



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

Vol. 48, No. 17

Home of Heroes @ Fort Polk, LA

April 30, 2021

JRTC and Fort Polk Soldiers line up for COVID-19 Vaccine

By JEAN CLAVETTE GRAVES
BJACH public affairs officer

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk, in cooperation with Bayne-Jones Army Community Hospital, vaccinated 905 Soldiers at the Soldier Readiness Processing site April 26, 27 and 28. Medical professionals from BJACH, 32nd Hospital Center and combat medics from across the installation joined forces to administer the vaccine to volunteers from every unit on post.

Brig. Gen. David Doyle, commanding general, JRTC and Fort Polk, said vaccinations are available to all Soldiers assigned to Fort Polk.

"If you are a military member we are going to get you a vaccine," he said. "We are working with BJACH to get as many doses of the vaccine for all of our Soldiers, civilians and beneficiaries. We want to get as many shots in arms as we can. Getting our community vaccinated is our number one priority."

1st Lt. Sara Wozniak, a reg-

istered nurse with the 433rd Medical Detachment, 115th Field Hospital, 32nd HC has been part of the COVID-19 vaccine team at Fort Polk since the Emergency Use Authorization and doses began to arrive at the installation in December 2019. She has been on the frontlines of the vaccination efforts and said she was glad to see that large amounts of the vaccine had finally arrived at Fort Polk.

"The vaccine is the light at the end of the tunnel," she said. "Getting everyone to understand the safety and effectiveness of the vaccine is the biggest challenge we are facing. At the end of the day getting vaccinated is a personal decision but I want to advocate and encourage everyone to get the shot. My goal is to make sure every Soldier has the information necessary to make an educated choice that is right for them."

Maj. Carmen Salcedo, JRTC and Fort Polk command surgeon liaison officer, and a regis-

Please see **Vaccine**, page 5



Staff Sgt ASHLEY M. MORRIS/US ARMY

Cpl. Mark McGahey, an infantryman assigned to Alpha Company, 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, receives his first dose of the Moderna COVID-19 vaccine at the Joint Readiness Training Center and Fort Polk Soldier Readiness Processing site April 28. McGahey returned from JRTC training Rotation 21-06 the day prior to receiving his vaccine.

Weekend weather



Inside the Guardian

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Viewpoint

In our view

Guardian staff asked the JRTC and Fort Polk community, "What craft or skill would you like to master?"

Here are their responses:



Spc. Tiffany Andrews: "I would like to master the study of criminal justice because I'm trying to get into forensics when I get out of the Army."



Emily Kemnitz: "Cooking. I have a book of my mom's recipes and they never turn out quite like hers, but I keep trying."



Pfc. Jonathan Pina: "I would like to master information technology because I love learning anything about computers."

Keitra Ellis: "I would love to master baking. I love to make banana bread and cakes. I might even try to learn to decorate them fancy, too."



Spc. Cedric DeWalt: "Cooking. I lift weights and get tired of eating the same thing all the time. If you learn how to cook, it's healthier and you have a lot more choices."



Ayanna Rich: "By the end of next year I would like to have my general studies degree because then I could concentrate on mastering law or political science."



Hannah Johnson: "I like the idea of learning old school photography with a dark room setup. I think that would be fun."



Spc. Daryl Soriano: "Anything mechanical. I find it fascinating because I want to know how things work and what each individual part does."



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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

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.

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.

Attend breakfast

The Joint Readiness Training Center and Fort Polk hosts a National Day of Prayer breakfast for Soldiers, Families and civilians. The breakfast is free and takes place Thursday 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. The event is a vital part of America's heritage. The first call to prayers was in 1775 when the Continental Congress asked the colonies to pray for wisdom in forming the nation. RSVP with your unit chaplain or call the Religious Services Office at 531-9880.



Soldiers sign in for the 18.6-mile road march held April 21 at Fort Polk's Warrior Hills Golf Course to earn their Norwegian Foot March badge.

Soldiers earn coveted Norwegian Foot March badge

By **CHUCK CANNON**
Command information officer

FORT POLK, La. — One hundred sixty-five Soldiers from the Joint Readiness Training Center and Fort Polk and area National Guard units from as far away as Houston, Texas, set off on an 18.6-mile road march April 21 with one goal: Earn the Norwegian Foot March badge.

When the day was done, 105 Soldiers had completed their goal and won the right to wear the coveted badge on their Army service uniforms.

Participants had to complete an 18-mile road march with 25-pound ruck within an allotted time period, then work a full day — not an easy task when many of the MPs who participated were working 12-hour shifts.

Staff Sgt. Jeffrey Blumberg, 519th Military Police Battalion, learned of the opportunity to host the foot march on Fort Polk. As a rule, the event is typically held where a Norwegian military member can be on-hand to grade the event. Due to COVID-19 constraints, Blumberg said the Norwegian military allowed local leaders to provide the grading.

"You used to not be able to wear the badge on your dress uniform," Blumberg said. "But recent changes to the regulation allow you to wear it."

Blumberg said when he learned in February that a Norwegian military member did not have to be on hand he started research-

ing what it would take to host the event on Fort Polk.

"I thought this was a great opportunity after COVID left us with few chances for personal growth," he said.

Blumberg said he contacted the Norwegian Embassy in Washington, D.C., with a plan and the Norwegians approved it. "We began marketing it to our Soldiers and what an honor it is to earn the badge," he said.

The event kicked off at midnight on April 20. Blumberg said there were certain stipulations on the foot march that led to the midnight starting time.

"The foot march had to be completed before sunrise," he said. "And the temperature could not be greater than 77 degrees."

Time requirements based on age and sex ran the gamut from four hours and thirty minutes for a male age 18-34 to six hours for a female age 60 or older.

The course included eight laps along the Warrior Hills Golf Course walking trail — complete with its hilly terrain — that added extra physical exertion to the already taxing event.

"Soldiers from all ranks made it," Blumberg said. "I personally wanted to quit several times, but pushed through and made it by one minute."

Other requirements included carrying a 25-pound ruck — weighed before and after the march — and then completion of a normal duty day.

Please see **March**, page 6

Army leaders encourage Soldiers to get vaccinated

By JOSEPH LACDAN
Army News Service

WASHINGTON — The Army will resume distribution of the Johnson & Johnson COVID-19 vaccine in limited capacity this week, helping the service reach its goal of vaccinating 80% of the force by July 4, its top medical officer said Monday.

Although the Department of Defense temporarily paused the distribution of the Johnson & Johnson vaccine due to possible adverse reactions on April 13, the Centers for Disease Control and Prevention and the U.S. Food and Drug Administration recently recommended that the pause be lifted, according to a FDA press release last week.

Lt. Gen. Scott Dingle, the Army's surgeon general, said during a media event that no member of the Army has reported experiencing harmful reactions from taking any of the inoculations. Dingle said he welcomes the opportunity to continue giving the Johnson & Johnson dose to Soldiers.

"The danger of the COVID-19 disease clearly outweighs any risk or side effects from the vaccines," Dingle said.

The Johnson & Johnson dose accounts for 149,500 of the 2,328,000 total vaccines already given by the DoD. As of Monday, the Army has distributed more than 800,000 COVID-19 vaccines or about 30% of the Army's beneficiary population. The service has given 88% of the vaccines it has received at 82 locations worldwide.

The Army has also now opened availability of the vaccines to all eligible Army beneficiaries.

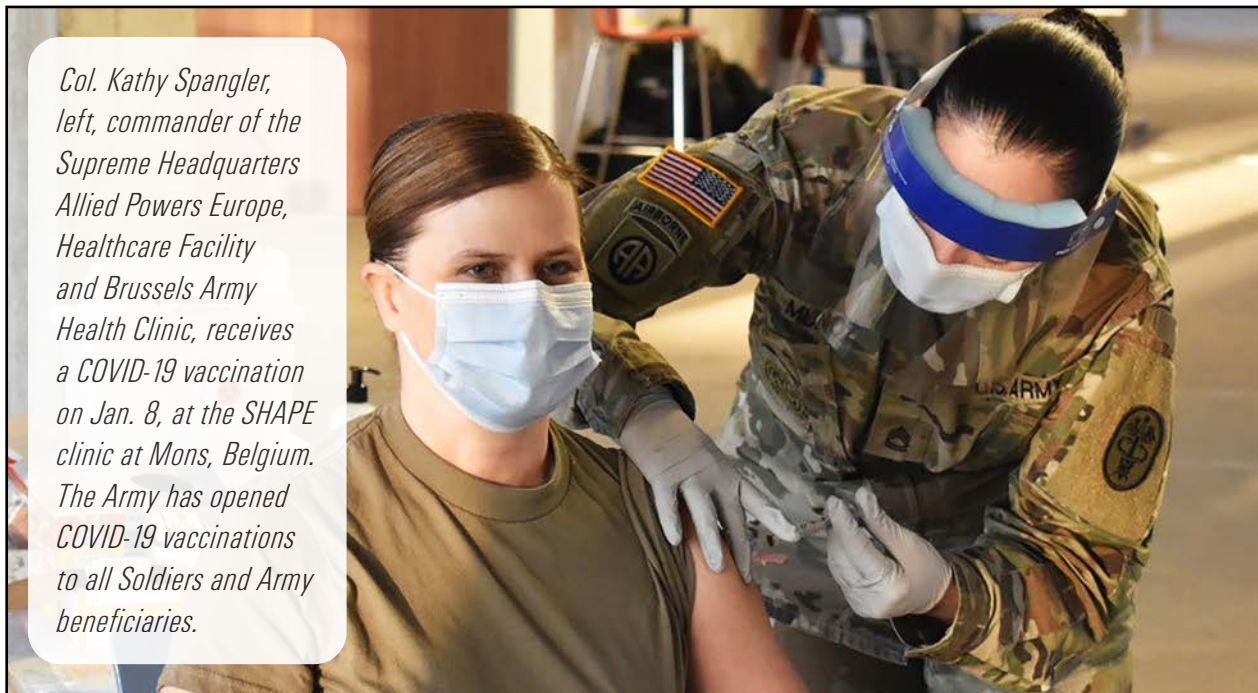
"We want full transparency about COVID-19 vaccines so that our beneficiaries and Soldiers can make a confident and informed choice about vaccinations," Dingle said.

To help meet the rising demand, Dingle said Soldiers and beneficiaries can find information and make appointments to receive the vaccines at any DoD vaccination site by visiting: <https://tricare.mil/vaccine-appointments>.

The website provides a state by state directory of all vaccination sites that are currently offering appointments.

Dingle noted that due to limited supply, the entire force has not yet been offered COVID-19 inoculations.

Col. Kathy Spangler, left, commander of the Supreme Headquarters Allied Powers Europe, Healthcare Facility and Brussels Army Health Clinic, receives a COVID-19 vaccination on Jan. 8, at the SHAPE clinic at Mons, Belgium. The Army has opened COVID-19 vaccinations to all Soldiers and Army beneficiaries.



CHRISTOPHE MOREL/ARMY NEWS

"Everybody needs more vaccines so they can vaccinate their Soldiers," Dingle said. "We are just getting to that point with the increased production of the vaccines where we'll be able to meet that demand."

Brig. Gen. Matt Smith, G-3 deputy director of operations, readiness and mobilization, said that the Army encouraged the DoD to focus distribution of the Johnson & Johnson vaccine in austere locations in Europe, Africa, Southeast Asia and the Pacific, because the vaccine can be more easily transported and requires only a single dose.

"It's fair to say that demand has ebbed and flowed as the virus has been flown into different locations," Smith said. "So when any geographic area worldwide or in the United States surges with the virus, we tend to see, not surprisingly, a surge in demand for that particular area."

Setting the example

Dingle, who has been fully vaccinated, said that he and Command Sgt. Maj. Diamond Hough, Army Medical Command's top enlisted leader, have traveled to locations throughout the Army to visit with commanders, Soldiers and medical professionals. Dingle said that the vaccine remains optional for Soldiers, but he strongly encourages them to consider taking it.

The Army has used social media and hosted virtual town halls to help Soldiers make informed choices on whether or not to take COVID-19 vaccines. The service has posted public health information and even used direct calls to reach Soldiers and their

families with the most updated information.

Dingle spoke to Soldiers about their concerns when it comes to taking the vaccines. He added that installation commanders have taken a "lead-by-example" approach by taking the vaccines themselves in the hopes their troops will follow.

Dingle said some Soldiers changed their minds while distributing the vaccines across the country.

He said Soldiers recalled the desperation of civilians, many of whom stood in line for hours to receive the inoculations. Soldiers told Dingle that they saw the impact the vaccine has had on American communities.

"Some said initially that they were hesitant about taking the vaccine," Dingle said. "But then ... as they were administering the vaccines to the civilian population, some of them were brought to tears and touched by the civilians who were so appreciative."

The Army also has been developing its own COVID-19 vaccine at Walter Reed Army Institute of Research in Silver Spring, Maryland.

The Army's version of the vaccine will be applicable to coronavirus' different forms, said Dr. Steven Cersovsky, deputy director of the Army Public Health Center in Gunpowder, Maryland.

"It is being designed in such a way that it can be used across all different strains of coronaviruses," Cersovsky said. "So it wouldn't be targeted to specific strain types."

Fort Polk leadership, guests break ground on North Fort car wash

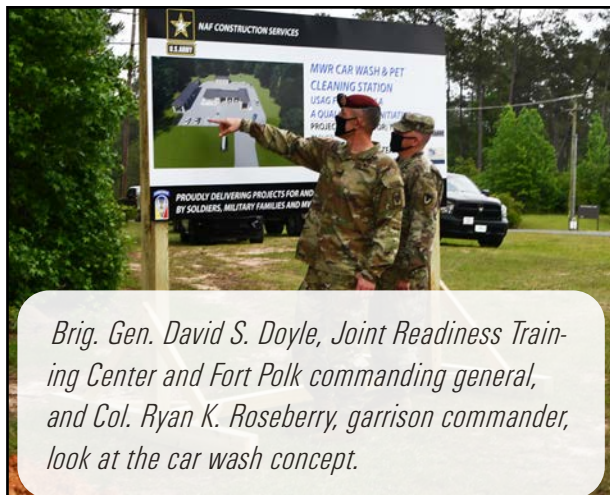
By **ANGIE THORNE**
Public affairs specialist

FORT POLK, La. — The groundbreaking ceremony for the North Fort Car Wash took place April 29. Fort Polk leadership and distinguished guests attended the event, another quality of life initiative on the installation.

The car wash is an Installation Management Command headquarters directed nonappropriated fund major construction project worth \$4,100,000. The contract was awarded to Tarver Land Management, LLC with a completion date of November 2021.

The building will include a touch free drive-through car wash, a four bay self-service facility to include a large bay to accommodate boats and recreational vehicles, six vacuum drying bays and a pet washing station. Bays will be outfitted with credit card machines.

Jarred Tarver, CEO of Tarver Land Management, LLC, said he and his team are always proud to help improve the lives of Soldiers and Families on Fort Polk.



Above from left to right: Command Sgt. Maj. Christopher M. Ausbun, garrison command sergeant major, Command Sgt. Maj. Michael C. Henry, post command sergeant major, Brig. Gen. David S. Doyle, JRTC and Fort Polk commanding general, Jarred Tarver, Tarver Land Development, LLC, CEO, Col. Ryan K. Roseberry, garrison commander, Roger Price, Directorate of Public Works architect for the car wash and Eric Edward, Directorate of Family Morale, Welfare and Recreation auto skills manager, breaks ground at the ceremony held April 29.

Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, and Col. Ryan K. Roseberry, garrison commander, look at the car wash concept.

Vaccine

Continued from page 1

tered BJACH nurse was thrilled at the turn out during the three-day vaccination event. She said the vaccine is a step forward to develop community immunity.

“For the military it is extremely important to get vaccinated so we can stay healthy and continue fighting for our country,” Salcedo said. “Getting the COVID-19 vaccine is a readiness issue.”

Cpt. Janshay Polk, brigade nurse, 3rd Brigade Combat Team, 10th Mountain Division, said COVID-19 is still here one year later, and getting vaccinated is important to enable the community to get back a sense of normalcy.

“I cannot be any happier with how this vaccination event turned out,” she said. “It is a great way to get a lot of Soldiers’ immunizations done at once. It is absolutely vital to the community, to our family members and for our fellow Soldiers to get this vaccine.”

Editor’s note: Soldiers, Family Members and beneficiaries interested in getting the COVID-19 vaccine can contact the BJACH appointment line at (337) 531-3011 or visit www.tricare.mil/covidvaccine to find an alternate vaccination site off post.



Spc. Ivan Zhang, an intelligence analyst assigned to Headquarters and Headquarters Company, 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, shows off his COVID-19 vaccination record card after receiving his first dose of the Moderna vaccine at the Joint Readiness Training Center and Fort Polk Soldier Readiness Processing site April 28. In preparation for an upcoming deployment, Soldiers from 2-30 Infantry Regiment were offered the vaccine.

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

Fort Polk Soldiers punished for disciplinary issues

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 lieutenant, assigned to 1st Battalion, 5th Aviation Regiment, was eliminated under AR 600-8-24, paragraph 4-2b for fraternization with a noncommissioned officer.

The Soldier was issued a General under Honorable conditions characterization of service. Generally, this characterization of service results in the loss of a service member’s educational benefits.

- A chief warrant officer, assigned to 1st Bn, 5th Avn Reg, was eliminated under AR 600-8-24, paragraph 4-2b and 4-2c for wrongful use of a controlled substance. The Soldier was issued a General under Honorable conditions characterization of service. Generally, this characterization of service results in the loss of a service member’s educational benefits.

- A private, assigned to 46th Engineer Battalion, was punished under Article 15 for wrongful use of a controlled substance, in violation of Article 112a, Uniform Code of Military Justice (UCMJ). The Soldier was sentenced to a reduction to E-1; and forfeiture of \$892 pay per month for one month.

- A sergeant, assigned to 46th Eng Bn, was issued a General Officer Memorandum of Reprimand for driving under the influence of alcohol with a blood alcohol content



of 0.340%, in violation of Article 92, UCMJ.

- A specialist, assigned to 46th Eng Bn, was separated under Chapter 14-12c (Commission of a Serious Offense) for multiple alcohol related incidents, to include two DUIs. 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 the grade of E-1.

March

Continued from page 3

Participants from Fort Polk included MPs, engineers, transportation Soldiers, chaplains, Operations Group Soldiers, National Guard from New Orleans and one Soldier — Blumberg’s spouse, Staff Sgt. Tabitha Lambert — from USAREC Houston.

“Not only did we have all of these Soldiers participating, but we also had plenty of other Soldiers who assisted with weighing rucks, setting water points and checking in those who attempted the march,” Blumberg said.

Spc. Erik Mateo, a traffic investigator with the 519th MP Bn, was one of the 105 Soldiers who completed the march. He said calling the event a challenge was an understatement.

“It was actually a great experience,” he said. “When you go out there, you know you’re about to experience about four and a half hours of physical pain and — for me — a 12-hour work day.”

Mateo said at about the 8-mile mark, the pain began to set in.

“I was running and it got to me,” he said. “I thought, ‘this is gonna be a long one.’ It’s definitely a mental game.”

As the march dragged on, Mateo said he

developed blisters and his feet began to go numb.

“I just pushed through it,” he said. “On the last lap, I admit, I thought about stopping, but I remember my wife telling me the day before, ‘you got this.’ I dug down deep and finished that last lap.”

Mateo said he looked at his watch after he finished and saw that he had walked 36,000 steps and lost more than 3,000 calories.

“I’m a very fit person and go to the gym a lot, but I gotta tell you, this was tough on my body,” he said. “I went in with a clear head, but once you hit that threshold, it messes with you.”

Following the march, Mateo said his body was beat, but then he realized he had to work a 12-hour shift, that included body armor and an equipment belt.

“You think you’re through, but then you realize you’re not and you wonder if you’re going to make it,” he said. “But you do it. I think I would do it again if given the choice.”

Spc. Mark Barney, an engineer with the

519th MP Bn, said the first four laps are about willpower and the last four laps are like inner strength.

“The last two laps are where the true testament is,” Barney said. “I definitely learned about myself.”

Pfc. Joe Kayoka, 519th MP Bn, said he set a quick pace early.

“I started out really hot, about a 10-minute per mile pace,” he said. “But at about mile 14 it hit me and reality struck: My feet, back and knees starting hurting and I had to slow it down. It was a unique experience. I learned a lot about myself.”

As for what was the most difficult part of the march for Blumberg, he said not giving up on himself proved a daunting task.

“I had never done anything that physically demanding,” he said. “I wanted to show my Soldiers that if I could do it, they could. Lap five and six were tough: I had charley horses and cramps, but I kept walking and decided I was not going to quit.”

A ceremony to present certificates and badges will be held once they are received from the Norwegian Embassy.



Fort Polk continues Quality of Life improvements

GUARDIAN STAFF

FORT POLK, La. — Fort Polk is in the midst of a plethora of Quality of Life improvement projects taking place across the installation. These are just a few of the enhancements in the works to make life better for Fort Polk Soldiers and Families.



New light posts have been installed at the Warrior Hills Golf Course.

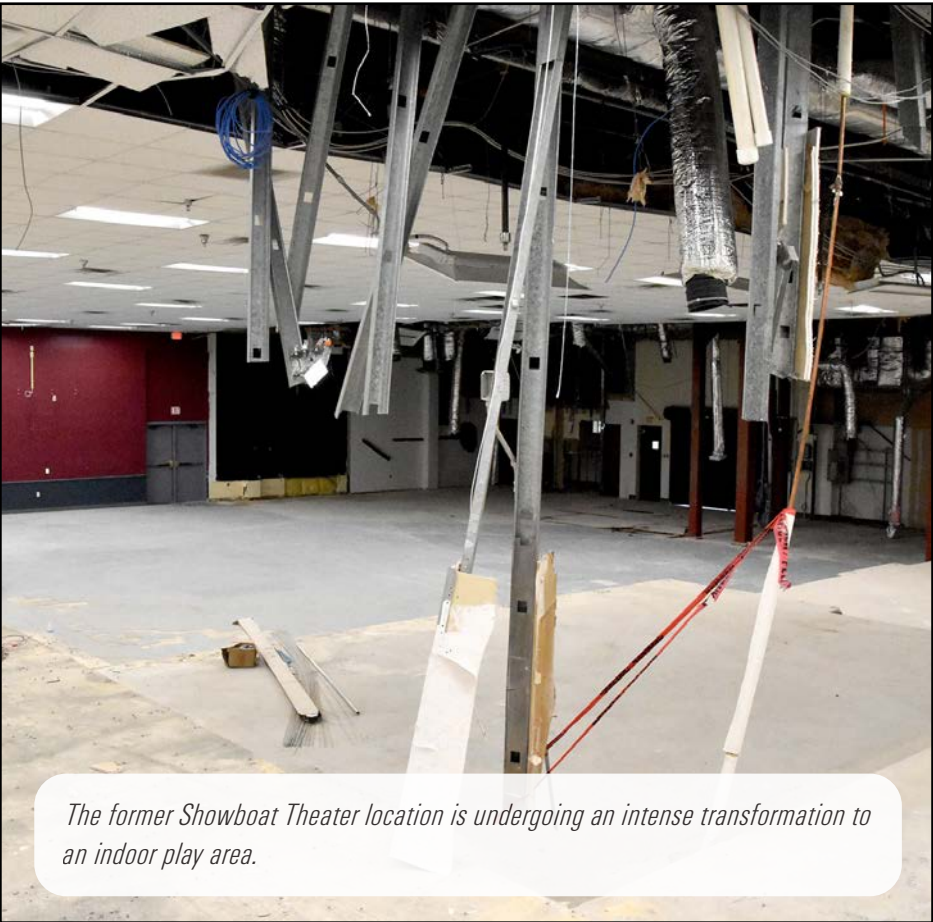


Road repairs are in progress on Alabama Avenue.

CHUCK CANNON/GUARDIAN



Work continues on roof repairs in Fort Polk housing.



The former Showboat Theater location is undergoing an intense transformation to an indoor play area.



Improvements are being made to the Better Opportunities for Single Soldiers recreation room.

Please see **Improvements**, page 8

Improvements

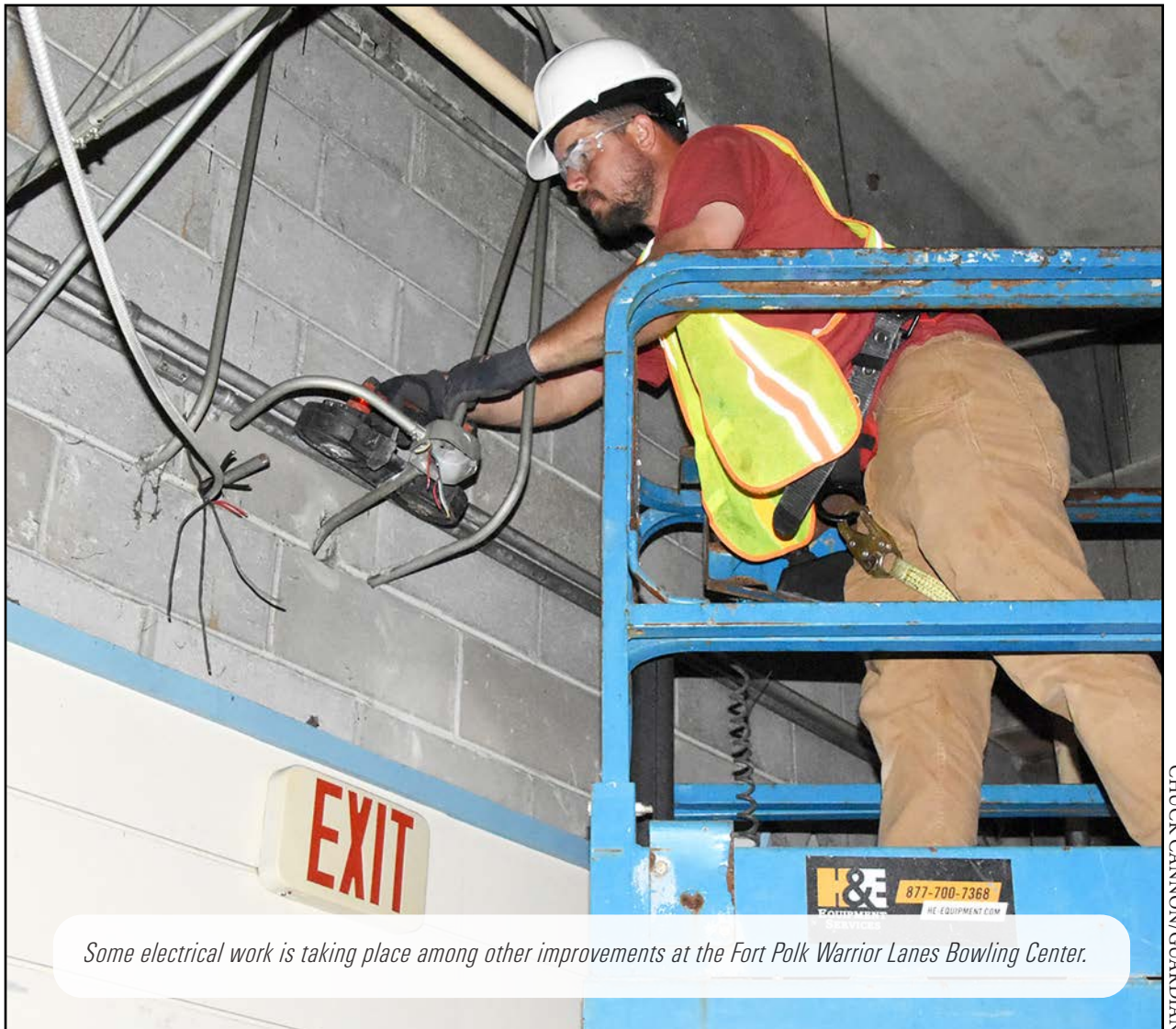
Continued from page 7



The Home of Heroes Recreation Center is building an outdoor addition.



Trees have been cleared to begin building the new North Fort car wash.

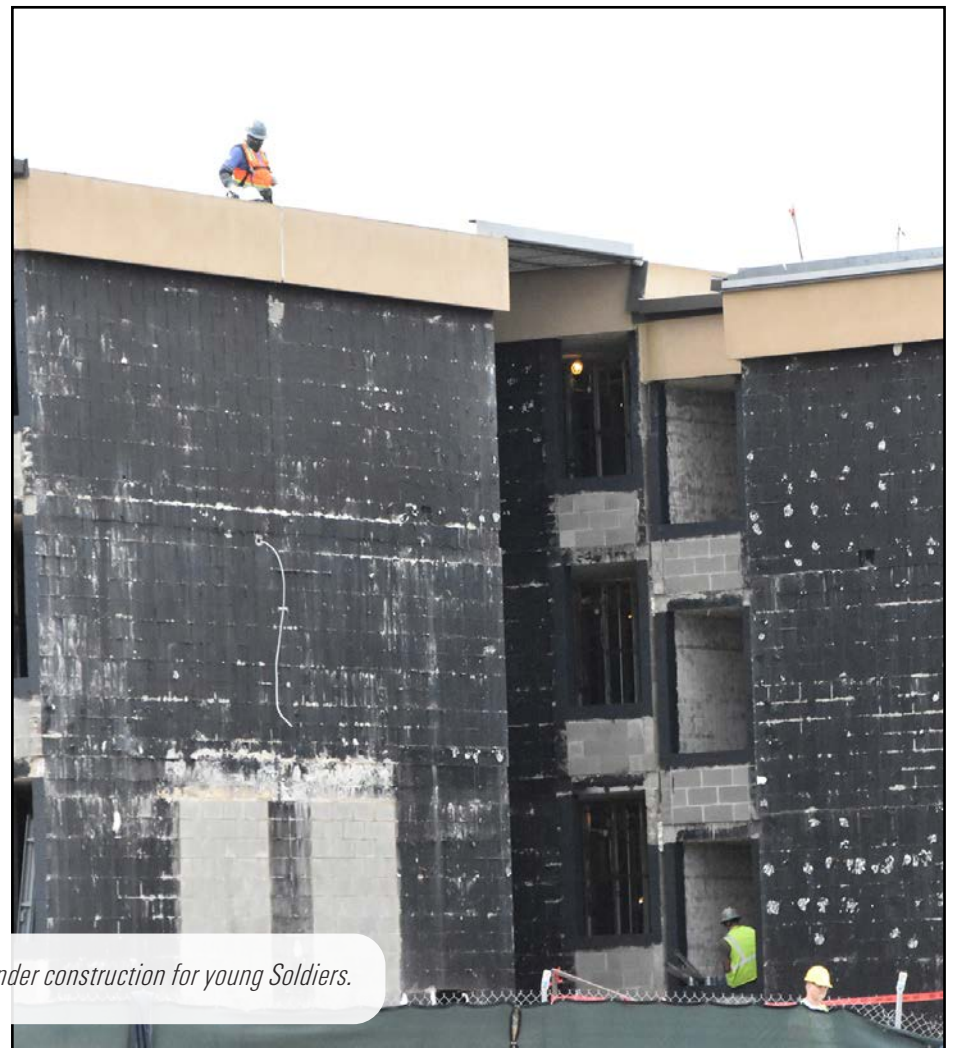


Some electrical work is taking place among other improvements at the Fort Polk Warrior Lanes Bowling Center.

CHUCK CANNON/GUARDIAN



New and improved barracks are under construction for young Soldiers.





CHUCK CANNON/GUARDIAN

Winning fight for talent

Brig. Gen. Thomas Drew, director of the U.S. Army Talent Management Task Force, visited Fort Polk April 28 and 29 to present briefs on the Army Talent Management Program to the installation's senior leaders, senior NCOs and officers and warrant officers. See next week's Guardian for a story on Drew's visit.

Final draft environmental assessment, draft finding of no significant impact

New Drop Zone in Kurthwood and Simpson Training Areas at Joint Readiness Training Center (JRTC) and Fort Polk

JRTC and Fort Polk has completed a Final Draft Environmental Assessment (EA) and Draft Finding of No Significant Impact (FNSI) for a New Drop Zone in Kurthwood and Simpson Training Areas at the Joint Readiness Training Center and Fort Polk, Louisiana. The Final Draft EA and Draft FNSI are based on the thorough review of the purpose and need for the action and potential environmental and socioeconomic impacts that were considered and disclosed in the EA. The Final Draft EA and Draft FNSI are being made available for a 30-day public review and comment period. The 30-day public comment period will begin once the public notice of availability has been placed in all six newspapers. A copy of the EA is available on-line at <http://www.jrtc-polk.army.mil/nepa.htm> or a digital copy may be requested by contacting the JRTC and Fort Polk Public Affairs Office (PAO) at the address and email below. Copies of the Final Draft EA and Draft FNSI are also available at the following libraries:

- Beauregard Parish Library, 205 South Washington Avenue, DeRidder
- Vernon Parish Library, 1401 Nolan

Trace, Leesville

- Natchitoches Parish Library, 431 Jefferson Street, Natchitoches
- Sabine Parish Library, 705 Main Street, Many
- Rapides Parish Library, 411 Washington Street, Alexandria

All public comments received will be provided to the Commander for his consideration prior to making a final decision. Please address questions or comments to: Public Affairs Office, Attn: Ms. Kimberly Reischling 7033 Magnolia Drive, Fort Polk, LA 71459-5342; email: usarmy.polk.im-com.mbx.pao-public-response@mail.mil.



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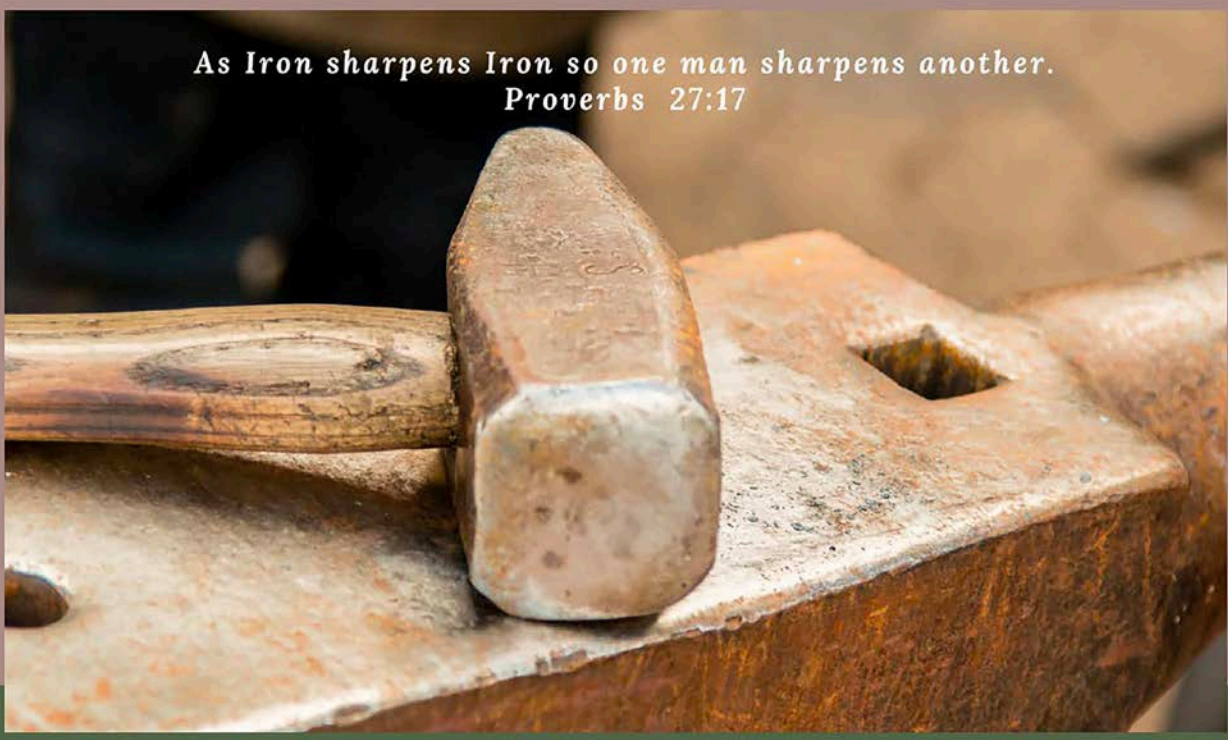
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 Active Duty: Free

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 Family Pass Both Facilities: \$120
 Individual Pass One Facility: \$50
 Individual Pass Both Facilities: \$70

CALL 337-531-1988 FOR INFORMATION

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



MEN OF THE ANVIL

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Toledo Bend MWR Site, Kayaking

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



SAFETY CORNER

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On average, a motorcyclist is killed every four days
on Louisiana roads

Remember to look twice for motorcycles, especially at intersections
 Every motorcycle carries a life

Community

1st Battalion, 5th Aviation Regiment hosts tour for Civil Air Patrol cadets

By **ANGIE THORNE**

Public affairs specialist

FORT POLK, La. — Fueling a child with the fire and passion to learn about aviation can give them the chance to soar — literally and figuratively. That's what happened when the Joint Readiness Training Center and Fort Polk's 1st Battalion, 5th Aviation Regiment hosted a tour for the Leesville squadron of the Civil Air Patrol and their family members April 27.

The group toured the Fort Polk Air Field and tower, explored and sat in both Lakota and Blackhawk helicopters and learned and asked questions of the pilots that fly those aircraft on missions on and off Fort Polk.

Lt. Col. J.D. Swinney, 1st Bn, 5th Avn Reg commander, said the tour was a wonderful chance for community outreach and to share his pilots' knowledge and love of flying.

"It's a show and tell opportunity to give these young people access to things — like our helicopters — that they normally wouldn't be able to experience," he said.

1st Lt. Patrick Hiller, 1st Bn, 5th Avn Reg, helped conduct the tour and said he thinks it was just as much fun for the pilots as the participating cadets.

"It gave us a chance to talk to youth who want to be pilots and strengthen the bond between Fort Polk and the local community," he said.

Chief Warrant Officer 2, Dusty Miller, 1st Bn, 5th Avn Reg, pilot, also helped conduct the tour. He said the tour was a great chance for kids to learn about aviation. "I wish I had this kind of opportunity when I was a kid," he said.

The Civil Air Patrol is a U.S. Air Force Auxiliary. The organization's mission statement, according to www.gocivilairpatrol.com, is to support America's communities with emergency response, diverse aviation and ground services, youth development and the promotion of air, space and cyber power. The group's core values focus on integrity, volunteer service, excellence and respect.

Retired Air Force Lt. Col. C. Ronald Kariker is the commander of the Leesville Civil Air Patrol squadron and was the driving force in its inception in August 2019. It



ANGIE THORNE / GUARDIAN

Leesville composite squadron, Civil Air Patrol, along with Family and friends, listen to pilots from the 1st Battalion, 5th Aviation Regiment, as they take a tour of the hangar, ask questions about flying helicopters and more April 27.

is the newest Louisiana unit and Kariker said they were growing quickly before the COVID-19 pandemic began.

"We had 19 cadets before COVID-19 shut everything down. We were down to nine cadets, but now that things are getting better, we are back up to 14 and have a goal to recruit 35 more this year," he said.

Kariker said their unit is a composite squadron made up of young cadets and senior pilots.

"We have five pilots at the moment. They are volunteers who work tirelessly with these cadets and pilot the orientation flights for them," he said.

Kariker said one of the Leesville squadron's volunteer missions is Wreaths Across America — a ceremony held each December on National Wreaths Across America Day to remember and honor veterans with wreath-laying ceremonies on their graves.

"This will be our second year participating in the program. We provide wreaths for six cemeteries along La. Hwy 111. It's a big deal. We make sure that 400 veterans have wreaths placed on their graves," he said.

Kariker said CAP is the best kept secret in the Leesville community.

"We teach these young men and women

life skills they can use and many of them enter the military and become the next generation of American pilots," he said.

Chief Warrant Officer 3 Will Bryant, JRTC Operations Group, is also a senior member (pilot) in the Leesville composite squadron, Civil Air Patrol where he holds the rank of captain. He said he believes Fort Polk service members should find a way to serve the community. Along with his love of aviation, Bryant said as soon as he found out about the Leesville squadron, he wanted to join, especially after finding out more about CAP.

"I did some background research and it's impressive. The cadets have opportunities to volunteer in their community and during disaster relief, learn about science, technology, engineering and mathematics (STEM programs) as well as aerospace education and more. I decided it was something I wanted to be part of and it was a way for me to give back to the Fort Polk community," he said. "I also think of CAP as a wonderful resource for youth that can keep them on the right path and out of trouble."

Bryant said the 1st Bn, 5th Avn Reg tour

Please see **Cadets**, page 12

Cadets

Continued from page 11

came about because CAP leadership wanted to get cadets involved in Army aviation and Fort Polk jumped at the chance to encourage that goal.

"The regiment has been incredibly helpful in organizing and hosting the tour for our cadets and their Family members," he said. "We can't thank them enough."

Cadet Senior Master Sgt. Logan Bordon, commander for the Leesville squadron, said the tour has been a great opportunity.

"It's been wonderful to learn about these helicopters because many of us want to fly in the future," he said.

He said he loved learning about the helicopters from the pilots who fly them.

"They told us about all the different parts on the helicopters and how they use them. It was great," he said.

Brian Walker attended the tour with his children, two of whom are cadets. He said CAP gets youth involved in aviation at an early age, which isn't an easy thing to do.

"CAP affords them opportunities they might not otherwise have," he said.

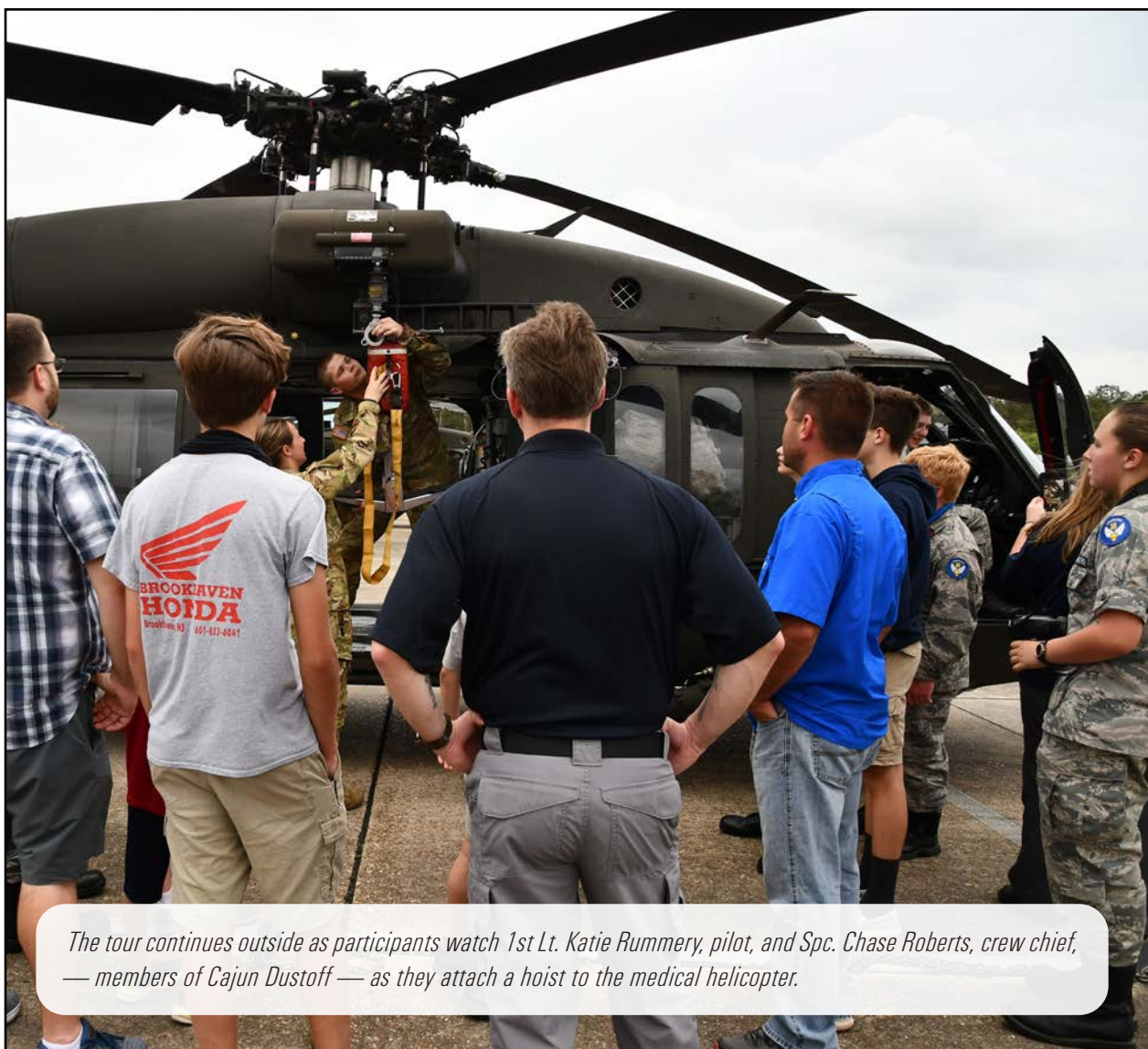
Walker said a tour like this means a lot to his kids.

"We have family members who are pilots serving in the military, so my kids are interested in joining to become pilots themselves," he said. "Seeing these helicopters up close and listening to the pilots that fly them means the world to them," he said.

Cadet Airman Wesley Walker, 12, said the tour was cool.

"I have always wanted to fly in the Air Force, but now I kind of want to fly Blackhawks for the Army. I have been so excited about this tour. It's awesome," he said.

For more information about the Leesville Civil Air Patrol Squadron call (281) 732-5812 or visit www.gocivilairpatrol.com.



The tour continues outside as participants watch 1st Lt. Katie Rummery, pilot, and Spc. Chase Roberts, crew chief, — members of Cajun Dustoff — as they attach a hoist to the medical helicopter.



Above: 1st Lt. Katie Rummery, Cajun Dustoff pilot, looks on as Calvin Walker gets on the litter to try it out.

Left: Spc. Chase Roberts, Cajun Dustoff crew chief, straps in Levi Cox, 9, (left) and Elijah Mitchell, 7, to the hoist.



Cadet Airman Wesley Walker, 12, gets a feel for the controls in the cockpit of a UH-60 Blackhawk.

Vernon Parish, Fort Polk leadership, communities join to celebrate spring



Standing from left to right: Keith Lewing, Anacoco mayor, Rodney Schamerhorn, Louisiana state representative, District 24, Command Sgt. Maj. Christopher M. Ausbun, garrison command sergeant major, Col. Ryan K. Roseberry, Fort Polk garrison commander, and Rick Allen, Leesville mayor, share a laugh minutes before the Anacoco Spring Festival parade begins.



Col. Ryan K. Roseberry, Fort Polk garrison commander, says a few words at the opening of the Anacoco Spring Festival held April 24.

KEITH HOUN/ GUARDIAN



Renee Doyle, (front left) spouse of Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, Rhonda Roseberry, (front right) spouse of Col. Ryan K. Roseberry, Fort Polk garrison commander, Traci Lea Allen, (back left) spouse of Rick Allen, Leesville mayor, and Dana Horn-Trujillo (back right) prepare to throw beads at the Anacoco Spring Festival parade.



Col. Ryan K. Roseberry, (left) Fort Polk garrison commander, and Command Sgt. Maj. Christopher M. Ausbun, (right) Fort Polk command sergeant major, throw candy to kids at the parade.



The mayors and leadership of Vernon Parish ride with Fort Polk garrison leadership in the parade.

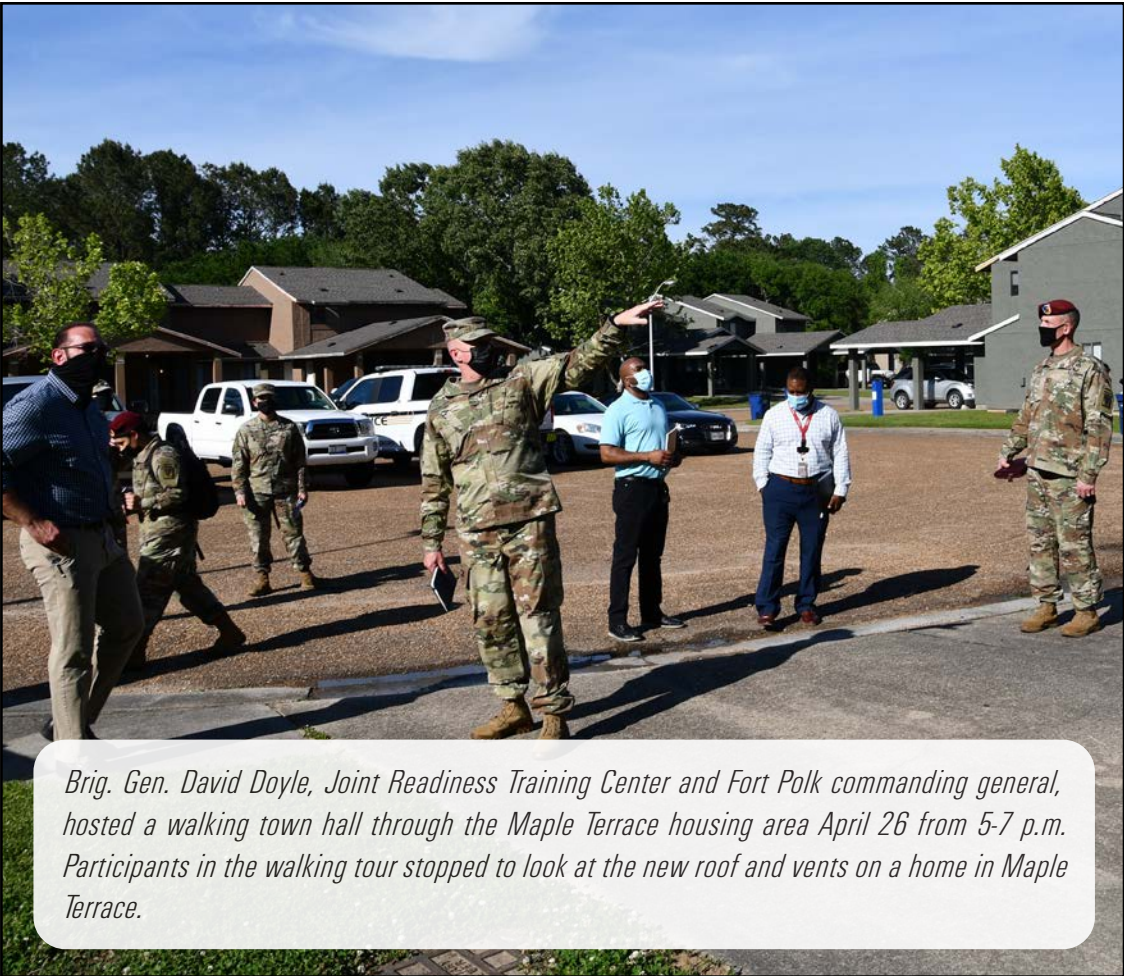


From left to right: Renee Doyle, spouse of Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, Rhonda Roseberry, spouse of Col. Ryan K. Roseberry, Fort Polk garrison commander, Traci Lea Allen, spouse of Rick Allen, Leesville mayor, and Dana Horn-Trujillo throw beads and candy at the parade.

Fort Polk leadership hosts walking tour in Maple Terrace community



Brig. Gen. David Doyle, Joint Readiness Training Center and Fort Polk commanding general, talks to Pfc. Blake Kinkade, 519th Military Police Battalion, and his spouse, Klarissa Goehle, about any issues they might have with their house.



Brig. Gen. David Doyle, Joint Readiness Training Center and Fort Polk commanding general, hosted a walking town hall through the Maple Terrace housing area April 26 from 5-7 p.m. Participants in the walking tour stopped to look at the new roof and vents on a home in Maple Terrace.

ANGIE THORNE/GUARDIAN



After talking to Joan Romero about her experience living in Maple Terrace, Brig. Gen. David Doyle, Joint Readiness Training Center and Fort Polk commanding general, says a quick hello to her son Jonathan, 1.



Col. Ryan K. Roseberry, (left) garrison commander, and Brig. Gen. David Doyle, Joint Readiness Training Center and Fort Polk commanding general, check out repairs to the road during the walking tour.



Brig. Gen. David Doyle, Joint Readiness Training Center and Fort Polk commanding general, talks to housing representatives about fixing a lawn with visible ruts.



Col. Ryan K. Roseberry, (left) garrison commander, and Brig. Gen. David Doyle, Joint Readiness Training Center and Fort Polk commanding general, write notes about what they found and observations from other members of the tour at the Maple Terrace Community Center.

Commissaries highlight patrons' service with extra savings

DECA

FORT LEE, Va. – Folks can tell military members and their families “thank you for your service,” but commissaries are showing it every day through significant savings, especially during Military Appreciation Month.

“We honor our military customers throughout the year. However, in May we raise the ante on recognizing the strength, courage and sacrifices of military family members,” said Marine Sgt. Maj. Michael R. Saucedo, the Defense Commissary Agency’s senior enlisted advisor to the DeCA director. “Through Military Appreciation Month commissaries say a special ‘thank you’ through events and sales that reflect how much we appreciate their service and their patronage.”

Aside from Military Spouse Day, Mother’s Day and Armed Forces Day, a big highlight of the month, Memorial Day, is the unofficial start of summer.

Here are a few sales specials to consider for commissary savings:

- Military Appreciation Month Sidewalk Sales. Stateside commissaries will hold a sidewalk sale, with a few exceptions, sometime between April 29 and May 31 (See sidebar at right for Fort Polk information) The sales coincide with May’s Military Appreciation Month. Weather permitting, most commissaries will have one event — a to- or three-day outdoor weekend sidewalk sale — featuring extra savings on a variety of every day items. As a bonus, over 60 Commissary store brand items will be offered with average savings of 20 percent more than already low prices. Selection and sale dates will vary by store and event dates are subject to change.

Patrons are encouraged to check their store’s web page for sale dates and hours or talk to their store manager for more details or updates.

- Mother’s Day floral delights. Mother’s Day floral selections will soon appear in stores. Fresh-cut flower bouquets consisting of colorful roses and vibrant bloomers, special single “preserved roses” that last two years without any maintenance (red, white, purple, yellow, dark pink) and potted plants with a wide range of options such as succulents, orchids, lilies, hanging baskets, azaleas, violets, hydrangeas and even strawberry plants.

- “Celebrate the Savings.” Commissary customers can get \$25 off their next shopping trip when they buy \$75 in participat-



ing Procter and Gamble products and scan their Commissary Rewards Card at check-out. Qualifying purchases must be made in a single transaction from May 24 to June 13. The \$25-off digital coupon will be added to their rewards card and must be redeemed by June 30.

- Fisher House eGaming Promotion Sales Contest. P&G and ProCamps are collaborating with the Fisher House Foundation and Operation Homefront to energize installations through an eGaming Event “Battle of the Bases” as a part of P&G’s “Start Strong/ Stay Strong” cause platform. Through May 30, commissary customers will see in-store promotional displays. Sales of participating P&G products help determine the top four installation to compete against each other in an eGaming tournament for service members and their families. The last team standing will square off against a “pro” for the gaming title.

- Commissary Store Brand promotions: Throughout May, stateside stores only, Freedom’s Choice products will be on sale while supplies last.

- Featured ‘dietitian-approved’ recipes. To help customers build healthier habits by planning and cooking more meals at home, DeCA offers a full library of dietitian- approved recipes. Customers can save up to 20 percent on select ingredients for the recipes highlighted in the sales flyer on **commissaries.com**: Each two-week promotional period has three dietitian-approved recipes.

- Organic meat savings. Deal of the Week (April 30-May 4) promotions will be available in stateside stores, including Alaska and Hawaii. Stores will be promoting organic tenderloins, ribeye, and striploins while quantities last.

- Fresh meat savings through Power Box purchases. Commissary customers can save up to an additional 25 percent on the following beef and pork packages. Check with your meat department to learn more about these sizzling offers:

- Tailgate Special Power Box offers about 19 pounds of different cuts of beef and pork

- Economy Power Box offers about 15 pounds of different cuts of beef and pork

- Healthy Alternative Power Box offers about 16 pounds of different cuts of beef and pork.

- Fix it and Forget It Power Box offers about 15 pounds of different cuts of beef.

Check out 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.



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Dinner/Weekends/Holidays: CLOSED

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3 MAY 21

BREAKFAST

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

4 MAY 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

5 MAY 21

BREAKFAST

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

6 MAY 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

7 MAY 21

BREAKFAST

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

3 MAY 21

LUNCH

- ▶ CHICKEN PERMESAN
- ▶ BAKED POLLOCK W/ HERBS
- ▶ NOODLES JEFFERSON
- ▶ OVEN BROWN POTATOES
- ▶ CARROTS AMANDINE
- ▶ GREEN BEANS
- ▶ -ONION SOUP
- ▶ -PHILLY BAR
- ▶ -HAMBURGER
- ▶ -HOT DOGS
- ▶ -CHICKEN TENDERS
- ▶ -BAKED BEANS
- ▶ -CHILLI with BEEF
- ▶ -CURLY FRIES
- ▶ -CHEESE SAUCE
- ▶ -ASSORTED SALAD
- ▶ -ASSORTED DESSERT

4 MAY 21

LUNCH

- ▶ -CHALUPA
- ▶ -FIESTA CHICKEN
- ▶ RED BEANS AND RICE
- ▶ GARLIC ROAST POTATOES
- ▶ -Paprika Buttered Potatoes
- ▶ -CALICO CABBAGE
- ▶ -BROCCOLI
- ▶ -VEGETABLE SOUP
- ▶ TACO BAR
- ▶ CHICKEN WINGS
- ▶ HAMBURGERS
- ▶ HOT DOGS
- ▶ BAKED BEANS
- ▶ CHILLI with BEEF
- ▶ CURLY FRIES
- ▶ CHEESE SAUCE
- ▶ ASSORTED SALAD
- ▶ ASSORTED DESSERT

5 MAY 21

LUNCH

- ▶ TERIYAKI CHICKEN
- ▶ BEEF PEPPER STEAK
- ▶ ORANGE RICE
- ▶ -GARLIC SOY ROASTED POTATOES
- ▶ VEGETABLE STIRFRY
- ▶ SEASONED BROCCOLI
- ▶ BEEF BARLEY SOUP
- ▶ HAMBURGER
- ▶ HOTDOGS
- ▶ CHICKEN TENDERS
- ▶ BAKED BEANS
- ▶ CHILLI with BEEF
- ▶ CURLY FRIES
- ▶ CHEESE SAUCE
- ▶ ASSORTED SALAD
- ▶ ASSORTED DESSERT

6 MAY 21

LUNCH

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

7 MAY 21

LUNCH

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

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Brunch: 0930-1300; Supper: 1600-1730.

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



03 MAY 21	04 MAY 21	05 MAY 21	06 MAY 21	07 MAY 21	08 MAY 21	09 MAY 21
<u>Breakfast</u> <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit Pancakes Oatmeal and Grits 	<u>Breakfast</u> <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit French Toast Oatmeal and Grits 	<u>Breakfast</u> <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit Pancakes Oatmeal and Grits 	<u>Breakfast</u> <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit French Toast Oatmeal and Grits 	<u>Breakfast</u> <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Turkey Bacon Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Asst. Fresh Smoothies Creamed Gravy Creamed Beef Asst. Fruit Pancakes Oatmeal and Grits 	<u>Brunch</u> <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Creamed Gravy French Toast Grits Roast Pork Baked Blackened Salmon Bourbon Chicken Chicken Pot Pie Seasoned 5-Way Veggies Calico Corn Hot Rolls Chicken Gravy Short order Asst. Salads Asst. Desserts Asst. Fresh Fruit Soup 	<u>Brunch</u> <ul style="list-style-type: none"> Boiled Eggs Scrambled Eggs Omelets Oven Fried Bacon Pork Sausage Home Fried Potatoes White Rice Biscuits Creamed Gravy Pancakes Grits Roast Turkey Onion Lemon Baked Fish Rosemary Grilled Pork Chops Herbed Broccoli Cauliflower Hot Rolls Brown Gravy Short Order Asst. Salads Asst. Desserts Asst. Fresh Fruit Soup
<u>Lunch</u> <ul style="list-style-type: none"> Beef & Broccoli Blackened Cod Sweet and Fire Chicken White Rice Pork Fried Rice Oven Baked Potatoes Herbed Broccoli Glazed Carrots Egg Rolls Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	<u>Lunch</u> <ul style="list-style-type: none"> Chicken Fajitas Mexican Pork Chops Shrimp Fajitas Herb Bake Fish Refried Beans Oven Glo Potatoes Mexican Corn Herbed Green Beans Jalapeño Cornbread Asst. Fresh Smoothies Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Asst. Pizzas Soup 	<u>Lunch</u> <ul style="list-style-type: none"> Spaghetti and Meat sauce 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 	<u>Lunch</u> <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 	<u>Lunch</u> <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 		
<u>Dinner</u> <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 	<u>Dinner</u> <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 	<u>Dinner</u> <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 	<u>Dinner</u> <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 	<u>Dinner</u> <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 	<u>Supper</u> <ul style="list-style-type: none"> Orange Honey Glazed Cornish Hens Veal Parmesan Lemon Baked Fish Parsley Buttered Potatoes Buttered Egg Noodles Seasoned Peas and Carrots Creole Summer Squash Hot Rolls Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Soup 	<u>Supper</u> <ul style="list-style-type: none"> Beef Stew Chicken Bulgogi Mustard Dill Fish Loaded Mashed Potatoes Steamed Rice Succotash Green Beans Hot Rolls Asst. Salads Asst. Desserts Asst. Fresh Fruit Short Order Soup