.

"My advice to my peers is to keep training," he said. "Use the resiliency skills we are taught in the Army. Maintain positive thoughts and focus on accomplishing the mission and winning the competition for BJACH."

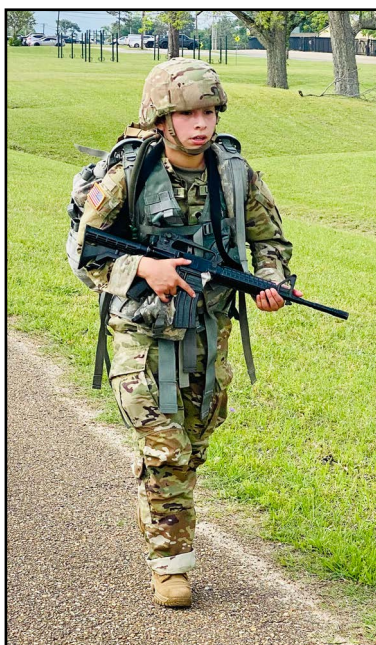
Spc. Vanessa Mundell said she plans to continue working on her fitness level not only to improve her Army Combat Fitness Test scores, but her foot marching abilities.

"It feels great to be able to represent the enlisted Soldiers at BJACH," she said. "I'm a competitor at heart and cannot wait for the opportunity to demonstrate my strength as a U.S. Soldier."

First Lt. Leonard Soriano, 1st Sgt. James Buchanan, Sgt. Edgardo Rosario and Spc. Vanessa Mundell will represent BJACH at the regional competition in May.

"I am looking forward to going to Fort Hood next month," Mundell said. "Not many Soldiers have the opportunity to attend competitions at the regional level. I look forward to the challenge and the competition. I am excited to see what I am able to accomplish."

Spc. Vanessa Mundell completes the 12-mile foot march during the Bayne-Jones Army Community Hospital Soldier and Noncommissioned Officer of the Year competition April 15 at the Joint Readiness Training Center and Fort Polk.



CHAP (CAPT) NIKKI REEVES/BJACH

Sgt. Jesus Gil takes the plunge during the Army Combat Water Survival test portion of the Bayne-Jones Army Community Hospital Soldier and Noncommissioned Officer of the Year competition on April 15 at the Joint Readiness Training Center and Fort Polk.



Spc. Vanessa Mundell swims 25 meters with an M4 carbine during the Army Combat Water Survival test portion of the Bayne-Jones Army Community Hospital Soldier and Noncommissioned Officer of the Year competition on April 15 at the Joint Readiness Training Center and Fort Polk.

BJACH NCOs lead way with outdoor induction ceremony

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Six newly promoted sergeants from Bayne-Jones Army Community Hospital joined the ranks of the Noncommissioned Officer Corps during an induction ceremony held at the Joint Readiness Training Center and Fort Polk's Memorial Park April 21. The ceremonial event is a symbolic act for enlisted Soldiers as they take their place as leaders in the organization.

Sgt. 1st Class Terrance Richey, Soldier Center Medical Home noncommissioned officer in charge, said the ceremony was a formal way to welcome the new NCOs and to build esprit-de-corps.

"Crossing through the archway signifies a rite of passage," he said. "We are officially welcoming each of these NCOs into the corps. This ceremony is an important way to carry on the traditions of the U.S. Army."

Richey said the ceremony is critical because it not only illustrates that NCOs are now part of a team, but also that they are joining a long lineage of professional military leaders.

During the ceremony three candles were lit representing the values that NCOs uphold. A red candle symbolizes courage and strength, white for purity and commitment and blue for valor and pride.

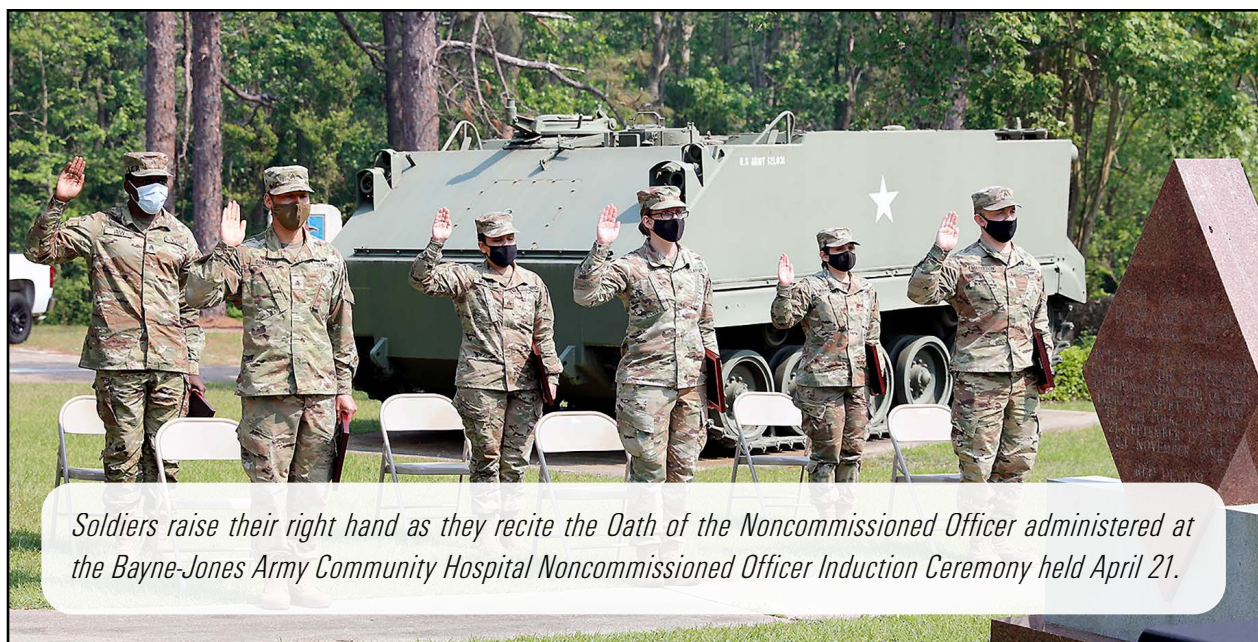
After the candles were lit, Soldiers and NCOs recited the Soldier's Request. "Treat me with respect; talk to me often; train me," were pleas from Soldiers to their NCOs during the oration. With each request the NCOs promised to lead, train and respect their Soldiers.

Sgt. Elvin Vann, a respiratory specialist for BJACH, was the newest NCO in the ceremony. With a date of rank of April 1, Vann has only been an NCO for 21 days.

"It feels good to be a part of something



Staff Sgt. James Madison, crosses through the archway at the Bayne-Jones Army Community Hospital Noncommissioned Officer induction ceremony held April 21.



Soldiers raise their right hand as they recite the Oath of the Noncommissioned Officer administered at the Bayne-Jones Army Community Hospital Noncommissioned Officer Induction Ceremony held April 21.

much larger than myself," he said. "This ceremony reinforces the scope of responsibilities required of an NCO. As a Soldier I was always hooah, hooah, go, go, go. Before I was told to do, now I'm learning the why behind what we do."

Vann said he hopes he will live up to the expectations and examples of his NCO sup-

port chain and be the best NCO he can be.

Editor's note: To learn more about the NCO Induction Ceremony, the Soldier's request and the NCO response read TC 7-22.7, The Noncommissioned Officer Guide, B1-8. https://armypubs.army.mil/epubs/DR_pubs/DR_a/pdf/web/ARN20340_TC%207-22x7%20FINAL%20WEB.pdf

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sented at the conference. It was published in the conference proceedings in 2021.

Dr. David Traum, from the Natural Language Dialogue group at ICT, led the dialogue research, which included the statistical classifier. Dr. Matthew Marge from ARL led the Botlanguage project, a collaborative effort between ARL at the Adelphi Laboratory Center, ARL West and ICT.

The next research steps are threefold:

- To improve the system performance by supplementing the classifier with additional linguistic representations.

- Extending the approach to enable learning of new training examples through real-time dialogue.

An example of this is a robot encountering something new in the environment and asking a Soldier what it is.

- Integrating additional interaction mo-

dalities such as gaze and gesture, in addition to speech, for more robust interaction in physical environments.

"With the tactical environment of the future likely to involve mixed Soldier-agent teams, I am optimistic that this technology will have a transformative effect on the future of the Army," Gervits said. "It is highly rewarding for me as a researcher to see such a tangible outcome for my efforts."

3/10 participates in Joint Readiness Training Center Rotation 21-06



Fort Polk's 3rd Brigade Combat Team, 10th Mountain Division, "Patriots," take on opposing force "Geronimo" during force-on-force training in the course of Joint Readiness Training Center and Fort Polk Rotation 21-06. The 3/10 partners with British Forces, 1st The Queen's Dragoon Guards, — a North Atlantic Treaty Organization ally. Here are a few images (also page 8) of their intensive, cutting edge training.



3RD BRIGADE COMBAT TEAM, 10TH MOUNTAIN DIVISION



3RD BRIGADE COMBAT TEAM, 10TH MOUNTAIN DIVISION



Courthouse

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ceremony was held in conjunction with Fort Polk's 80th Anniversary and in the spirit of recognizing excellence within the ranks of the U.S. Army.

A native of New Orleans, Metcalf enlisted in the U.S. Army in 1969. He completed Basic Combat Training and Advanced Individual Training (Infantry) at Fort Polk, Louisiana when Fort Polk was an initial entry training installation.

He served as an infantryman in Vietnam from January 1970 to February 1971 with the 90th Replacement Battalion and the 321st Transportation Company. After returning from Vietnam, he entered the civilian workforce.

In 1977, Metcalf re-enlisted in the U.S. Army, this time as a legal specialist. His initial assignment after graduation from 71D AIT at Fort Benjamin Harrison, Indiana, was as a Battalion legal noncommissioned officer with 1st Battalion, 44th Air Defense Artillery, Korea.

Metcalf went on to serve as a lawyer's assistant, NCOIC of the Administrative Section and Pre-Trial Section, 21st Support Command, Germany; instructor developer with Company C, 1st Battalion, Troop Brigade, Fort Benjamin Harrison, senior legal NCO, Combined Field Army, Korea; 71 D branch manager, Falls Church, Virginia; first sergeant, Company A, 369th AG Battalion.

Prior to his assignment at the Pentagon, Metcalf served as the chief legal NCO, 8th US Army, Korea. Metcalf was a graduate of all professional military education courses along with the Battle Staff Course and Master Fitness Course. During his Army career, Metcalf served three tours in Korea, one in Vietnam, and one in Germany.

Metcalf's awards include the Defense Meritorious Service Medal, Meritorious Service Medal with four Oak Leaf Clusters, Army Commendation Medal with one Oak Leaf Cluster, Army Achievement Medal with one Oak Leaf Cluster, Vietnam Service Medal, Republic of Vietnam Campaign Medal, and the German Marksmanship Badge.

In November 1997, he was selected as the 8th Regimental Sergeant Major of the U.S. Army JAG Corps. On Feb. 17, 1998, he as-



METCALF



ANGIE THORNE/GUARDIAN

Standing behind the plaque dedicating the Fort Polk courthouse in the memory of Sgt. Maj. Howard Metcalf are Command Sgt. Maj. Osvaldo Martinez, (left) 13th Regimental command sergeant major of the U.S. Army JAG Corps, Lt. Col. Jess Roberts, deputy staff judge advocate, Col. Ryan K. Roseberry, Fort Polk garrison commander, Desmond Metcalf, Sgt. Maj. Metcalf's son, Jasmine Roberts, Desmond's fiancée and their son, Khalil, 3 months old.

sumed that role, serving as the primary advisor to the Judge Advocate General of the U.S. Army on all matters concerning legal specialists and NCOs in the U.S. Army.

Metcalf was an advocate of creating an independent NCO Academy for paralegals. He believed that NCO paralegals needed to train alongside judge advocates, legal administrators and court reporters, just as they would operate in a deployed environment.

Metcalf was a proponent of the "train as you fight" mentality. Today, the U.S. Army JAG Corps' NCO Corps is direct reflection of Metcalf's leadership and vision.

After retiring from the Army in 2002, Metcalf earned both a Bachelor of Arts Degree and a Master's Degree.

He continued his life of public service by joining the South Carolina Division of Veterans Affairs as acting director and later director of that office, responsible for more than 400,000 veterans and family members in the state.

He continued to work closely with minority veterans service organizations and with helping African American youth in his

church, where he served as an elder for the remainder of his life.

Metcalf's son, Desmond Metcalf, his fiancée, Jasmine Roberts and their son, Khalil Metcalf, 3 months old, were in attendance for the occasion.

Metcalf said the dedication ceremony honoring his father was legendary.

"He was a man that truly deserved recognition and that's what he got today. He told me that you didn't have to be a leader of something to be dedicated to it, but it was that attitude that made him a great leader," he said. "He was so humble, no matter how much he achieved. Though it's hard to follow in his footsteps, I'm trying to do just that — in my own way — by living my life based on the lessons he taught me."

Metcalf said if his father were here today, he would love this.

"He would be crying and smiling. His smile would light up this whole room," he said.

Col. Ryan Roseberry, Fort Polk garrison commander, was the guest speaker.

Roseberry spoke about Metcalf's transformational leadership and how he positively influenced thousands of paralegals and attorneys over the course of his 20-year career in the U.S. Army JAG Corps.

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Courthouse

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He also touched on how Metcalf's life story embodied the Joint Readiness Training Center's mantra of coaching, training and mentoring Soldiers.

Also, in attendance was Command Sgt. Maj. Osvaldo Martinez, 13th Regimental Command Sergeant Major of the U.S. Army JAG Corps. Martinez spoke of how Metcalf positively influenced him as a junior enlisted paralegal and how Metcalf planted the seed in then Pvt. Osvaldo Martinez's mind that he too could someday serve as Regimental Sgt. Maj. of the U.S. Army JAG Corps. An idea that eventually became a reality for Martinez.

Lt. Col. Kenneth Godwin, Fort Polk Chaplain, held a brief memorial and spoke about how Metcalf followed in the footsteps of Jesus and was the epitome of servant leadership.

Lt. Col. Jess Roberts, deputy staff judge advocate, along with Maj. Norberto Daluz, chief of Military Justice, served as the masters of ceremony for the event on behalf of the Fort Polk Staff Judge Advocate, Col. Tiffany Chapman.

Soldiers and civilians from the OSJA, as well as friends and family members from across Fort Polk and the U.S. Army, were in attendance.

More than 150 people also watched the



Col. Ryan K. Roseberry, Fort Polk garrison commander, admires a sleeping Khalil Metcalf, 3 months old, before the ceremony honoring his grandfather, Sgt. Maj. Howard Metcalf, April 21.

ceremony on a Facebook live stream. The dedication was a touching tribute to a Soldier, father and husband who spent the greater part of his life in service to the nation. Metcalf is buried at Fort Jackson National Cemetery in South Carolina and is

survived by his wife, Joyce, and their two sons, Demetrius and Desmond.

Metcalf's lifetime of service to the nation embodies the best that Fort Polk and the Soldiers and Families who live here represent.

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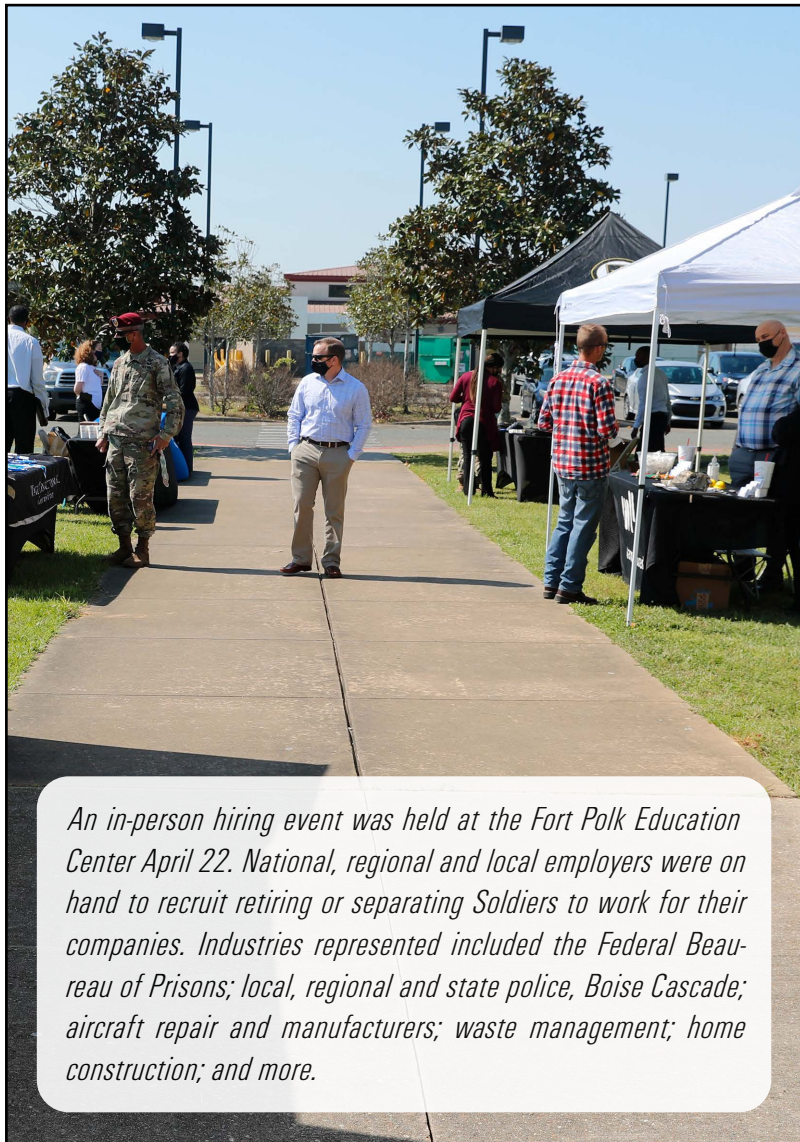
AWARDS FOR TOP TWO TEAMS

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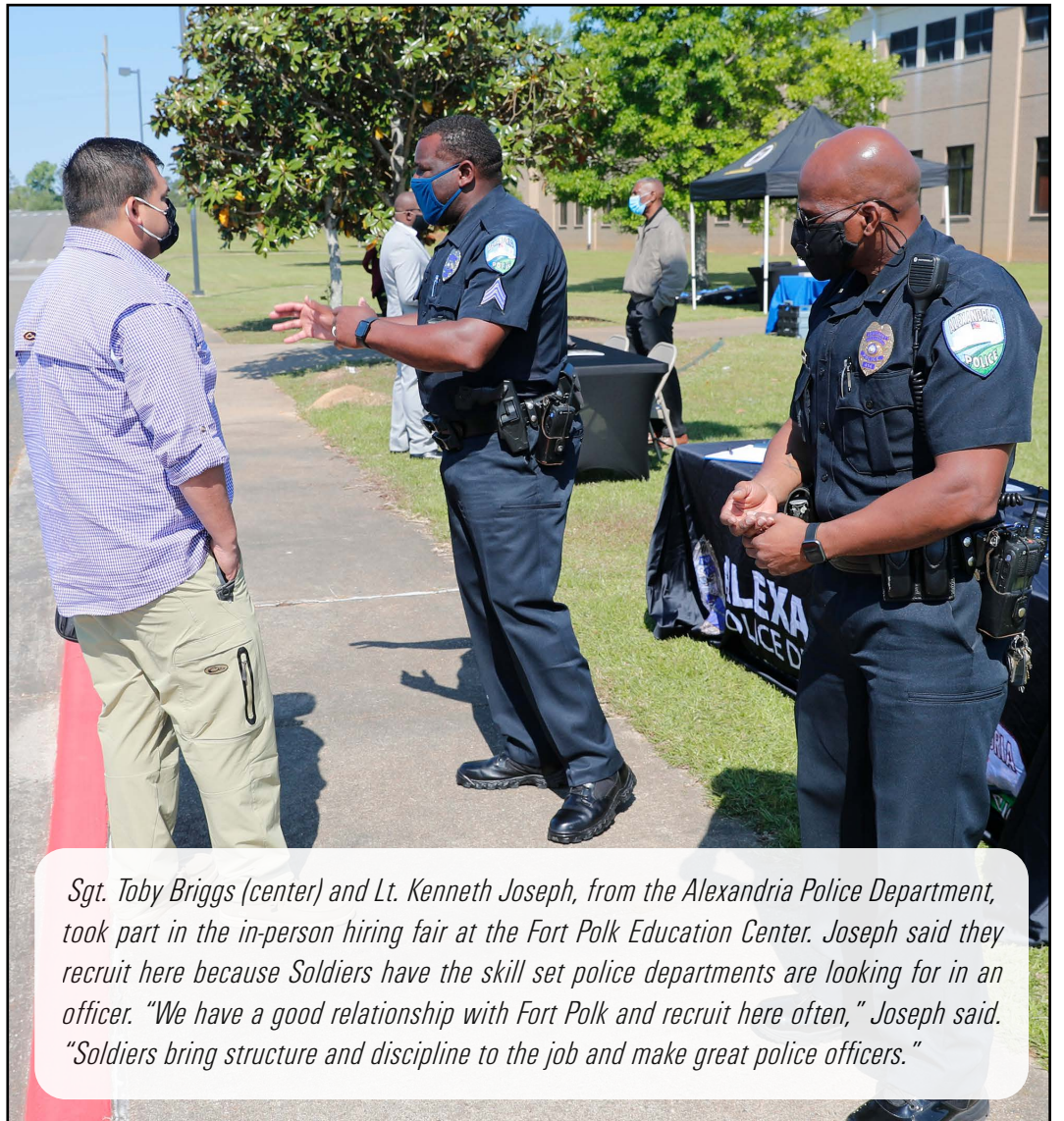
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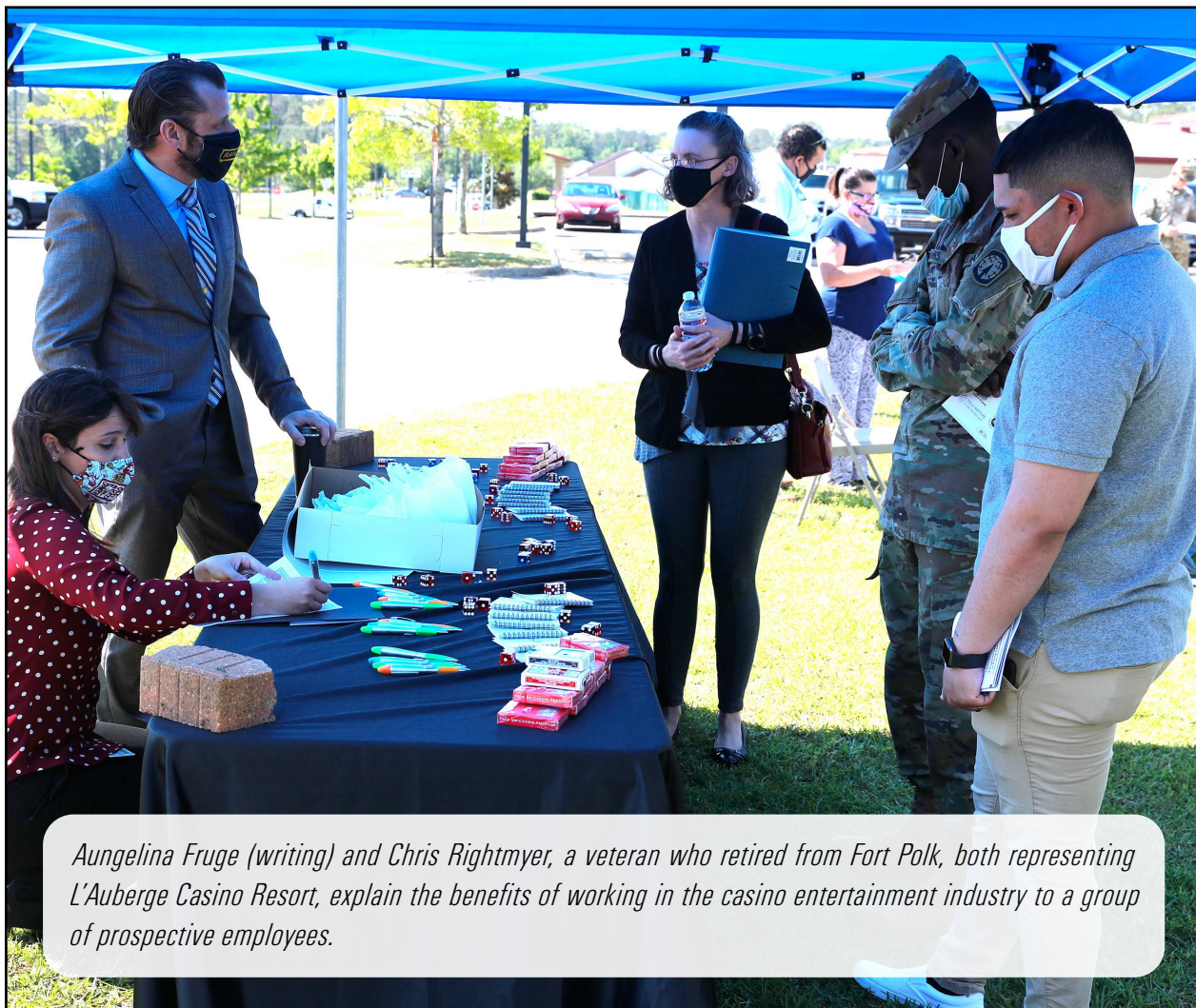
National, regional companies recruit prospective employees from Fort Polk community



An in-person hiring event was held at the Fort Polk Education Center April 22. National, regional and local employers were on hand to recruit retiring or separating Soldiers to work for their companies. Industries represented included the Federal Bureau of Prisons; local, regional and state police, Boise Cascade; aircraft repair and manufacturers; waste management; home construction; and more.



Sgt. Toby Briggs (center) and Lt. Kenneth Joseph, from the Alexandria Police Department, took part in the in-person hiring fair at the Fort Polk Education Center. Joseph said they recruit here because Soldiers have the skill set police departments are looking for in an officer. "We have a good relationship with Fort Polk and recruit here often," Joseph said. "Soldiers bring structure and discipline to the job and make great police officers."



Aungelina Fruge (writing) and Chris Rightmyer, a veteran who retired from Fort Polk, both representing L'Auberge Casino Resort, explain the benefits of working in the casino entertainment industry to a group of prospective employees.



A prospective employee talks with the recruiting team from LED Fast Staff about the job market and possible opportunities for post-service employment.

Community

Fort Polk takes part in Parkway Elementary School career day

By T.C. BRADFORD
Public affairs specialist

FORT POLK, La. — Parkway Elementary School held a career day April 21 in the school gym.

Representatives at the fair included Capt. William Frie from Fort Polk's Dental Activities Command; Kemberly Johnson from the LSU Ag Center's 4-H program; Staff Sgt. Cameron Reeves, a combat medic from Bayne-Jones Army Community Hospital; Sgt. 1st Class Robert Neese with the military working dog section of the 519th Military Police Battalion; and Natasha Johnson, a nutritionist with the LSU Ag Center.

Students took part in a series of presentations from careerists telling what people in their career field do.

Frie kept the children engaged with a series of "dad jokes" like "What is a dentist's

favorite animal? A Molar Bear."

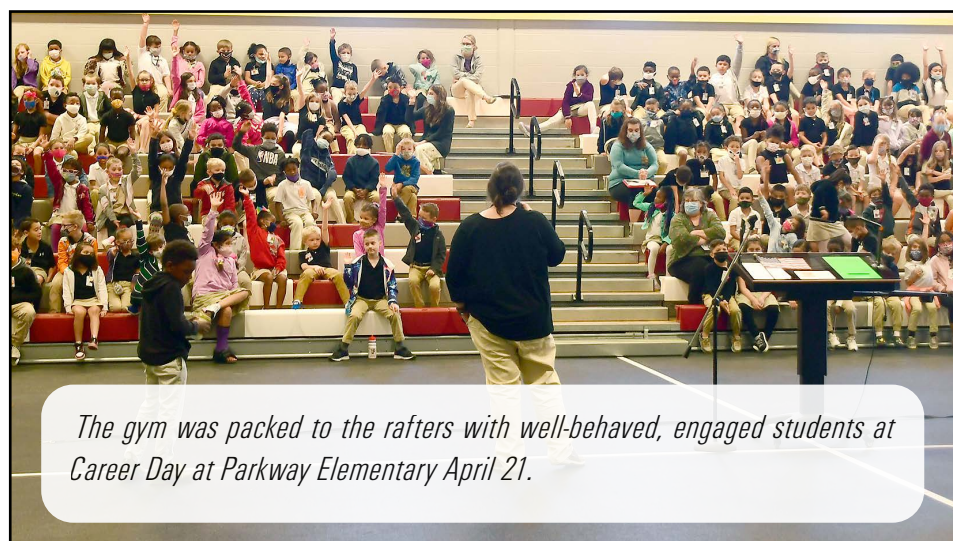
There was also a demonstration of how to make butter using a mason jar and a quart of heavy whipping cream; how to practice treating Soldiers with wounds on the battlefield; a military working dog demonstration; and a puppet show with removable organs from the nutritionist.

Dione Bradford, principal of Parkway Elementary School and the 2021 Louisiana State Principal of the Year, said the event was held to open the students' minds to the career possibilities awaiting them in the future.

"Most of our students at Parkway come from military Families," she said. "We want each one of them to know that if they work hard and apply themselves, they can be anything they want to be when they grow up and choose a career. We want them to reach for the stars."



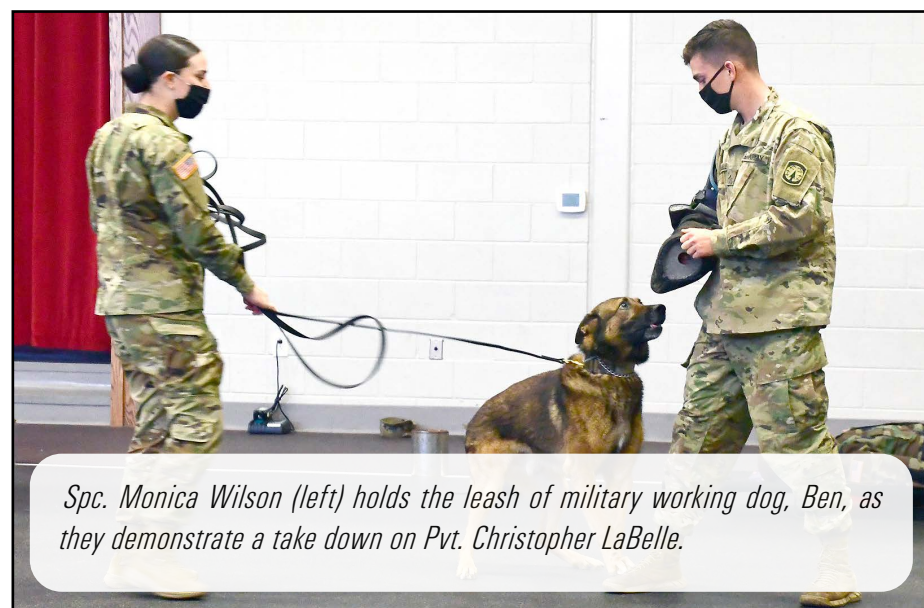
Spc. Monica Wilson and military working dog Ben, 519th Military Police Battalion, explain to children some of the demonstrations they will see at Parkway Elementary's Career Day April 21.



The gym was packed to the rafters with well-behaved, engaged students at Career Day at Parkway Elementary April 21.



Sgt. Jesus Gil, a combat medic with Bayne-Jones Army Community Hospital, shows students how a tourniquet is applied to prevent a patient from dying of blood loss during Parkway Elementary's Career Day April 21.



Spc. Monica Wilson (left) holds the leash of military working dog, Ben, as they demonstrate a take down on Pvt. Christopher LaBelle.



Pvt. Christopher LaBelle, guided military working dog, Orca, through an obstacle course at Parkway Elementary's Career Day April 21.

How to know when you have too much alcohol

By AMELIA CONNOR
Army Substance Abuse Program

FORT POLK, La. — When the Army Substance Abuse Program Prevention team teaches a class, one of the focus areas is “What is a standard drink?”

This may seem basic to some people, but ASAP has learned that many people do not have an accurate perception of their consumption because they do not know what a drink is. Why is it important? It’s important because quantity and frequency matter. How much is a person consuming and how often are they consuming are the biggest indicators of risk associated with alcohol use. The National Institute on Alcohol Abuse and Alcoholism defines low-risk drinking guidelines as no more than four drinks on any day for men and three on any day for women. The 2020-2025 Dietary Guidelines for Americans recommend that adults of legal drinking age who choose to drink in moderation can do so by limiting their intake to two drinks in a day for men or

one drink in a day for women. Most U.S. adults who drink don’t drink every day, so it’s important to focus on the amount people drink on the days they do decide to drink. According to the Centers for Disease Control and Prevention drinking at levels higher than the moderate guidelines significantly increases the risk of short-term harms, such as injuries, as well as the risk of long-term chronic health problems, such as some types of cancer. The guidelines are simply guidelines. They are tools that people can use to avoid high-risk behaviors, which can lead to high-risk consequences. However, the first step to using the tools is knowing what a standard drink is so that a person can honestly assess how much they are consuming daily/weekly.

For more information on low-risk drinking, high-risk behaviors, or general information related to substance abuse prevention contact Fort Polk ASAP at 531-2031 or visit ASAP on Facebook (@armysubstanceabuseJRTC.FortPolk).

HOW MUCH ARE YOU DRINKING?

WHAT'S IN A STANDARD DRINK?

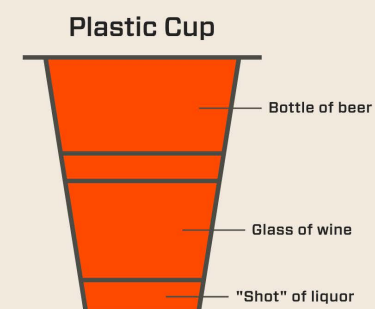


Each of the drinks above is a “standard drink.”
Because beer, wine and liquor all have different amounts of alcohol in them, standard drinks come in various sizes.

DID YOU KNOW?

- A standard 16 oz plastic drinking cup can help you measure a “standard drink.” The lines on the cup show you how much to pour of beer, wine or liquor without overdoing it.
- Be aware that the drink you order at the bar could be equal to two or three “standard drinks.” It depends on the type and amount of alcohol in the drink.

LEARN MORE AT
ownyourlimits.org/responsible-drinking



Low-risk drinking limits		MEN	WOMEN
	On any single DAY	No more than 4 drinks on any day	No more than 3 drinks on any day
	Per WEEK	No more than 14 drinks per week	No more than 7 drinks per week
To stay low risk, keep within BOTH the single-day AND weekly limits.			

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.

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

- A sergeant, assigned to 46th Engineer Battalion, was found guilty at a Summary Court-Martial for physically assaulting a minor under the age of 16 years, in violation of Article 128, Uniform Code of Military Justice (UCMJ). The Soldier was sentenced to a forfeiture of two-thirds pay per month for one month and restriction for 2 months.

- A specialist, assigned to 1st Battalion (Airborne), 509th Infantry Regiment, was punished under Article 15 for wrongful use of a controlled substance in violation of Article 112a, UCMJ. The Soldier was sentenced to a reduction to E-1; forfeiture of \$892 pay per month for two months; extra-duty for 45 days; restriction for 45 days; and an oral reprimand.

- A private, assigned to 2d Battalion, 4th Infantry Regiment, 3d Brigade Combat Team, 10th Mountain Division (Light Infantry), was separated under Chapter 10 (Discharge in Lieu of Trial by Court-Mar-

tial) for being absent without leave for 3 consecutive months. 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. This characterization of service also results in the service member being reduced to a private.

- A private, assigned to 46th Eng Bn, was issued a General Officer Memorandum of Reprimand for refusing to complete a lawfully required test to measure her blood alcohol content (BAC), in violation of Article 92, UCMJ.

- A private, assigned to 46th Eng Bn, was separated under Chapter 14-12b (Patterns of Misconduct). 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.

Join Fort Polk's Religious Service Office at National Day of Prayer breakfast

RELIGIOUS SERVICES OFFICE

FORT POLK, La. — Feed your hunger and nurture your soul at The Joint Readiness Training Center and Fort Polk National Day of Prayer breakfast for Soldiers, Families and civilians. The breakfast is free and takes place May 6 at the Main Post Chapel at 6 a.m.

The National Day of Prayer is an annual observance held on the first Thursday of May, inviting people of all faiths to pray for the nation. It was created in 1952 by a joint resolution of the United States Congress, and signed into law by President Harry S. Truman.

The National Day of Prayer is a vital part of America's heritage. Since the first call to prayer in 1775, when the Continental Congress asked the colonies

to pray for wisdom in forming a nation, the call to prayer has continued through history, including President Abraham Lincoln's proclamation of a day of "humiliation, fasting, and prayer" in 1863.

In 1988, the law was amended and signed by President Ronald Reagan, permanently setting the day as the first Thursday of every May. Each year, the president signs a proclamation, encouraging all Americans to pray on this day.

Guest speaker at the prayer breakfast is Dave Roever. During the Vietnam War, Roever served in the Navy as a river boat gunner in the elite Brown Water Black Beret. Eight months into his tour of duty, he was burned beyond recognition when a phosphorous grenade he was poised to throw explod-



ed in his hand. The ordeal left him hospitalized for 14 months, where he underwent numerous major surgeries.

Using his life as an example, Roever addresses issues relevant to his audience and presents concrete solutions to life's problems. Often drawing upon his war experiences of loneli-

ness, peer pressure, disfigurement, and pain, as well as life's triumphs, he weaves a message of hope, courage, commitment and survival that touches and transforms those who hear him.


Everyone is welcome to attend. RSVP with your unit chaplain or call the Religious Services Office at 531-9880.

SAVE THE DATE
WEAR PURPLE & SKATE!
FAMILY SKATING EVENT AT SIEGFRIED YOUTH CENTER
APRIL 25 • 1 PM – 3 PM
SKATING WITH ASSISTANCE
(PARENTS MAY WALK WITH CHILDREN PVC SKATE TRAINERS AVAILABLE)
3 PM – 5 PM
EXPERIENCED SKATERS (NO WALKING ON SKATE FLOOR)
CASH ONLY | FREE – NON SKATERS | \$6 – SKATE RENTAL | \$4 – BRING YOUR OWN SKATES
GET A \$1 OFF FOR WEARING PURPLE IN SUPPORT OF MONTH OF THE MILITARY CHILD



MASKS REQUIRED FOR AGES 8+
OPEN TO THE PUBLIC | CALL 337-531-6004

As Iron sharpens Iron so one man sharpens another.
Proverbs 27:17



MEN OF THE ANVIL

FORGING THE SOULS OF MEN

22 May, 0900-1200
Toledo Bend MWR Site, Kayaking

For more information contact CH Grizzle @337-208-2866

Got News?

Call the Guardian
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