

THE JRTC AND FORT POLK

GUARDIAN

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Make emergency plan in advance of bad weather

NATIONAL WEATHER SERVICE

SILVER SPRING, Md. — The time to prepare for a hurricane is before the season begins, when you have the time and are not under pressure. If you wait until a hurricane is on your doorstep, the odds are that you will be under duress and will make the wrong decisions.

Take the time now to write down your hurricane plan. Know who issues evacuation orders for your area. Being prepared before a hurricane threatens makes you resilient to the hurricane impacts of wind and water. It will mean the difference between being a hurricane victim or a hurricane survivor.

Begin planning where you

would go and how you would get there. You do not need to travel hundreds of miles, but have multiple options. Your destination could be a friend or relative who doesn't live in an evacuation zone. If you live in a well-built home outside the evacuation zone, your safest place may be to remain home. Be sure to account for your pets in your plan. As hurricane season progresses, listen to local officials on questions related to how you may need to adjust any evacuation plans based on the latest health and safety guidelines from the Centers of Disease Control and Prevention and local officials.

If you plan to ride out the storm in your home, make sure it is in good repair and up to local hurricane building code specifications.

Many retrofits are not as costly or time consuming as you may think. Have the proper plywood, steel or aluminum panels to board up the windows and doors. Remember, the garage door is the most vulnerable part of the home, so it must be able to withstand the winds.

Wherever you go for the storm, you're going to need supplies, not just to get through the storm but for the potentially lengthy and unpleasant aftermath. Have enough non-perishable food, water and medicine to last each person in your family a minimum of three days. Electricity and water could be out for at least that long. You'll need extra cash, a battery-powered radio and flashlights. You may also need a portable crank or solar-powered USB charger for your cell phones.



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

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

Hurricane Preparedness COMPLETE A WRITTEN PLAN



Writing down your hurricane plan will help you avoid mistakes during an emergency, and ensure everyone in your home is prepared for the storm. Have a list of essential contacts, including outside the potential impact area. Review and practice your plan with your family and friends.



Have a contact list
(family, friends,
doctor, vet, utilities)



Keep your important
documents together
for quick access

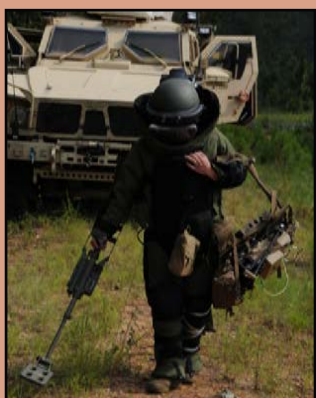


Have at least one
contact outside of
the impact area



Share your
plan

weather.gov/hurricane



Cover Photo: 1st Lt. Rhys Jacobson, wearing a EOD8 bomb suit and using a CEIA metal detector, moves in to perform a closer inspection of an improvised explosive at EOD Range 14 in the Joint Readiness Training Center training area. (U.S. Army photo by Chuck Cannon)

Operation IPPS-A: Focus on Training Trainers

By 1st Lt. GIA CRUZ

3rd Bn, 353rd Reg

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk human resources professionals, both Soldiers and Department of the Army Civilians, attended a rigorous train-the-trainer event at 3 Corps and Fort Hood, Texas, where they learned how to navigate through the Integrated Personnel and Pay — Army (IPPS-A) platform.

“This system is what the Army needs,” 2nd Lt. Nina Flores, 1st Battalion, 5th Aviation Regiment S1, said. “Our current human resources systems require us to update over to three different systems in order for the changes to reflect on the Soldier’s records.”

IPPS-A is a new system that will condense over 30 legacy human resources systems into one. The T3 training offered a chance for attendees to explore IPPS-A, and witness the adjustments that will soon be impacting the regular Army, and the Army Reserve.

The National Guard has been live on IPPS-A for the past two years. Leave forms, 4187s, awards and personnel action requests no longer require the traditional paper transactions, and can be initiated without a PAC-slip normally required to visit the S1 Shop.

That means Soldiers will now be able to initiate any requests through their IPPS-A app and track the routing through their mobile devices.

IPPS-A allows for command teams to review, make comments, recommendations and approvals all within the palm of their hands.

With the new found knowledge attained in the T3 course, the HR professionals will educate Soldiers within their formations. From the Private, fresh out of advance individual training, to the Brigadier General that has seen most of these legacy systems come and go, everyone will receive formal and hands-on training. Established standard operating procedures will be distributed throughout the installation to help with the transition process into the new technological platform.

To facilitate the transition of the Fort Polk



Joint Readiness Training Center and Fort Polk S1s attend the Train-The-Trainer course for IPPS-A, the new Army system set to launch Dec. 21 at 3 Corps and Fort Hood.

community of Soldiers and Civilians, Fort Polk JRTC G1 and IPPS-A team will be scheduling training for commanders, human resources professionals, Fort Polk military personnel division and other civilian agencies. Unit commanders, first sergeants and command sergeants major will receive one-on-one briefs and classes. The human resources Soldiers and some civilians will have the opportunity to attend a 16-hour hands-on class taught by the IPPS-A team.

Members of the installation can also look forward to a JRTC and Fort Polk IPPS-A standard operating procedure guide, monthly briefs for Soldiers and an information paper regarding what units can expect to happen in December — when the system transition will begin.

As the IPPS-A implementation draws closer, it is important for Soldiers to correct their personal data before the administrative pause takes place.

Ensuring your records are up-to-date will create a smooth transition into the new system and an opportunity for Soldiers to take complete control of their files.

AIRBORNE

IF NOT YOU, WHO?

If you're reading this, IPPS-A needs you.
We need you to lead your Soldiers into the 21st century.
HR modernization is here. Today.
Old systems, policies and technologies are going away.
Readiness is your responsibility.
Whether Commander, HR Professional or Soldier,
all Army components will use IPPS-A.
IPPS-A offers talent management, auditability
and self-service mobile technology.
But it won't work without you.
Embrace the change. Be ready.
THE FUTURE IS HERE.

**ONE SOLDIER. ONE RECORD. ONE ARMY.
BE ALL YOU CAN BE.**
<https://ipps-a.army.mil/>

JRTC & FORT POLK
G-1 IPPS-A Implementation Team
531-2018 • 531-3510 • 337-208-1903

Briefs

Get physicals

Back to school Child and Youth Services and sports physical appointments are available at Bayne-Jones Army Community Hospital Saturday.

Call BJACH at 531.3011 to schedule an appointment.

Please bring immunization records and all required paperwork to your appointment.

24/7 prescription center

The Script Center machine located at BJACH's entrance A, is available 24/7 for non-refrigerated prescription refills. It's quick, easy and hassle free:

Call in a prescription refill to 531.3785. Select Option 2 or request a refill at [tri-careonline.com](https://tricareonline.com).

Prescriptions will be available after noon the next business day. For first time users, bring your Department of Defense ID card and prescription number to register with the Script Center machine.

Once registered, the Script Center can be used 24/7 to pick up refill prescriptions with ID card, username and password or finger print login For more information visit <https://bayne-jones.tricare.mil/Health-Services/Pharmacy>

Vaccination appointments

COVID-19 Vaccination appointments are available for all Soldiers, Family members and retirees at the BJACH Immunization Clinic. Call 531.3011 or visit www.tricare-online.com to schedule your appointment.

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Army marksman brings home Olympic gold medal

By BRITTANY NELSON
Army News Service

TOKYO — 1st Lt. Amber English set a new Olympic record when she secured the gold medal in women's skeet July 26 at the 2020 Summer Olympic Games.

"I just feel numb right now, this has been a long time coming," said English moments after she was awarded her gold medal at her Olympic debut. "I feel sheer relief."

To even make it into the final round of the top six athletes, the five-time World Cup medalist competed in two days of qualification rounds, where she hit 121 of 125 targets.

Once in the finals, the Colorado Springs, Colorado native shot 56 out of 60 targets, which set a new Olympic Finals Record. By medaling, this Soldier became the second woman in American history to win Olympic gold in skeet.

English, an Army Reserve Soldier, is a member of two elite teams, the U.S. Army World Class Athlete Program and the U.S. Army Marksmanship Unit. She spoke about winning while representing both Team USA and the Army.

"It is a big honor," said English. "There is a big sense of patriotism to know when your flag is up during the ceremony. There are a lot of people cheering us on, especially those in the Army."

During the final round of competition, shooters were eliminated one by one until it was just English and Diana Bacosi of Italy.

"There was never a moment where I knew I 'had it in the bag'," said English. "It went all the way to the last station. I knew going



MAJ. NATHANIEL GARCIA

1st Lt. Amber English won gold for women's skeet at the 2020 Summer Olympic Games. English set a new Olympic record of 56/60 and is the Army's and U.S. Armed Forces first medalist of the Summer Games. English, an Army reservist, is a member of the World Class Athlete Program and the Marksmanship Unit. This is her first Olympic appearance and medal.

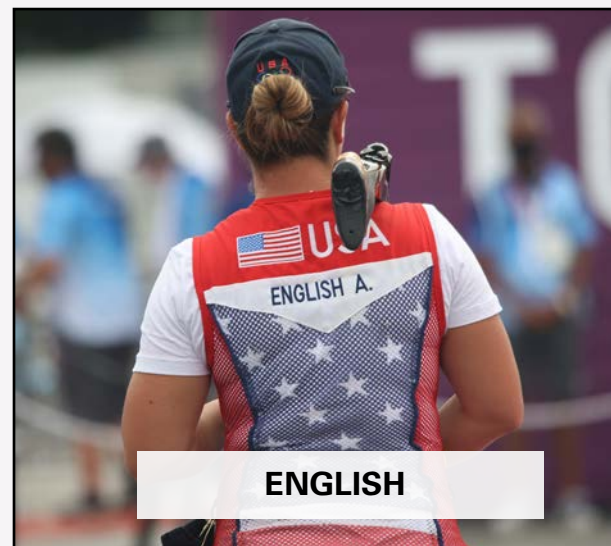
through the last pass I had to hit at least two to tie or three to win."

English joined the Army in 2016 when she said she needed a big change in her life.

"It was a great decision," said English. "The Army has had so many resources to help us prepare for this."

After her win, English sat down with NBC's "The Today show," who have a studio set up in Tokyo for the Games.

To keep up with the rest of the Soldiers' events and results, follow @USArmyWCAP and @USAMUSoldiers on Twitter, Facebook, and Instagram. To learn more about WCAP, visit www.armywcap.com.



BRITTANY NELSON/IMCOM PUBLIC AFFAIRS



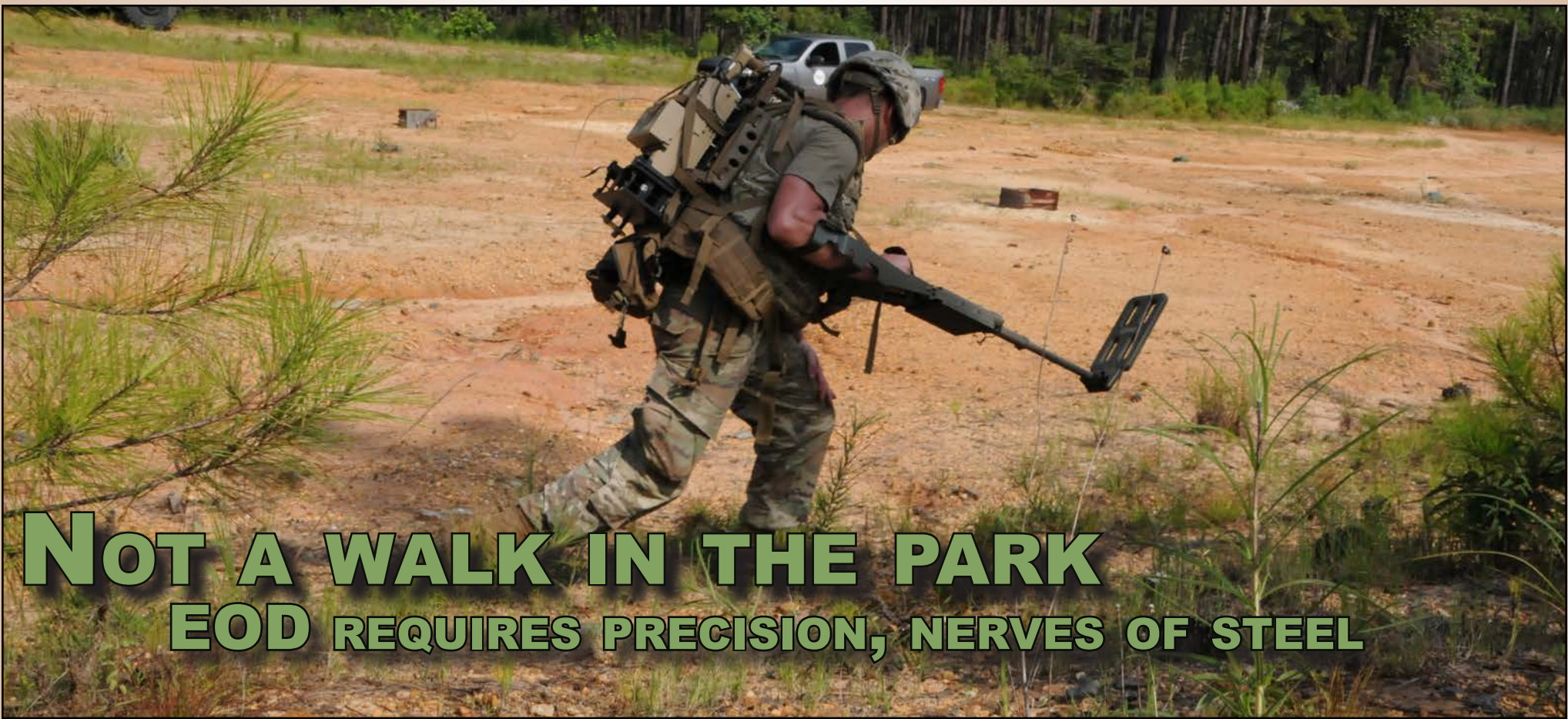
BRITTANY NELSON/IMCOM PUBLIC AFFAIRS



BRITTANY NELSON/IMCOM PUBLIC AFFAIRS

U.S. Army Reserve 1st Lt. Amber English set a new Olympic record of 56/60 and is the Army's and U.S. Armed Forces first medalist of the Summer Games.

1st Lt. Amber English moments after she won gold in women's skeet July 26 at the 2020 Summer Olympic Games.



NOT A WALK IN THE PARK

EOD REQUIRES PRECISION, NERVES OF STEEL

1st Lt. Rhys Jacobson performs an area security sweep using a CEIA metal detector at EOD Range 14 in the Joint Readiness Training Center training area.

By CHUCK CANNON

Public affairs and communications

FORT POLK, La. – It takes a special breed of Soldier to walk toward danger when everyone else is moving away. To look at something you know could kill you if it detonated, yet still move in to defuse it, even if you'd never seen anything quite like it before.

To make steady, precise movements, often in temperatures exceeding 100 degrees while wearing 90 pounds of protective gear that may — or may not — stop the shrapnel the improvised explosive device you're attempting to disarm will fling in your direction, is difficult at best.

Yet, that is exactly what Explosive Ordnance Disposal Soldiers — EOD — do on a regular basis.

To keep sharp and up-to-date on the latest information available to these unsung heroes requires training, often with explosives that can themselves cause harm if not handled correctly.

At the Joint Readiness Training Center and Fort Polk, the EOD mission falls to the Soldiers of the 705th Explosive Ordnance Company (EOD). During the week of July 26, the unit's Soldiers trained at the EOD Range on the Joint Readiness Training Center and Fort Polk, developing team leaders. Staff Sgt. Kasey Araya is a veteran EOD team leader who provided training for some of the younger Soldiers.

"We will work on situation-dependent scenarios, tool workup and deployment," said Araya, who was raised on a farm near Clarksville, Tennessee. "This takes care of some of our annual training, and helps up-and-coming team leaders working toward certification."

Taking part in the training was 1st Lt. Rhys Jacobson, who put in a morning's work con-

ducting a security sweep at EOD Range 14 in the JRTC training area with a CEIA metal detector, looking for wires that might be used to detonate a suspected improvised explosive device. He then donned an EOD8 bomb suit to get a first-hand look at the IED. Afterwards, he moved safely away from the device, took cover behind a Mine Resistant Ambush Protected Tactical Vehicle and used a Talon robotic device to uncover the IED.

Jacobson, who hails from Milford, Massachusetts, said he enjoys his job.

"Our mission is to take care of any kind of explosive hazard, like unexploded ordnance, or God forbid, a suspect package, in the immediate area of the JRTC and Fort Polk," Jacobson said. "If a 155mm round doesn't go off during artillery training, we'll go out and take care of it. As well as respond if any military ordnance is found outside the installation, from a cannonball to a mortar in someone's backyard. Our area includes all of Louisiana and Mississippi, and parts of Arkansas and Alabama. It's a pretty large area."

Jacobson said that at the JRTC and Fort there is plenty of hands-on work for officers.

"I get to go out on calls and pursue becoming a team leader." He said. "It's interesting to me and I enjoy doing it."

With the drawdown of troops in Afghanistan and Iraq, Jacobson said combat deployments are slowing down, but the 705th stays busy.

"Part of our company is in Africa training partner nations," he said. "Other miscellaneous missions include training assistance and VIP protection missions."

EOD was born when unexploded ordnance would show up in cities after massive bombings during the world wars, Jacobson said.

"EOD Soldiers would go out and disarm or

detonate those bombs," he said. "Lately, it's been more directed at IEDs, but we're starting to move back to larger ordnance. If we ever go to war against a near-peer enemy we would be more likely to see larger, nation-crafted ordnance."

While not wanting to appear nonchalant about his job, Araya laughed when asked about checking hotel rooms for visiting dignitaries.

"We tell non-EOD personnel that we just plop on the bed and if it doesn't blow up, it's all good," he said, a knowing smile on his face. "It's a running joke, but kind of the truth. We go in with limited equipment, and have certain search techniques, but the main purpose is for something to happen to us instead of the president or a senator."

While Araya said he knows the job is dangerous, he said he does not necessarily reflect much on the danger aspect.

"We get so much training and I get comfortable with what I'm doing and the trust I have in the other members of the team," he said. "They give me that sanity check, to make sure I'm not doing something dangerous or extreme. And a lot of it is trusting our equipment, whether it is bomb suits or robots."

"I'm confident in my abilities. My wife hates it. It stresses her out."

Jacobson agreed.

"One misconception is the danger involved — it's actually very safe work," he said. "There's obviously the hazard of working around explosives, but we go through a year-long schooling process before we even get into this MOS that basically teaches you general safety around explosives, things that might set off some explosives but not others."

The initial reaction most people have is, "It's super scary and dangerous, and I would never

Please see **EOD**, page 6

Continued from page 5

do that,” Jacobson said. “But we operate safely, so while it can be hazardous, we handle it in a way that mitigates possible loss of life.”

While Jacobson has yet to deploy, Araya said he has deployed down range three times.

“My wife knows I love my job and never asks me not to do it,” he said. “The wives of other EOD Soldiers come together and take care of each other.”

Movies such as “The Hurt Locker” have shown the spotlight on EOD Soldiers, but Araya said much of what is shown on the big screen is Hollywood.

“It’s very exaggerated,” he said. “There are things in there (the movie) we do, but not so much sniper battles. EOD techs love/hate that movie.”

One part of the movie that is true to life shows the EOD Soldiers wearing their bomb suits, Araya said.

“Anytime we make a manual approach to an IED, we wear the bomb suit,” he said. “It can be difficult getting in the suit; you can be in great shape, but throw on the suit and it’s difficult.”

Jacobson agreed with Araya that actually training in the suit is as important as being in good physical shape.

“You need to put it (bomb suit) on and do your training so you’re psychologically accustomed to being in it and know what to expect,” Jacobson said. “The heat can ramp up,

and some people might get a little freaked out, so it’s important to get time in the bomb suit and carry the equipment so you know what it’s like.”

Araya said he has been an EOD Soldier for about 10 years. He said the most difficult deployment was his most recent.

“We had instances when we were supporting 7th Special Forces Group where we had a few shots and explosions that were a little too close, but we couldn’t help it because of the situation and terrain,” he said. “We took all the necessary safety precautions to make sure no one got hurt, but there were some pretty loud explosions and we probably should have been back a little further, we just didn’t have the means.”

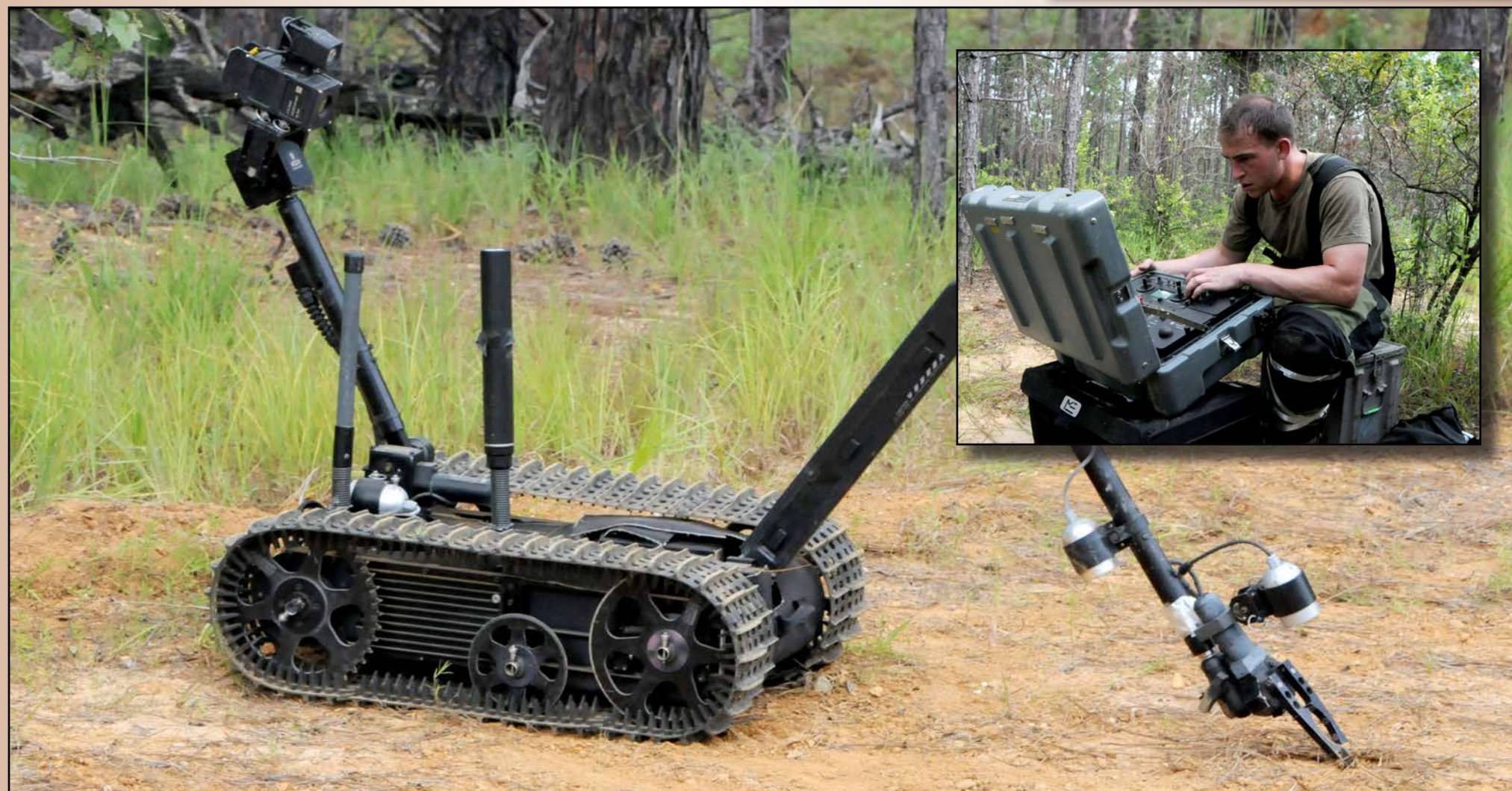
The 705th Explosive Ordnance Company averages about three or four calls a week, sometimes multiple calls in the same day, Jacobson said.

“We’re quite busy at Fort Polk,” he said.

The EOD field is short of Soldiers and the 705th EOD will host a hiring day on Aug. 25. Jacobson said most Soldiers can transfer from their MOS to the EOD field.

“There are financial incentives and great schools available, at Eglin Air Force Base, Florida,” he said. “That’s not a bad place to go for a year of school.”

To find out more about becoming an EOD Soldier contact Jacobson at rhys.e.jacobson.mil@mail.mil.



Top right: Staff Sgt. Kasey Araya (right) assist 1st Lt. Rhys Jacobson put on his protective equipment to inspect a potential threat. Bottom: The Talon, a remote control robot used to investigate potential hazards. Insert: 1st Lt. Rhys Jacobson operates the Talon to uncover an improvised explosive device.

Leaders can learn from tough read on CSA list

By retired Lt. Col. MARK S. LESLIE
DPTMS director

I will admit, this was a tough read. Strategic Vision, by Zbigniew Brzezinski, reminded me of being a young paratrooper stationed at Fort Bragg, N.C. when we did a jump (Airborne operation), then road marched back.

Every time I did that march (and I must have done it a hundred times or more in my eight years at Fort Bragg) I could see the blinking stop light on Long Street that signified the “almost” end.

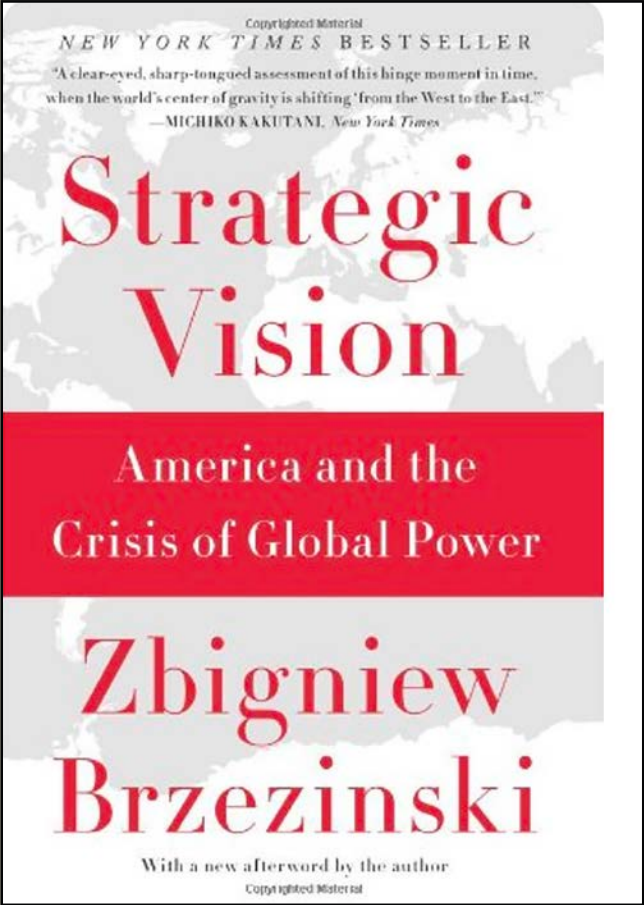
That light teased and fooled me for years. It would come in and out of view as I plodded along the entire route. That is what reading this book felt like. Every time I started reading, I intended to make significant progress, but instead, I plodded along. I had it for so long from Allen Memorial Library, they finally just sent me a bill for the book (sorry Teammates at the library — I did return it!). I finally finished and wanted to give you some thoughts.

While the book was not a fun read, much like a road-march, not everything good for us is fun. In the Army you have to do road marches to train your body for the rigors of combat and as a leader in our Army, you need to train your brain for the rigors of our profession. That is what this book does, not fun, but necessary training for senior leaders.

The author is an excellent writer and has obviously done his research. He does a masterful job of articulating how our country got where we are as THE global leader in the world today. He also, and maybe more importantly, explains the obligations and responsibilities that go along with that title. When I read this book many things “clicked” with me and the “light came on” in regards to US policy on security and stabilization. Do you ever wonder why we give countries that seemingly hate us billions if not trillions in aid? Read this book and you will understand how this contributes to the overall security of our country, physically and economically.

I think the recent COVID 19 pandemic highlights to every nation around the globe just how interdependent countries have become on one another. The pandemic affected every country in the world, as well as the global supply chain. As a result, it affected the United States in many forms, from computer chips to cars and everything in between. Large-scale conflict in an industrialized nation, friend or foe, will negatively affect the United States, the world and the citizens of the world.

The author then transitions to the “Strategic Vision” part of the book and discusses what the not so near future holds for America as we will likely decline and why. This may irritate some readers, but I urge you to push through. The



author explains why he foresees the decline of America and the eventual impact to the world and the stability that goes along with the decline of the only real world leader nation.

Don't be dismayed though. The author is not anti-American; he is just laying out the reality of the future if we do not have leaders who understand the multi-dimensional, multi-domain approach to comprehensive security. He makes it clear how important it is for the US to maintain the status of world leader. If we do not, another country will step in and assume that role and the results could be devastating.

Leaders must understand the difference, importance and interdependency of “soft” and “hard power.” Each must be applied and they depend on one another for a comprehensive approach to US security and global stability. Often, other nation's stability and security is US stability and security (that also is true in the reverse — their instability is our security in some cases — but I will let the author explain why).

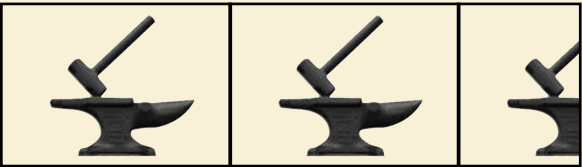
Besides the obvious moral reasons to maintain the status as the world leader, the global and economic impacts of an American decline are potentially more important. You will leave this read understanding “global inter-dependency” and why this relationship is so important.

As I stated at the beginning of this review, this is a tough read. It is also not a read for everyone. I think the Chief of Staff of the Army had the senior leader audience in mind when he put this on the reading list.

Those that are serving in a joint, Department of Defense, Headquarters, Department of the Army or other government agency assignment



LESLIE



will especially benefit from investing time in this read. It may not be fun, but like the road march — it is a necessary task leaders must do to be prepared as best we can for those we not only lead but those we serve. You will be better for it. While I do not agree with all of the author's analysis, it is well written and excellently researched.

Due to the narrow audience this book is for, it earns two and a half Anvils out of five on the Fort Polk CSA Reading List review scale.



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CONNECTED

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Instagram: jrtc_and_fort_polk
Twitter: @FortPolkPAO

NOTICE OF DECISION

Environmental Assessment and Finding
of No Significant Impact for the
Proposed Drop Zone In Kurthwood and Simpson
Training AreasJoint Readiness Training Center And
Fort Polk, Louisiana

The Joint Readiness Training Center (JRTC) and Fort Polk has decided to pursue the construction of a new drop zone in Kurthwood and Simpson Training Areas at JRTC and Fort Polk, LA. The purpose of the action will provide JRTC and Fort Polk a mission capable Drop Zone/Forward Landing Strip to provide Brigade Combat Team training in airfield seizure and aerial supply operations such as Cargo Delivery System and Dual Row Airdrop System missions. No comments were received during the 14 May - 12 June 2021 public comment period. The Environmental Assessment (EA) and Finding of No Significant Impact (FNSI) are available on-line at: https://home.army.mil/polk/application/files/5316/2739/4440/Final_Drop_Zone-Forward_Landing_Strip_EA_20210723_EA19003.pdf or a digital copy may be requested by contacting the JRTC and Fort Polk Public Affairs Office (PAO) at the address and email below. Information regarding this action can be obtained by contacting: JRTC and Fort Polk PAO, Attn: Kavanaugh Breazeale 7033 Magnolia Drive, Fort Polk, LA 71459-5342; email: usarmy.polk.imcom.mbx.pao-public-response@mail.mil.

NOTICE OF DECISION

Environmental Assessment and
Finding of No Significant Impact for the
Proposed Rotational Unit Billeting Area
in the Slagle 1 Training Area at
Joint Readiness Training Center And Fort Polk,
Louisiana

The Joint Readiness Training Center (JRTC) and Fort Polk has decided to pursue the construction of a Rotational Unit Billeting Area (RUBA) in the Slagle 1 Training Area at JRTC and Fort Polk, Louisiana. The purpose of the action will provide JRTC and Fort Polk a mission capable RUBA with the capacity to support full Brigade Combat Team training prior to and following rotational combat activities. No comments were received during the 7 May - 5 June 2021 public comment period. The Environmental Assessment (EA) and Finding of No Significant Impact (FNSI) are available on-line at [https://home.army.mil/polk/application/files/9516/2739/4433/Final RUBA EA 20210717_EA20001.pdf](https://home.army.mil/polk/application/files/9516/2739/4433/Final_RUBA_EA_20210717_EA20001.pdf) or a digital copy may be requested by contacting the JRTC and Fort Polk Public Affairs Office (PAO) at the address and email below. Information regarding this action can be obtained by contacting: JRTC and Fort Polk PAO, Attn: Kavanaugh Breazeale 7033 Magnolia Drive, Fort Polk, LA 71459-5342; email: usarmy.polk.imcom.mbx.pao-public-response@mail.mil.

Briefs

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Department of Defense civilian employees and contractors who are not TRICARE beneficiaries can schedule an appointment through the Department of Public Health Occupational Health Clinic by calling 531.6131/2706.

ACP hours

- ACP 1 (Main gate on Louisiana Avenue): Open 24 hours per day, seven days a week and on all federal holidays
- ACP 2 (University Parkway, Hwy. 467 north): Open Monday through Friday from 5 a.m.-9 p.m. Closed Saturdays, Sundays and federal holidays.
- ACP 5 (Post office, Hwy. 467 north and Hwy. 10): Open Monday through Friday from 5 a.m.-9 p.m.; open Saturday from 9 a.m.-4 p.m. Closed on federal holidays.
- ACP 6 (Chaffee Road adjacent to North Fort housing): Open 24 hours per day, sev-

en days a week and on all federal holidays in support of rotational traffic. Outside of a rotation, open from Monday through Friday from 5 a.m.-9 p.m. Closed Saturdays, Sundays and federal holidays.

- ACP 7 (K Avenue and Alligator Lake): Open 24 hours per day, seven days a week and on all federal holidays in support of rotational traffic; however limited to tactical and commercial traffic. No personally owned vehicles during rotation. Outside of rotation ACP 7 is open 24 hours per day, seven days a week and on federal holidays to all traffic.
- ACP 8 (Artillery Road and K Avenue, into the Box): Open 24 hours a day, seven days a week during rotation only. Outside of rotation, ACP 8 is closed.

DES vehicles

The Directorate of Emergency Services

Traffic section will release the following vehicles to a towing company for disposal on Aug. 30, if they remain unclaimed. Vehicles are listed with the last four numbers of their VIN number.

If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Section at 531.1806/6675/2677.

2002	Honda	Shadow	2420
2003	SAAB	93	3023
2011	Chevrolet	Cruze	4358
2002	Ford	Taurus	7521
2003	Mitsubishi	Lancer	3693
2009	Volkswagen	Tiguan	0088

Got News?

Call the Guardian
at 531-1416



Birthday celebration

Celebrating the 246th birthday of the Army Chaplains Corps at Alligator Lake July 29 are (from left to right) Fort Polk Garrison Chaplain, Chap. (Col.) Scott Hammon, Religious Support Office Resource Manager, Chap. (Maj.) Chris Grizzle, Family Life Chaplain, Chap. (Maj.) Everett Zachary, Chap. (1st Lt.) Adam Cheney, 46th Engineer chaplain, RSO and youngest Religious Affairs Specialist, Pfc. Ruben Volk and Deputy Garrison Chaplain, Chap. (Lt. Col.) Ken Godwin.

KAVANAUGH BREAZEALE/GUARDIAN



Recognizing volunteers

The Fort Polk Volunteer of the Quarter Recognition Ceremony was held Aug. 3 at the Warrior Center. In his opening remarks, Joint Readiness Training Center and Fort Polk Commanding General, Brig. Gen. David S. Doyle, praised the volunteers for their hard work and dedication to Fort Polk.

Doyle then partnered with Post Command Sergeant Major, Command Sgt. Maj. Michael C. Henry to present certificates of appreciation to the volunteers in attendance at the event. The volunteers recognized were from units and organizations such as Army Community Service and more.

KAVANAUGH BREAZEALE/GUARDIAN



KAVANAUGH BREAZEALE/GUARDIAN

Handing out school supplies

Above: Backpacks filled with school supplies are lined up before the Operation Homefront Back-To-School Brigade, held at Parkway Elementary School July 29.

Left: Garrison Commander, Col. Samuel P. Smith Jr., hands a backpack to a Fort Polk Family.

Homework tips for parents can help kids succeed

U.S. Department of education

WASHINGTON, D.C. — School will soon be back in session and homework can provide many benefits for children. It can improve memory and comprehension, develop study skills and teach children how to manage time.

Parents can help by making sure their kids have a quiet, well-lit place to do homework and provide assistance, but not complete answers. Learn how to help your kids with homework and succeed in school

General homework tips for parents:

- Make sure your child has a quiet, well-lit place to do homework.

Avoid having your child do homework with the television on or in places with other distractions, such as people coming and going.

- Make sure the materials your child needs, such as paper, pencils and a dictionary, are available.

Ask your child if special materials will be needed for some projects and get them in advance.

- Help your child with time management.

Establish a set time each day for doing homework. Don't let your child leave homework until just before bedtime. Think about using a weekend morning or afternoon for working on big projects, especially if the project involves getting together with classmates.

- Be positive about homework.

Tell your child how important school is. The attitude you express about homework will be the attitude your child acquires.

- When your child does homework, you do homework.

Show your child that the skills they are learning are related to things you do as an adult. If your child is reading, you read too. If your child is doing math, balance your checkbook.

- When your child asks for help, provide guidance, not answers.

Giving answers means your child will not learn the material. Too much help teaches your child that when the going gets rough, someone will do the work for him or her.

- When the teacher asks that you play a role in homework, do it.

Cooperate with the teacher. It shows your child that the school and home are a team. Follow the directions given by the teacher.

- If homework is meant to be done by your child alone, stay away.

Too much parent involvement can prevent homework from having some positive effects. Homework is a great way for kids to develop independent, lifelong learning skills.

- Stay informed.

Talk with your child's teacher. Make sure you know the purpose of homework and what your child's class rules are.

- Help your child figure out what is hard homework and what is easy homework.

Have your child do the hard work first. This will mean he will be most alert when facing the biggest challenges. Easy material will seem to go fast when fatigue begins to set in.

- Watch your child for signs of failure and frustration. Let your child take a short break if

they are having trouble keeping their mind on an assignment.

- Reward progress in homework.

If your child has been successful in homework completion and is working hard, celebrate that success with a special event (pizza, a walk, a trip to the park) to reinforce the positive effort.

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Families expecting bundles of joy attend Fort Polk baby shower

By ANGIE THORNE

Public affairs and communication

FORT POLK, La. — A colorful explosion of pinks, blues, yellows and greens — as well as coconuts and leis galore — greeted expectant Fort Polk Families at a Luau themed baby shower held at the Warrior Center July 31.

A buffet of cupcakes and cookies in a variety of flavors were available for children and parents to enjoy as participants heard from various organizations such as Mothers of Preschoolers, the Red Cross, Army Community Service and more. Each organization also had a table set up for first time and seasoned parents to gather information to aid them on their journey to successfully brining their new bundle of joy into the Fort Polk community.

Yamel Munoz, Outreach Program Coordinator, Army Community Service, said ACS wanted to host the baby shower for Fort Polk's expectant Families because they know being away from family and friends is difficult during such a momentous time in their lives.

"We want them to not only experience a fun event, but also have the chance to win great prizes and get free gifts, as well as gently guide them into what, for many of them, is their first experience as new parents," she said.

Munoz said the event was also an opportunity to expose young Families to the many resources and organizations available to them.

"Just as it takes a village to raise a child, it takes a community to make an event like this happen. From the organizations on and off post that took part in the event to the Soldiers from 115th Field Hospital that volunteered their time to set up and man the event, they all worked together to give these Families the tools and resilience they need to thrive," she said.

Sgt. Emmanuel Owens, 115th Field Hospital, said the baby shower is a good opportunity to not only get to know and bond with other members of the Fort Polk community, but to also support young Families about to have a child.

"Being a father myself, I know it's an exciting time in their lives and I'm proud to do my part to help give them a joyful experience," he said.

Ashley Shaw, an expectant spouse, said she thinks the baby shower is a wonderful idea.

"Fort Polk tries to make everyone feel wanted and welcome. I think it's wonderful that they care enough to do an event like this for moms," she said.

Several dads attended the baby shower with their spouses.

Sgt. Joshua Brown, 41st Transportation Company, 519th Military Police Battalion, said he feels good about the baby shower and knows



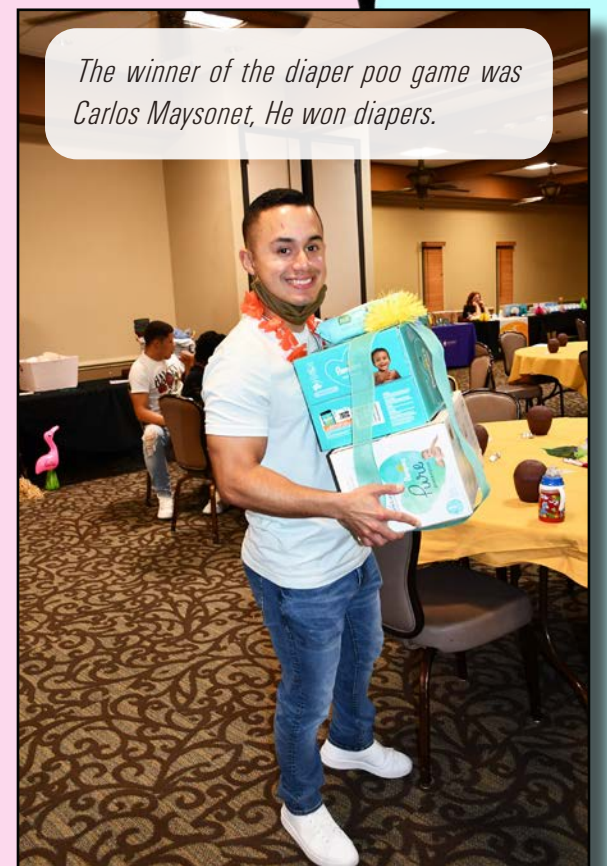
From left to right: Carlos Maysonet, Angelia Cabrera, Rebekah Waibel, Tyler Tyson and Tracey Thompson take part in the diaper poo shower game. Contestants has four diapers with a different kind of melted chocolate candy in each. Participants had to correctly figure out what type of candy bar was in each diaper the fastest to win.

his wife is excited about it.

"It's a great way to get us out of the house and allows us to socialize with others going through the same experience," he said.

As the shower began to wind down, Rebekah Waibel, an expectant mom, said she thought the event was a lot of fun.

"I was laughing the whole time I was up at the front taking part in the diaper poo shower game. It has been a fun and also a great opportunity to gather information and baby stuff to help get us through this first year. I think that's amazing and I appreciate it," she said.



The winner of the diaper poo game was Carlos Maysonet, He won diapers.



Above: Jamie Murithi participated and won the diaper changing race game. Contestants had to see who could clean and change a dirty diaper on their baby doll the fastest, while blindfolded



Right: Parents peruse the tables set up at the baby shower July 31.

ANGIE THORNE/GUARDIAN

CAMP WARRIOR

CREATING CAREFREE CAMPERS



Fort Polk kids that signed up to participate at Camp Warrior July 30-Aug. 3, enjoyed a variety of fun activities as part of their camp experience.

CHUCK CANNON/ GUARDIAN



POWER TAKES CENTER STAGE

For those who have muscle in mass amounts, a power lifting competition took place July 24 at Fort Polk's Home of Heroes Functional Fitness Center. Participants took part in squat, dead lift and bench press contests as part of the competition. Competitors were expected to perform three lifts in each category to get a top weight in each event.



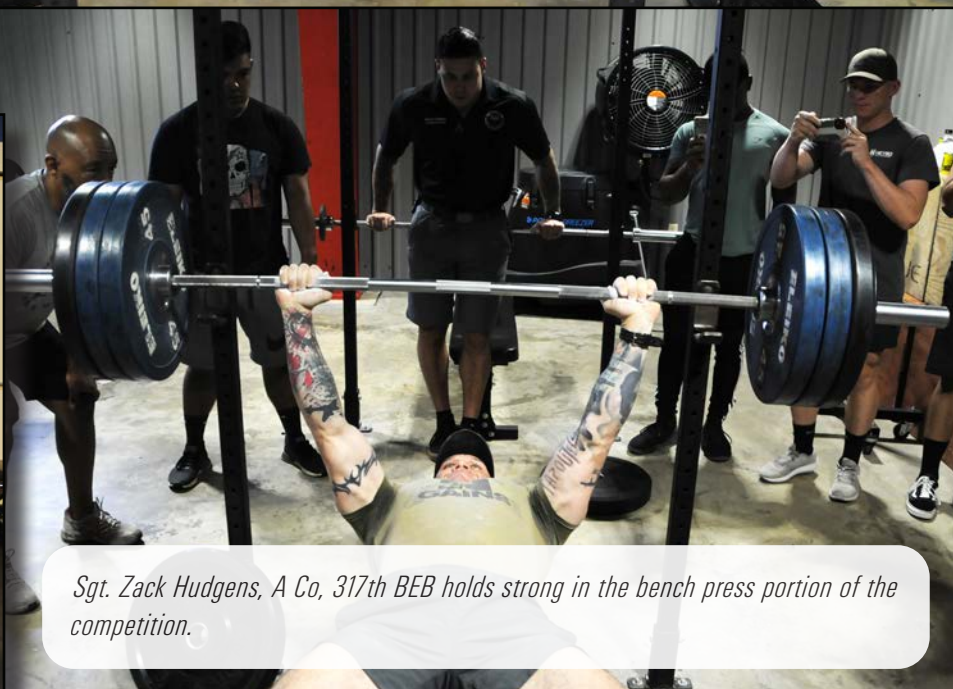
Spc. Tiger Ramsey, D Co, 2nd Bn, 2nd Inf Reg, 3rd BCT, 10th Mtn Div, lifts weight in the squat event. Ramsey was the overall male winner at the event.



Competitors at the event are ready to let the lifting begin.



Sgt. Nathan Svidler, 258th Military Police Co, 519th MP Bn, performs a deadlift.



Sgt. Zack Hudgens, A Co, 317th BEB holds strong in the bench press portion of the competition.



1st Lt. Addison Lufkin, 3rd Sqn, 89th Cav Reg, performs a lift in the squat classification. Lufkin was the overall women's winner.



Sgt. Terrell Higgs, 687th Eng Co, hoists weight in the deadlift category.

JRTC & Fort Polk & MWR Present



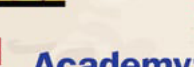
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SEPTEMBER 10

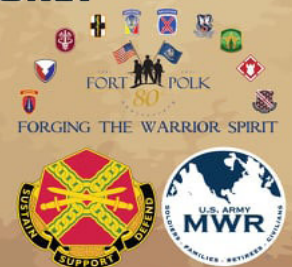
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