

U.S. Army Garrison Fort Polk

Fort Polk First!

GUARDIAN

July 6 Vol. 53, NO. 12

Top brass tours

JRTC

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**32nd Hospital
Center uncases
colors**

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**32nd Hospital
Center changes
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Group assumes
new leadership**

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COVER PHOTO

Lt. Gen. Gavin A. Lawrence, deputy commanding general of Army Materiel Command (left) speaks with Maj. Gen. Jason A. Curl, commanding general of the Joint Readiness Training Center and Fort Polk, during the Rotational Unit Bileting Area groundbreaking ceremony June 26. (U.S. Army photo by Porsha Auzenne)



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Top brass tours
JRTC



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32nd Hospital Center
Uncases colors



11
32nd Hospital
Center changes
command



41
Operations Group
assumes new
leadership



JRTC AND FORT POLK

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GOT CARDBOARD?



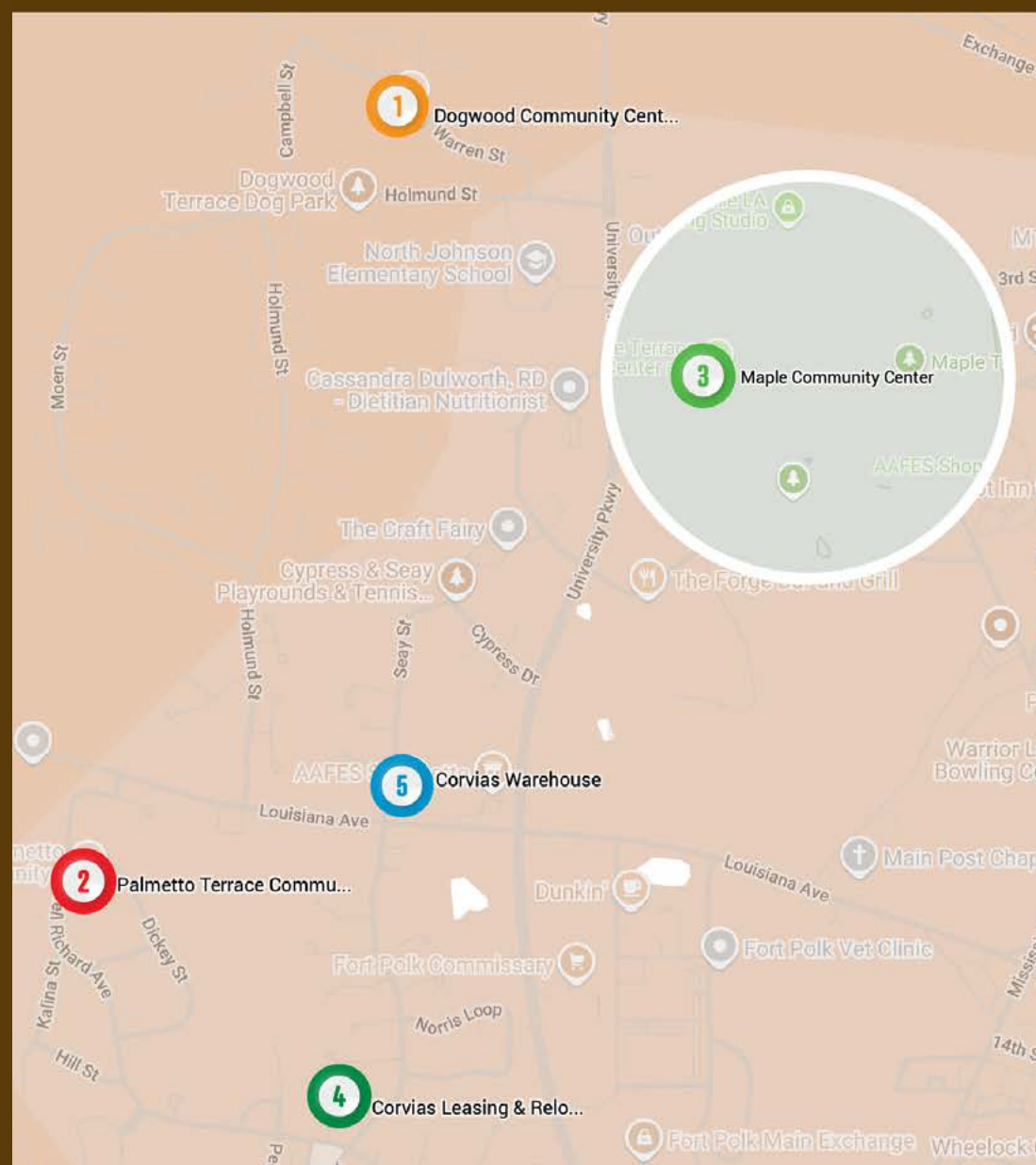
Are you PCSing and looking for a place to dispose of your cardboard?

Looking for an easy way to support the Fort Polk community? Recycling your cardboard can make a difference!

How you can help:

- Break down all boxes and place cardboard only in the green recycling bins.
- Ensure cardboard is clean and dry.
- Do not include tape, foam, plastic, packing materials or trash.

Five New Convenient Recycling Locations



- 1 Dogwood Terrace Community Center
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- 2 Palmetto Terrace Community Center
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100 Pendleton Dr.
- 4 Leasing & Relocation Office
5300 Magnolia Dr.
- 5 Corvias Warehouse
7059 Magnolia Dr.



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OUTSIDE THE GATES

OFF POST EVENTS



11
July

Summer Pops USA 250
LAKE CHARLES, LA.

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18
July

Cajun Music and Food Festival
LAKE CHARLES, LA.

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18
July

Natchitoches NSU Folk Festival
NATCHITOCHES, LA.

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18
July

Mermaid Pool Party
DERIDDER, LA.

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24-25
July

Marshland Festival
LAKE CHARLES, LA.

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FORT POLK BREAKS GROUND ON NEW RUBA



By Porsha Auzenne
Public Affairs Office

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk broke ground on the new Rotational Unit Billeting Area in North Fort on June 26, marking the start of a major infrastructure project that will enhance lodging and support for rotational training units.

By using advanced 3D printing technology and modern construction methods, the project demonstrates how the Army is modernizing the way it delivers critical infrastructure.

By partnering with industry and leveraging advanced construction techniques, the Army is delivering capability faster while providing Soldiers with the facilities they need to build combat power and prepare for large-scale combat operations.

Among those attending the ceremony were Lt. Gen. Gavin A. Lawrence, deputy commanding general of Army Materiel Command; Will Herd, president of ICON Technology Inc.; retired Brig. Gen. Paul Owens of HDR Design Firm, JRTC leadership and community partners from across the region.

Lawrence said the groundbreaking represents more than the start of construction —

it marks a transformational investment in the future of training readiness at the Joint Readiness Training Center.

Once completed, the RUBA will feature modern billeting and motor pool facilities capable of supporting up to eight battalions and their equipment. Lawrence said the project will improve support for rotational units, allowing Soldiers and leaders to focus on preparing for the demands of today's complex operational environment.

"The Joint Readiness Training Center remains one of the Army's premier combat training centers," Lawrence said. "The infrastructure we are breaking ground on today will directly contribute to that mission by providing the facilities necessary to sustain high-quality training and readiness for decades to come."

Lawrence also described the project as a key example of the Army's evolving approach to military construction.

He said the initiative aligns with the Army's transformation efforts by modernizing how infrastructure is designed and delivered to meet future operational requirements.

"Across the Army, we are embracing commercial construction best practices to deliver better facilities faster, more efficiently and at

lower cost to the American taxpayer," Lawrence said.

Maj. Gen. Jason A. Curl, commanding general of JRTC and Fort Polk, thanked the agencies, industry partners, elected officials and installation personnel whose collaboration helped bring the project to fruition.

"This project continues to be our No. 1 priority," Curl said. "Your support, engagement and commitment to improving Army readiness have been instrumental in making today possible."

Curl said the existing rotational unit billeting area has supported generations of Soldiers but no longer meets the demands of modern training. Units are often dispersed across multiple locations, requiring leaders and Soldiers to spend valuable time navigating aging facilities rather than preparing for combat.

He said the new facility was shaped by extensive Soldier feedback collected through command channels, Interactive Customer Evaluation comments, after-action reviews and social media.

"Our Soldiers want facilities that allow them to focus on building combat power and preparing for training," Curl said.

This project is a direct response to those

concerns and a commitment to providing the infrastructure our Soldiers deserve."

Rather than emphasizing appearance, Curl said the new RUBA is designed to improve safety, organization and readiness.

The facility will provide space for units to establish communications, configure equipment, troubleshoot vehicles, validate command posts and complete final preparations before entering "The Box," JRTC's tactical training area.

"Units will enter The Box ready to maximize every minute of their rotation," Curl said. "They will enter and fight better prepared, learn more and leave JRTC more lethal and capable than ever before."

Joshua Corley, chief of the Directorate of Public Works' Master Planning Division, said the project will have a tremendous impact on rotational units arriving at Fort Polk.

"This new RUBA facility will replace deteriorating billeting trailers with energy-efficient, permanent structures designed to withstand hurricane-force winds, improving safety and readiness for our Soldiers," Corley said.

With features like fire alarms and sprinkler systems, these upgrades will provide a safer environment so personnel can focus on preparing for combat readiness.

Using innovative technology like 3D concrete printing makes this project even more exciting. Our goal is to deliver a high-quality, lasting product to the warfighter faster and at a lower cost — cheaper, better, and faster."

Construction is scheduled to begin in 2027, bringing a new era of infrastructure designed to enhance Soldier readiness and support future training missions at JRTC.



Left: From left, Woody Daigle, representative of U.S. Sen. John Kennedy's office; Whitney Lambright, representative of U.S. House Speaker Mike Johnson's office; Brig. Gen. Freddy Adams, commander of the Mission and Installation Contracting Command; Lt. Gen. Gavin A. Lawrence, deputy commanding general of Army Materiel Command; Maj. Gen. Jason A. Curl, commanding general of the Joint Readiness Training Center and Fort Polk; Command Sgt. Maj. Nicholas Ford, JRTC and Fort Polk command sergeant major; William Herd, president of ICON Technology Inc.; and Col. Devin R. Penaluna, Army Materiel Command's chief of facility modernization, break ground at the site of the new Rotational Unit Billeting Area groundbreaking ceremony June 26 at Fort Polk, La.

Above: Lawrence speaks to attendees during the Rotational Unit Billeting Area groundbreaking ceremony.

Bottom: Curl speaks with Adams and Lawrence, before the Rotational Unit Billeting Area groundbreaking ceremony. (U.S. Army photos by Porsha Auzenne)





From left: Gen. Christopher C. LaNeve, acting Chief of Staff of the U.S. Army, and Sgt. Maj. of the Army Michael R. Weimer visited the Joint Readiness Training Center and Fort Polk June 16 to engage with Soldiers and leaders and observe firsthand how units are training and preparing for the future fight. (U.S. Army photo by Porsha Auzenne)

VCSA, SMA VISIT FORT POLK

Gen. Christopher C. LaNeve, acting chief of staff of the U.S. Army, and Sgt. Maj. of the Army Michael R. Weimer visited the Joint Readiness Training Center on June 16 to observe firsthand how Soldiers and leaders are preparing for future large-scale combat operations.

During the visit, they observed how JRTC challenges units in realistic training environments that replicate the stress, uncertainty and complexity of combat. The training is designed to build readiness, lethality and adaptability while forging cohesive teams and combat-ready formations prepared to fight and win whenever the nation calls.

Gen. Christopher C. LaNeve, acting Chief of Staff of the U.S. Army, speaks with Brig. Gen. Russell E. McGuire, Assistant Adjutant General of Joint Force Headquarters, during a visit to the Joint Readiness Training Center and Fort Polk June 16. (U.S. Army photo by Porsha Auzenne)



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The uncasing of colors during a ceremony June 17 at Fort Polk's Warrior Gym, noted the redeployment of the 32nd Hospital Center and the 115th Field Hospital returning from support of Operation Inherent Resolve. Soldiers provided medical support across the U.S. Central Command area of responsibility, including Iraq, Kuwait, Jordan, Syria, the United Arab Emirates, Saudi Arabia and Israel. (U.S. Army photo by Karen Sampson)



Fort Polk's 32nd Hospital Center changes command

By Jean Clavette Graves
BJACH PAO

FORT POLK, La. — Soldiers, families and distinguished guests gathered at the Warrior Fitness Center June 18 as the 32nd Hospital Center conducted a change of command ceremony, formally transferring leadership from Col. Danielle K. Rodondi to Col. Lana Bernat. Hosted by Col. Christina Buchner, commander of the 44th Medical Brigade, the ceremony honored Rodondi's leadership and service while welcoming Bernat as the organization's next commander. The event marked the official transfer of authority, responsibility and accountability through the Army's time-honored change of command tradition. "Today's change of command ceremony is a powerful testament to our unit's unbroken continuity, its forward momentum, and our steadfast dedication to the Soldiers we serve," Buchner said.

During her remarks, Buchner highlighted the accomplishments of the 32nd Hospital Center under Rodondi's leadership, including the deployment of the 32nd Hospital Center and the 115th Field Hospital in support of Operation Inherent Resolve. Soldiers provided medical support across multiple locations throughout the U.S. Central Command area of responsibility, including Iraq, Kuwait, Jordan, Syria, the United Arab Emirates, Saudi Arabia and Israel.

"Under your visionary and decisive leadership, this organization set a new standard of medical excellence," Buchner said. "You poured your heart into this formation."

In addition to leading a deployed force, Rodondi guided the organization through significant changes at home station, including the transition from the historic 1st Medical Brigade to the 44th Medical Brigade and the deactivation of the 190th Medical Detachment while continuing to support missions at Fort Polk, the Joint Readiness Training Center and the Defense Health Agency.

Reflecting on her time in command, Rodondi credited the Soldiers, leaders and families of the 32nd Hospital Center for the organization's success both at home station and during deployment.

"Serving as your commander has been the greatest privilege of my career," Rodondi said. "When I took command, I knew the reputation of this formation, but over our time together, you have continually exceeded every standard and expectation set before you."

"Our first year together was defined by relentless preparation," she said. "When we deployed to the CENTCOM area of responsibility, we arrived as a medical unit but came home as a combat-tested healthcare team."



Col. Christina Buchner, commander, 44th Medical Brigade, passes the 32d Hospital Center colors to Col. Lana Bernat during a change of command ceremony at the Warrior Fitness Center on Fort Polk, Louisiana, June 18. The traditional passing of the colors formally signified Bernat's assumption of command. (Courtesy)

Rodondi praised the efforts of both deployed Soldiers and the rear detachment, recognizing the teamwork required to support operations overseas while maintaining readiness at home station.

"To the Soldiers standing in formation today: thank you for your unwavering dedication, your resilience and your professionalism," Rodondi said. "To the families: thank you for your enduring support and the sacrifices you make that allow us to do our jobs."

She concluded by expressing confidence in Bernat's leadership and the future of the organization.

"Colonel Bernat, you are taking charge of an incredible team of professionals," Rodondi said. "I know they will support you just as exceptionally as they have supported me."

Bernat thanked Rodondi for her leadership and commitment to the organization and pledged to build upon the foundation established during her predecessor's tenure while maintaining a focus on readiness, professional development and caring for Soldiers.

"Today marks a significant milestone for our organization, and it is truly the honor of a lifetime to lead this distinguished unit," Bernat said.

"I commit to building upon the foundation you laid, ensuring we uphold the standards, values and culture of excellence you championed," she said.

"As we move through post-deployment reintegration, it is crucial that we unite and lean upon one another's strengths and skills," Bernat said. "Whether you served on deployment or in the rear, everyone brings value to the team."

"We will remain laser focused on readiness, professional development and caring for our people as we stand ready, resilient and committed to delivering exceptional medical care anytime, anywhere," she said.

During her remarks, Buchner expressed confidence in the future of the organization and challenged Soldiers to continue upholding the unit's legacy of excellence.

"You inherit an elite, combat-tested formation," Buchner said. "The watch is yours."

Addressing the Soldiers of the 32nd Hospital Center, Buchner reminded the formation of its enduring responsibility to the Army and the nation.

"Your mission remains unchanged. You are the vanguard of expeditionary medical care," Buchner said. "Continue to look out for one another, maintain the standard and stand ready to answer the nation's call."

The ceremony concluded with the singing of the Army Song, symbolizing the continuity of leadership and the enduring commitment of the 32nd Hospital Center to provide expeditionary medical support wherever and whenever called upon to serve.

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AER can help with first month's rent and security deposits during a PCS.



FIRST MONTH'S RENT



SECURITY DEPOSIT



UTILITY SETUP FEES

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WHEN TO STOP BUYING LIQUIDS

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NORTH TEXAS AVE. UPCOMING ROAD CONSTRUCTION



TEXAS AVENUE ROAD REPAIRS BEGIN JUNE 30

The Directorate of Public Works will continue the FY23 Road Repairs Project with construction on North Texas Avenue between Pennsylvania Avenue and Magazine Avenue beginning **June 30**. During construction, Texas Avenue will be closed to all traffic in this area, with California Avenue serving as the designated detour for hazardous materials traffic. Additionally, New Jersey Street, 2nd Street, and 4th Street between Georgia Avenue and Texas Avenue, as well as New Jersey Street and 4th Street between California Avenue and Texas Avenue, will be closed to through traffic. Motorists and pedestrians are encouraged to avoid the work zone when possible, follow posted detours, and use caution while traveling near construction.

The project also marks continued progress on Georgia Avenue, where paving south of Louisiana Avenue was completed in April and paving north of Louisiana Avenue was completed on June 26. Permanent pavement markings and signage are expected to be installed by the end of July. DPW will continue to provide updates as construction progresses and appreciates the community's patience and cooperation while these roadway improvements are completed.





Motorcycle safety ride promotes mentorship

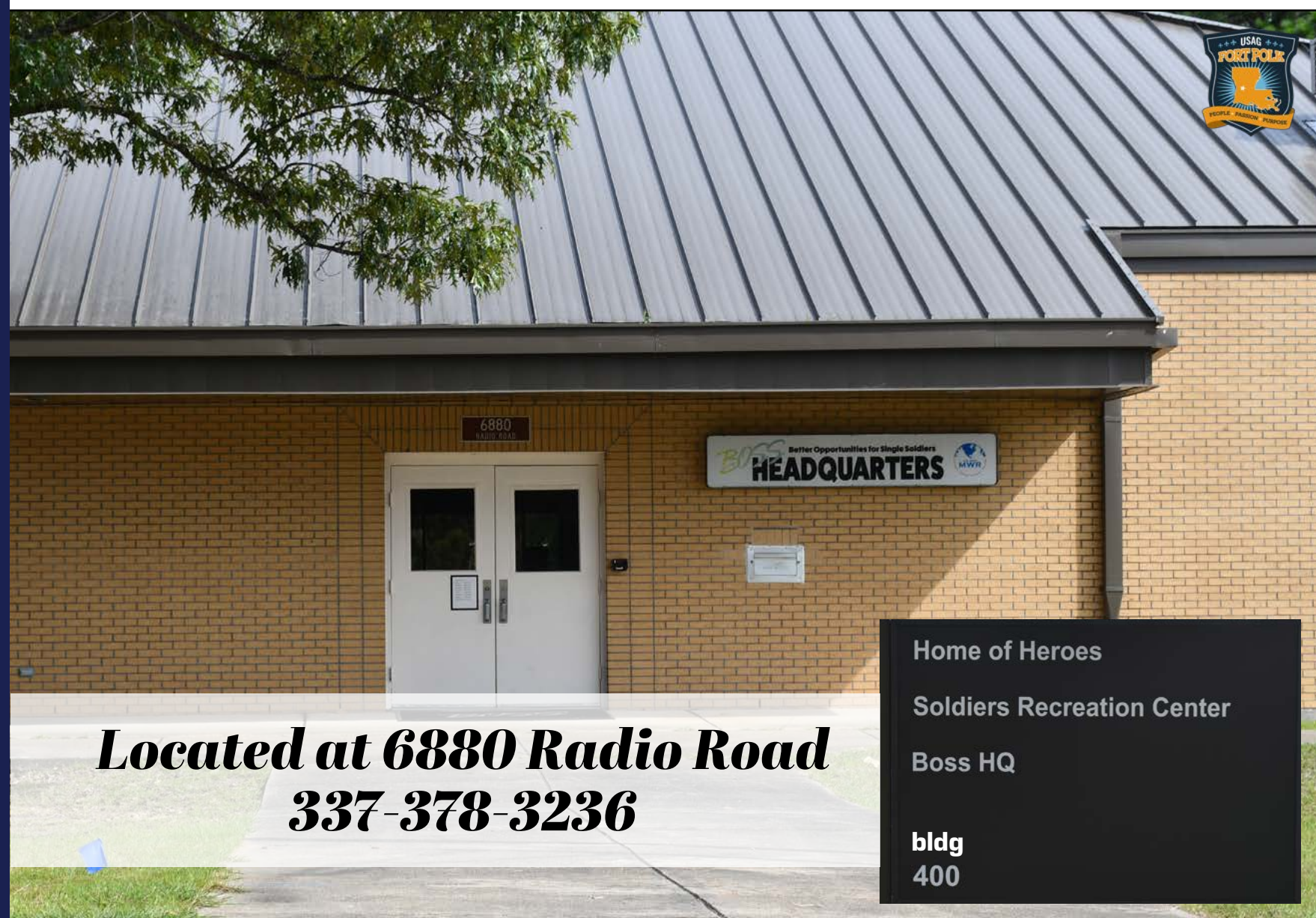


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the Right
Helmet
Before You
Hit the
Road**

<https://www.nhtsa.gov/motorcycle-safety/choose-right-motorcycle-helmet>



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**Located at 6880 Radio Road
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Home of Heroes
Soldiers Recreation Center
Boss HQ
bldg
400



**Mayor Dina Carrington
Palmetto Terrace**

For important information about Fort Polk check out the Mayor's Facebook page at: Mayor Volunteer Program MVP - Palmetto.
<https://www.facebook.com/profile.php?id=61560748367827>

If you have questions, contact Mayor Carrington at: mvppalmetto@gmail.com



**Mayor Aubree Wilson
Maple Terrace**

For important information about Fort Polk check out the Mayor's Facebook page at: Fort Polk Maple Terrace Community - Mayor Volunteer Program.
<https://www.facebook.com/profile.php?id=61588860068907>

If you have questions, contact Mayor Carrington at: mvpmapleterrace@gmail.com



**Mayor Jessica Cobb
Dogwood Terrace**

For important information about Fort Polk check out the Mayor's Facebook page at: Mayor Volunteer Program MVP - Dogwood.
<https://www.facebook.com/share/1Ja7gzLttm/?mibextid=wwXIfr>

If you have questions, contact Mayor Carrington at: mvpdogwood@gmail.com

Operations Group Assumption of Command:

Leadership is the foundation of readiness

The Joint Readiness Training Center, Operations Group welcomed new leadership during an Assumption of Command and Assumption of Responsibility Ceremony on June 25. Col. Dan Kearney assumed command of JRTC Operations Group, and Command Sgt. Maj. Michael McQuality assumed responsibility, joining the team that prepares Soldiers and leaders for the demands of large-scale combat operations. Maj. Gen. Jason Curl, commanding general of JRTC and Fort Polk, thanked Lt. Col. Dennis Hall and Command Sgt. Maj. Bryan Jaragoske for their steadfast leadership during the transition and welcomed Kearney and McQuality as they begin leading one of the Army's premier training organizations. As the Army continues to modernize for the future fight, JRTC remains at the forefront of delivering the tough, realistic training that builds ready, disciplined and lethal formations prepared to fight and win. Congratulations to Col. Kearney and Command Sgt. Maj. McQuality as they lead the next chapter in training the Army's warfighters. *(U.S. Army photos by Ray Bernard)*



JRTC & FORT POLK SHARP PROGRAM

FOURTH OF JULY

TEAL TOUCHPOINT

Celebrating Freedom Responsibly: Happy 4th of July

Independence Day is a time for celebration, increased social gatherings and alcohol consumption often correlate with elevated safety and SHARP-related incidents. Protecting our team members requires proactive risk management and clear boundaries.

☀ Summer Safety & Team Cohesion

Summer activities like outdoor sports, unit organizational days, and travel are vital for morale. However, these relaxed environments still require the same standards of professional conduct and mutual respect as the workplace.

☀ FUN IN THE MONTH OF JULY ☀

- JULY 6: NATIONAL FRIED CHICKEN DAY
- JULY 7: NATIONAL CHOCOLATE DAY
- JULY 15: NATIONAL PET FIRE SAFETY DAY
- JULY 17: OUTDOOR MOVIE NIGHT 6 PM - 9PM (MWR EVENT)
- JULY 17: BEAT THE HEAT POOL PARTY 5 PM- 9 PM (BOSS EVENT)
- JULY 18: NATIONAL HOT DOG DAY
- JULY 19: NATIONAL ICE CREAM DAY
- JULY 30: INTERNATIONAL DAY OF FRIENDSHIP

🇺🇸 WE WANT YOUR INPUT! THE SHARP TEAM IS CURRENTLY LOOKING FOR YOUR CREATIVE CAMPAIGN IDEAS! REACH OUT AND LET US KNOW WHAT YOU WOULD LIKE TO SEE NEXT.

Holiday Safety Focus- Mitigation Strategy & Best Practices

Responsible Alcohol Use-

- Establish boundaries before events.
- Plan for safe transportation, designated drivers.
- Never let a buddy drive or leave a gathering alone if they are impaired.

Active Consent-

Consent must be mutually understood, conscious, and freely given. Consent can be revoked at anytime.

Remember the 3 D's of Intervention-

- Direct: Address the perpetrator. Remove people from the situation
- Distract: Change the subject. Ask someone to do something.
- Delegate: Arrange for someone to intervene or take people out of the situation.

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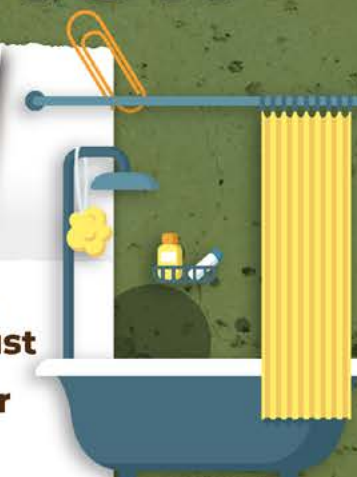
WHO: Entering Grades K-6TH



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MOLD MITIGATION

**TIP
#5**



Run the bathroom fan or open the window when showering. Use exhaust fans or open windows whenever cooking, running the dishwasher or dishwashing, etc.

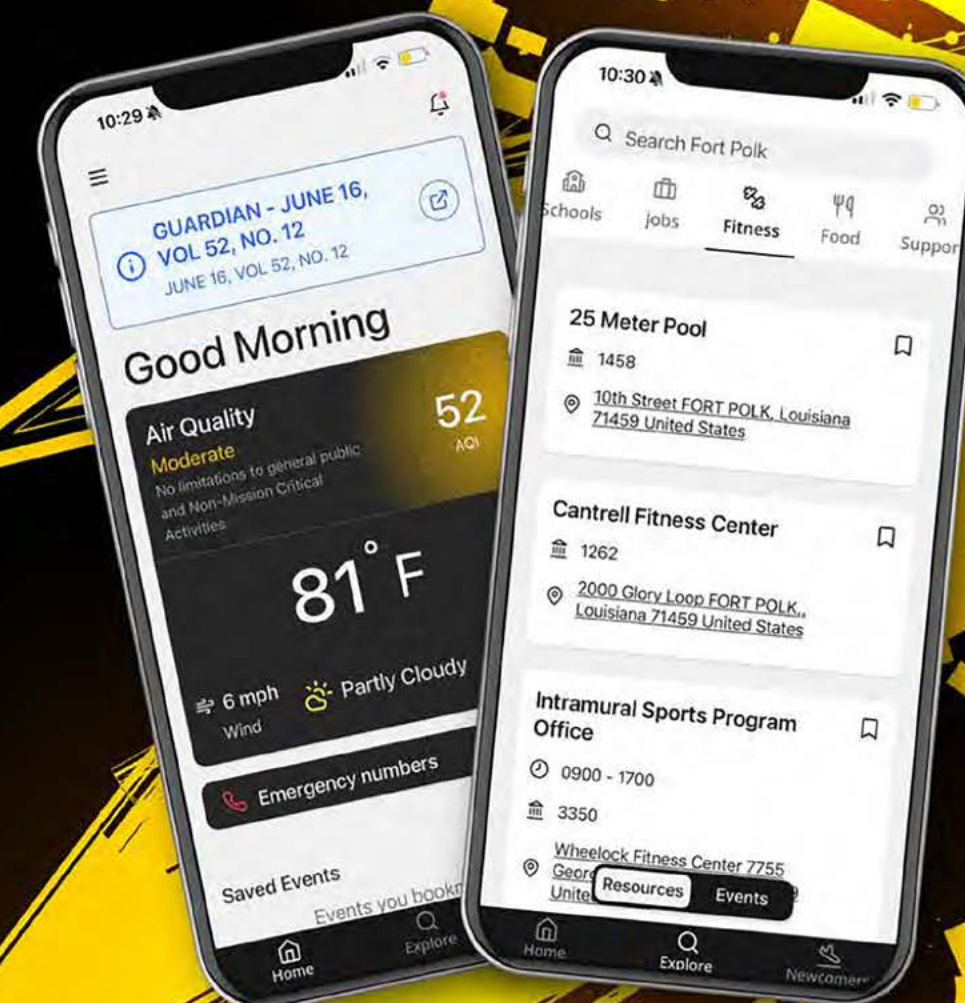
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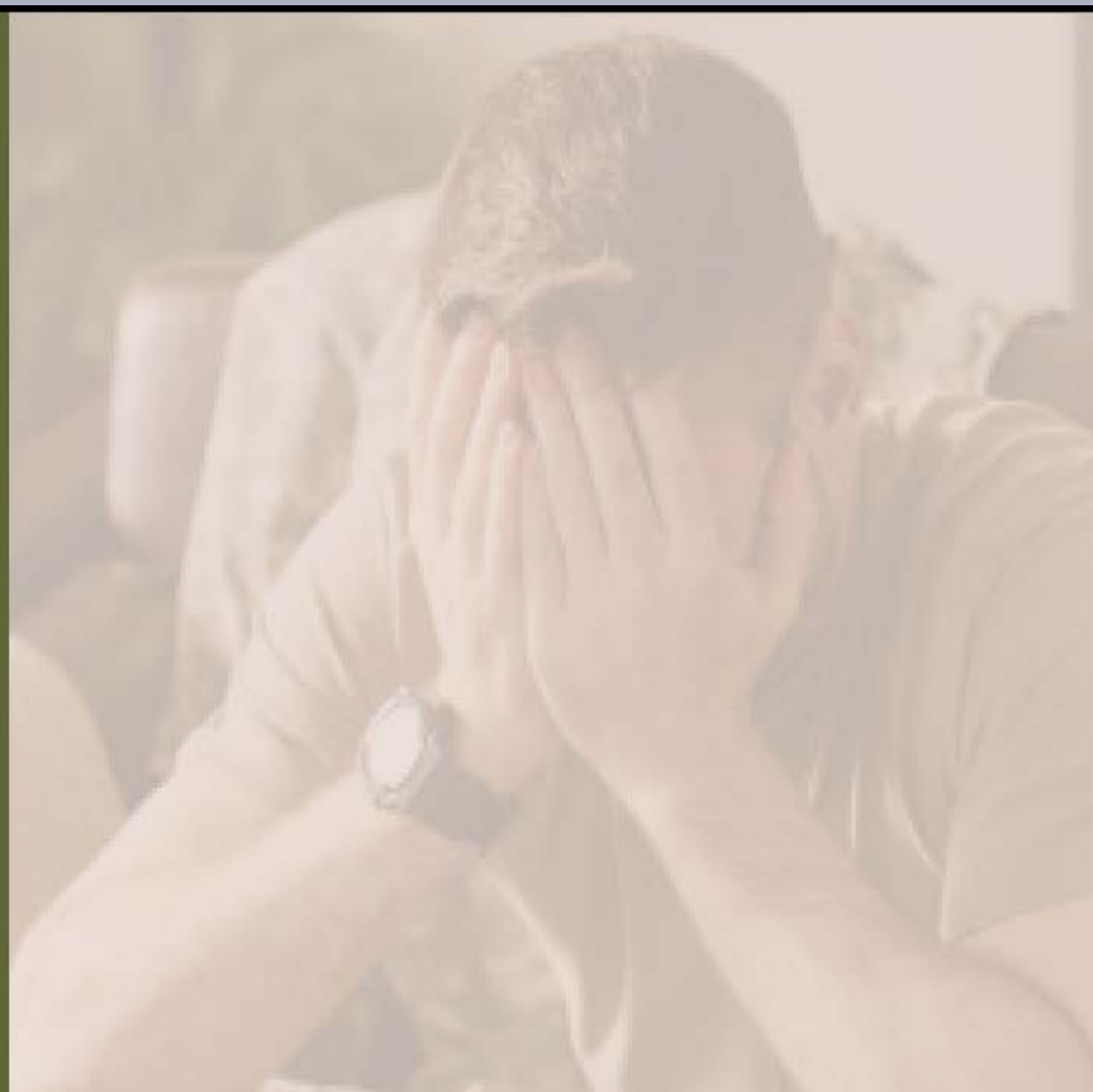


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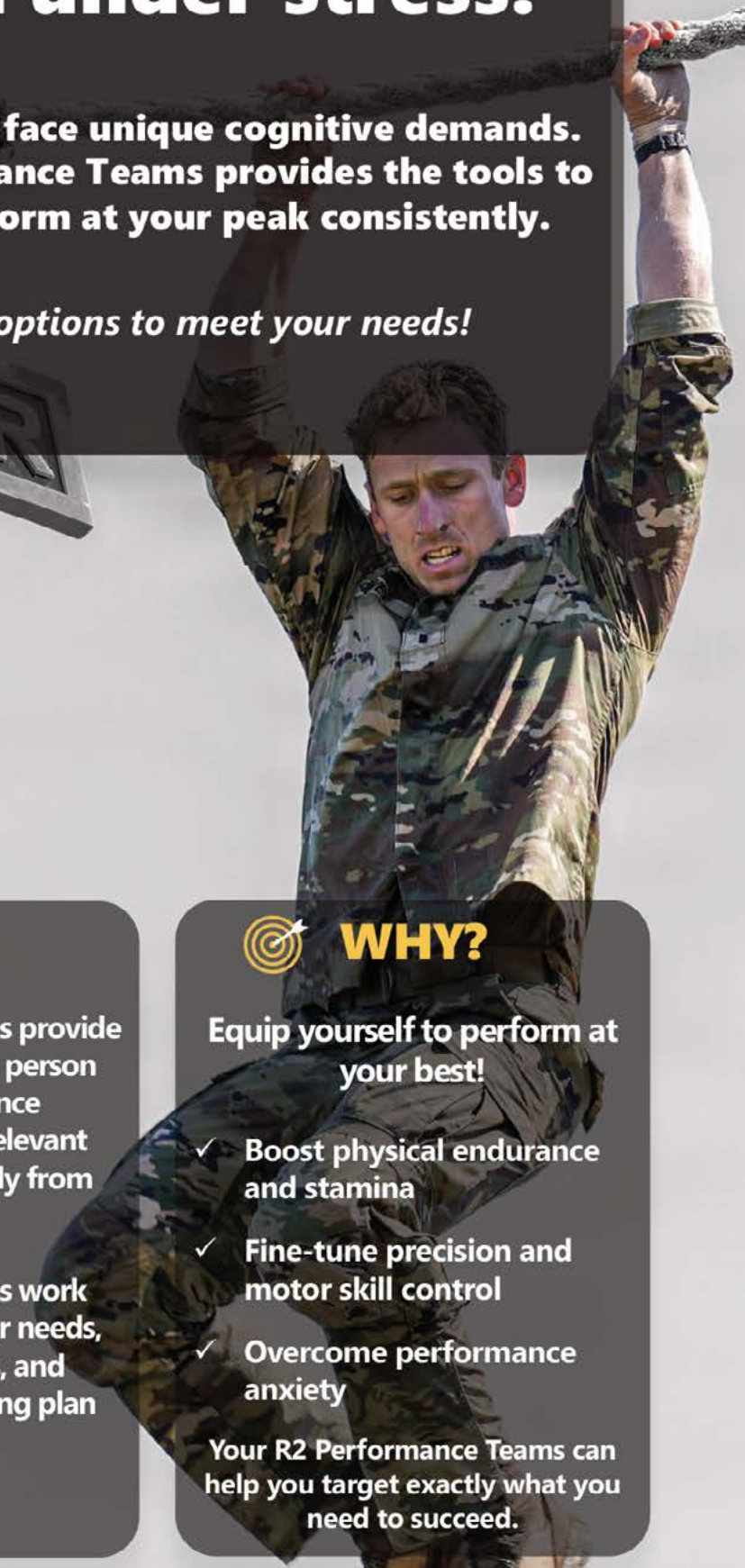
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Men’s Health: Caring for the Body, Mind and Spirit

By Jean Clavette Graves
BJACH PAO

FORT POLK, La. - During Men's Health Month, experts at Bayne-Jones Army Community Hospital are encouraging men to take a holistic approach to wellness by caring for the body, mind and spirit. Together, physical health, mental resilience and spiritual well-being help support readiness, strengthen relationships and improve overall quality of life.

The Body: Prioritizing Preventive Care
For Capt. Phillip Markey, a family medicine physician at BJACH, one of the biggest challenges is encouraging men to prioritize preventive care.

"High blood pressure and high cholesterol are two of the most common conditions men ignore because they often don't cause symptoms early on," said Markey. "When we identify and treat them early, we can significantly reduce a person's risk of heart disease and stroke."

Drawing on a familiar Army concept, Markey compared routine health screenings to keeping equipment mission ready. Just as Soldiers routinely inspect and maintain their gear, regular medical screenings can help identify health concerns before they become larger problems.

According to Markey, healthy adults in their 20s may only need routine exams every one to two years, while annual screenings become increasingly important after age 30 as risks associated with cardiovascular disease, diabetes and other chronic conditions become more common.

He also emphasized that lifestyle choices—including regular exercise, healthy nutrition and adequate sleep—remain some of the most effective tools for preventing chronic disease and improving long-term health.

"Most of the chronic health conditions we see throughout the United States, especially in men, can all be improved with good diet and exercise," Markey said. "There is growing evidence that getting seven to nine hours of sleep, eating an appropriate diet and getting regular physical activity can be more effective for preventing these diseases than even the best medicines."

The Mind: Building Mental Muscle
While physical health provides the foundation for overall wellness, Maj. Johnny Dotson, a social worker at BJACH and competitive body-builder, draws parallels between physical training and psychological growth.

"When you challenge yourself physically and push beyond your comfort zone, you teach your brain that discomfort is temporary and manageable rather than a signal to quit," Dotson said.



Col. Patrick W. Miller, commander of Bayne-Jones Army Community Hospital, prepares to throw a pass during the Army Heritage Month Ultimate Football Challenge at Anvil Field on Fort Polk, Louisiana, June 12. Events like the football challenge promote physical activity, teamwork and overall wellness. (U.S. Army photo by Jean Clavette Graves)

Dotson explained that overcoming difficult workouts, fatigue and self-doubt helps build discipline, consistency and resilience — qualities that can carry over into careers, relationships and long-term goals.

"Ultimately, these are the same qualities that underpin mental resilience," Dotson said. "When you push through a tough workout, overcome fatigue and discomfort, or achieve a new personal best, you're not just strengthening your body; you're also training your mind to handle stress, setbacks and adversity."

However, Dotson cautioned that exercise should not be used to avoid difficult emotions or deeper issues. Instead, he encourages men to reflect on the reasons behind their workouts and ask themselves whether they are processing emotions or simply avoiding them.

Dotson said personal growth often requires discomfort.

"Vulnerability and asking for help build the mental muscle by transforming emotional discomfort into actionable resilience," he said.

The Spirit: Finding Connection and Purpose
For Capt. David Rutkin, hospital chaplain for BJACH, spiritual health is an important part of overall wellness.

Rutkin defines spiritual wellness as a person's connection to something greater than themselves.

"Our spirit is our connection to something greater than ourselves, a higher power or higher purpose," Rutkin said. "There are times in every person's life when their need lies in a realm that feels outside the norm."

He explained that practices such as faith,

prayer, hope, worship, meditation and mindfulness can help individuals navigate challenges and overcome struggles that may feel beyond the ordinary.

Military service can place unique demands on Soldiers and families through deployments, separations and other high-stress situations. Rutkin said maintaining spiritual disciplines before, during and after those challenges can help individuals maintain their sense of purpose.

He also emphasized the importance of community and fellowship.

"People are stronger together," Rutkin said.

Rutkin noted that human beings are made for relationships and community, and that healthy spiritual lives often include supportive connections with others.

A Unified Approach to Strength

Although they approached wellness from different perspectives, the three men arrived at a similar conclusion: true strength is built by caring for the whole person. By investing in their physical and mental health, along with their spiritual well-being, men can build a stronger foundation for healthier relationships, greater purpose and an improved quality of life.

Whether it's scheduling a routine exam, strengthening mental well-being or finding purpose through faith and community, caring for the body, mind and spirit can help men live healthier, more balanced and more fulfilling lives.

"You deserve to be well," Markey said. "If not for you, then for your loved ones, your friends, your battle buddies."

Protect Your Hearing. Protect Your Brain

By Jean Clavette Graves
BJACH PAO

FORT POLK, La. — Master Sgt. Justin Davis didn't realize how much hearing loss was affecting his life until it began affecting the people closest to him.

"My wife thought I wasn't listening when I just couldn't hear her," Davis said. "I'm sure my kids felt it too. It's frustrating for a kid to have to constantly repeat themselves."

Davis' experience illustrates a challenge facing millions of Americans.

Untreated hearing loss can affect far more than a person's ability to communicate. Growing evidence suggests it may also increase the risk of cognitive decline and dementia, including Alzheimer's disease.

While hearing loss does not cause Alzheimer's disease, researchers have identified it as one of the most significant potentially modifiable risk factors associated with dementia. Because hearing loss is identifiable and treatable, health experts say early intervention may support long-term brain health while improving communication and quality of life.

"It's important to understand that hearing is actually a brain process, not just an ear process," said Dr. Aimee Armetta, an audiologist at Bayne-Jones Army Community Hospital.

"When hearing loss is present, the auditory system delivers less complete sound information to the brain," she explained. "As a result, the brain must work harder to fill in the missing pieces of speech. When more cognitive resources are devoted to understanding speech, fewer resources may be available for memory, attention and other higher-level thinking skills."

Researchers refer to this phenomenon as increased listening effort—the extra mental energy required to understand conversations when hearing is impaired.

Hearing loss can also reduce social engagement.

"Social interaction provides important cognitive stimulation that helps maintain brain health," Armetta said. "When individuals withdraw from those interactions, they may experience reduced mental stimulation, which has been associated with an increased risk of cognitive decline over time."

Family members are often the first to recognize the signs of hearing loss. Frequently asking others to repeat themselves, increasing the television volume, difficulty understanding speech in noisy environments and withdrawing from conversations may all indicate it's time for a hearing evaluation.

For Soldiers, protecting their hearing is also a matter of readiness.

Military service routinely exposes Soldiers



Dr. Aimee Armetta, an audiologist at Bayne-Jones Army Community Hospital, fits hearing aids for U.S. Army Master Sgt. Justin Davis during an audiology appointment June 24, at Fort Polk, Louisiana. Davis sought treatment after hearing loss began affecting communication with his family. (U.S. Army photo by Jean Clavette Graves)



U.S. Army Capt. Annika Zimmerman, hearing program manager and audiologist at Bayne-Jones Army Community Hospital, conducts a hearing protection fit test using the Wireless Automated Hearing Test System with U.S. Army Staff Sgt. Zachary Vikara, June 24. (U.S. Army photo by Jean Clavette Graves)

to hazardous noise from weapons systems, aircraft, tactical vehicles and heavy equipment. Capt. Annika Zimmerman, hearing program manager and audiologist at BJACH, said protecting hearing begins long before hearing loss becomes noticeable.

"Many young Soldiers don't think about the long-term effects of hearing loss, but protecting your hearing starts now," Zimmerman said. "The hearing damage we accumulate throughout our lives can have long-term consequences. Taking steps to protect your hearing today is an investment in your future health."

Zimmerman said the Army Hearing Program emphasizes prevention, routine evaluations and early intervention to identify changes before they begin affecting communication and daily life. Those efforts help Soldiers preserve effective communication while supporting long-term readiness and quality of life.

For people experiencing hearing loss, treatment offers benefits beyond simply making the

sounds and conversations you hear louder.

"Hearing aids do much more than simply amplify sound," Armetta said. "They improve access to speech and environmental sounds, allowing the auditory pathways and auditory cortex to receive clearer information."

By reducing listening effort and improving communication, hearing aids help keep the brain actively engaged in conversations, relationships and everyday activities.

For Davis, seeking treatment changed more than his hearing.

"The hearing aids have given me back my attentiveness," he said. "At work and at home. I've been able to spend less time asking 'huh?' and more time enjoying the people around me."

Looking back, Davis hopes others won't wait as long as he did.

"The stigma around seeking medical care is nonsense," Davis said. "I won't lie; I was that person for the first 14 or 15 years of my career. Don't let pride get in the way of your health."



**BAYNE-JONES
ARMY COMMUNITY HOSPITAL**

FOURTH ANNUAL **FAMILY HEALTH FAIR**



**SATURDAY,
AUGUST 8, 2026**



**8 A.M. - NOON
OPPORTUNITY DRAWINGS
EVERY 30 MINUTES**



**BJACH
ENTRANCE A**

Resource Fair for New and Seasoned Parents

This is a FREE post-wide family health fair for expecting, new and seasoned parents to learn more about community resources.

- **LACTATION SUPPORT**
- **NEW PARENT SUPPORT PROGRAM**
- **SAFE SLEEP**
- **WOMEN, INFANTS & CHILDREN (WIC)**
- **P3T PROGRAM**
- **BEHAVIORAL HEALTH (POSTPARTUM)**
- **FAMILY ADVOCACY**
- **FACE PAINTING, BOUNCE HOUSE, PHOTO BOOTH, POPCORN, KID GAMES, BALLOONS AND MORE...**



****Continental Breakfast and food available for purchase****



Fort Polk
AFWC
ARMED FORCES WELLNESS CENTER



INVITE YOU TO A **PAINT & UNWIND**

POTTERY PAINTING CLASS

This creative workshop can promote mental fitness, recovery, and healthy sleep routines by encouraging participants to unplug, slow down, and engage in hands-on mindful recreation in a supportive environment.

**WEDNESDAY
JULY 15**
at 1300 (1:00 PM)

**TOTAL COST:
\$13.50**

**INCLUDES CUP
& ALL PAINTING
SUPPLIES**

**PAID PRIOR TO
PAINTING THE CUP.**
Payment will go to the
Arts & Crafts Building
employees the day
of the event.

**CLASS LOCATION:
1685 BELL RICHARD AVE, BLDG 922
FORT POLK, LA 71459**

We can't wait to see your
Masterpiece!

**DESIGN YOUR
CUP AT YOUR
OWN WHIMSY!**

✦ Your cup will be placed in the kiln after painting so it is safe for food & beverage use.

✦ Pick-up date will be determined by the Arts & Crafts Building employees.

SIGN UP HERE





BAYNE-JONES ARMY COMMUNITY HOSPITAL

BREAK FREE FROM TOBACCO

There is no day like today to quit.
Quitting has never felt so good.



YOUR HEALTH.
YOUR FUTURE.
YOUR CHOICE.

DID YOU KNOW?

- Tobacco use is the leading preventable cause of death in the United States.
- The use of tobacco speeds up the progress of cancers, heart disease, stroke, lung infections, and others.
- Smoking makes it harder for your body to fight infections and to heal.
- At least 19 different types of cancer-causing materials are found in tobacco products.
- Smokeless tobacco should not be used as an alternative to smoking cigarettes as it can be just as or even more dangerous.
- One dip delivers 3–5 times the amount of nicotine as one cigarette.
- Tobacco kills more than 8 million people each year—including an estimated 1.3 million non-smokers who are exposed to second-hand smoke.
- Tobacco users can and do quit. In fact, today there are more former tobacco users than current users.



TOBACCO PRODUCTS INCLUDE:



Cigarettes
(including menthols)



Pipes



Smokeless tobacco
(including chewing tobacco, snuff, chew, dip and snus)



Dissolvables
(including lozenges, orbs, sticks and strips)



All e-cigarettes
(including vape pens, JUUL, mods, vaporizers, etc.)



Hookah and water pipes

OTHER TOBACCO PRODUCTS NOT PICTURED INCLUDE:

Cigars, cigarillos, heated tobacco products, roll-your-own tobacco, bidis and kreteks, nicotine gels and future tobacco products.

YES! THAT'S A TOBACCO PRODUCT

You may think using some of these products is harmless, but remember:

There is no such thing as a safe tobacco product.

TOBACCO CESSATION SUPPORT



One-on-one counseling



Prescription Cessation Aids Available



Support that works

TAKE THE FIRST STEP TODAY.

CONTACT US



726-780-1149



<https://bayne-jones.tricare.mil/Health-Services/Public-Health>



1585 3rd St., BLDG 285
Public Health Nursing Clinic
2nd Floor (through Entrance B)
Fort Polk, LA 71459

Learn more at <https://ycq2.org/>

TRICARE® Tobacco Cessation Resources

Visit <https://tricare.mil/healthwellness/tobaccouse> for programs and tools to help you quit.

YOU CAN QUIT²
MAKE EVERY DAY TOBACCO FREE



TICK BITTEN?

DON'T WAIT—TEST IT!



TINY TICK. BIG IMPACT.

Knowing more can help protect your health.



MILTICK PROGRAM

TICK SUBMISSIONS ACCEPTED THROUGH ENVIRONMENTAL HEALTH.

Found a tick attached to you after training, hiking, field exercises, or other outdoor activities?
Bring the tick to Environmental Health.

We will send it off to be tested through the MILTICK program.

WHAT TO DO:

1



CAREFULLY REMOVE the tick with tweezers.

2



PLACE THE TICK in a sealed bag or container.

3



BRING IT TO ENVIRONMENTAL HEALTH

WHY PARTICIPATE?



Identify possible tick-borne diseases



Protect your health



Support tick surveillance in our community



Help us learn about disease-carrying ticks in the area

DO NOT:



CRUSH THE TICK



THROW IT AWAY



IGNORE THE TICK OR DISMISS A BITE



BRING TICKS TO:
ENVIRONMENTAL HEALTH OFFICE
Building 283
Between the hours of 0900 and 1500, Mon–Fri.



QUESTIONS?
CONTACT ENVIRONMENTAL HEALTH



EMAIL:
usarmy.polk.medcom-bjach.mbx.environmental-health@health.mil

LOUISIANA'S HEAT + HUMIDITY IS A COMBAT MULTIPLIER FOR HEAT ILLNESS

Scan this QR code to check the heat risk in your area.

LOUISIANA HAS HIGH TEMPERATURES + HIGH HUMIDITY

This combination makes it **HARDER FOR SWEAT TO EVAPORATE**, preventing your body from cooling itself. **CORE TEMPERATURE RISES FASTER. RISK IS HIGHER. HEAT ILLNESS CAN STRIKE ANYONE, ANYTIME.**

FORT POLK'S MISSION REQUIRES FACTORS THAT INCREASE HEAT ILLNESS RISK.

PROLONGED PHYSICAL ACTIVITY

LOAD CARRIAGE & BODY ARMOR

DIRECT SUN EXPOSURE

EXTENDED FIELD OPERATIONS

HIGH WBGT CONDITIONS

OUR MISSION. OUR ENVIRONMENT. OUR RESPONSIBILITY.

Fort Polk's mission requires activities associated with higher rates of heat illness:

- Road marches
- Field training exercises
- JRTC rotations
- Load carriage
- Weapons qualification ranges
- Obstacle courses
- Tactical movements
- Prolonged operations in OCPs and protective gear
- Limited shade and rest opportunities

SUMMER IN LOUISIANA (Most Recent Data)

AVERAGE HIGH TEMP (JUN–AUG) 91°F – 94°F

FREQUENT HIGH TEMPS OF 95°F – 100°F+

RELATIVE HUMIDITY AVERAGES 70% – 85%

Source: National Weather Service – Shreveport, LA (2023–2024)

NEW ARRIVALS ARE MOST VULNERABLE

Soldiers arriving from cooler climates may require 7–14 days to acclimatize to Louisiana's heat and humidity. **ACCLIMATIZATION SAVES LIVES. DON'T RUSH THE PROCESS.**

RECOGNIZE IT. PREVENT IT. SURVIVE IT.

HYDRATE OFTEN. REST IN SHADE. WATCH YOUR BUDDY.

TRAIN SMART. HYDRATE. REST. SURVIVE.

WHEN IN DOUBT, CALL 911

★ KNOW THE HAZARD ★

WET BULB GLOBE TEMPERATURE (WBGT)

WBGT takes into account temperature, humidity, sun exposure, and wind. It is the best predictor of heat stress in direct sun.

WBGT INDEX (°F)	RISK CATEGORY	HAZARD LEVEL	FLAG COLOR
< 82	1	LOW RISK	WHITE
82.0 – 84.9	2	MODERATE RISK	GREEN
85.0 – 87.9	3	HIGH RISK	YELLOW
88.0 – 89.9	4	VERY HIGH RISK	RED
≥ 90.0	5	EXTREME RISK	BLACK

Source: TB MED 507 – Heat Stress Control & Heat Casualty Management

★ WORK–REST CYCLE GUIDELINES ★

FOLLOW THE GUIDELINE. SAVE LIVES.

Use the Wet Bulb Globe Temperature (WBGT)

WBGT INDEX (°F)	EASY WORK (< 30% MAX HR)		MODERATE WORK (31–60% MAX HR)		HARD WORK (61–80% MAX HR)		VERY HARD WORK (81–100% MAX HR)	
	WORK	REST	WORK	REST	WORK	REST	WORK	REST
82.0 – 84.9	NL	½	NL	½	30 MIN	30 MIN	20 MIN	40 MIN
85.0 – 87.9	NL	15 MIN	15 MIN	15 MIN	15 MIN	15 MIN	15 MIN	15 MIN
88.0 – 89.9	NL	10 MIN	10 MIN	10 MIN	10 MIN	10 MIN	10 MIN	10 MIN
≥ 90.0	NL	1 HR	20 MIN	40 MIN	10 MIN	50 MIN	10 MIN	50 MIN

NL = No Limit (work time). Rest in shade / seated / minimal activity. Acclimatization is critical—follow proper progression for 7–14 days. Source: TB MED 507 – Heat Stress Control & Heat Casualty Management

★ HEAT INJURY WARNING SIGNS ★

HEAT CRAMPS

- Muscle spasms
- Heavy sweating
- Pain

HEAT EXHAUSTION

- Headache
- Dizziness
- Nausea / Vomiting
- Weakness
- Cool, moist skin

HEAT STROKE (MEDICAL EMERGENCY)

- Confusion / Disorientation
- Seizures
- Loss of consciousness
- Hot, dry skin or profuse sweating
- Core temp > 104°F

★ KEY HAZARDS THAT INCREASE RISK ★

High Heat + High Humidity
Reduces the body's ability to cool and increases core temperature.

Direct Sun Exposure
Increases heat load on the body.

Protective Gear & Equipment
Limits sweat evaporation and traps heat.

Strenuous Activity
Increases metabolic heat production.

Dehydration
Reduces performance and increases heat illness risk.

★ PROTECT YOURSELF AND YOUR BUDDY ★

HYDRATE EARLY & OFTEN
Follow the fluid replacement guide. Thirst is not a good indicator.

REST IN THE SHADE
Use shade and cooling opportunities during rest periods.

BUDDY CHECKS
Monitor your buddy for signs of heat stress throughout the day.

KNOW THE CONDITIONS
Check WBGT often and adjust training based on the heat category.

ACCLIMATE
Gradually build up to full intensity over 7–14 days.

WHEN IN DOUBT, CALL 911
EARLY RECOGNITION AND RAPID ACTION SAVE LIVES.

HEAT ILLNESS CAN STRIKE FAST. PREVENT IT.

LOOK OUT FOR YOURSELF

RECOGNIZE THE SIGNS. SPEAK UP. SAVE LIVES.

TRAIN SMART. HYDRATE. REST. SURVIVE.

Scan the QR code for more information

Are you receiving Fort Polk Alerts?



When Soldiers and Civilians (with a CAC) change duty stations, they must make the update in the system themselves.

If they do not, they will not receive Fort Polk alerts. Soldiers and Civilians with a CAC can add family members to the alert system. Family members without a CAC cannot independently sign up for Fort Polk alerts.

It's easy to set up!

- Go to the ALERTS homepage,
<https://alert.csd.disa.mil/AlertSplashPage> (CAC Login)
- Once logged in, the client dashboard will display.
- Enter / Update Personal Information.
- Enter / Update / Select "Associations" (military location, command, YOUR address (work / home) and "Additional Attributes" define your preferred and required "Notification" lists.
- Under "contract information" once you add your primary numbers, ensure you check the "Receives Text Messages" box.
- Family Members are NOT required (optional only)



TROPICAL STORM WATCH

A Tropical Storm Watch is issued when **tropical storm conditions are possible**, typically within 48 hours.

Prepare your home by securing loose items outside or moving them indoors. Have an emergency supply kit ready and charge your devices.

Tropical Storm Winds Possible.



weather.gov

TROPICAL STORM WARNING

A Tropical Storm Warning is issued when **tropical storm conditions are expected**, typically within 36 hours.

Follow the advice of local officials and be ready to seek shelter in a sturdy structure.

Tropical Storm Winds Expected!

STORM SURGE WATCH

A Storm Surge Watch is issued when **life-threatening storm surge is possible**, typically within 48 hours.

Promptly follow evacuation and other instructions from local officials.

Surge Possible.



weather.gov

STORM SURGE WARNING

A Storm Surge Warning is issued when **there is a danger of life-threatening storm surge**, typically within 36 hours.

Promptly follow evacuation and other instructions from local officials.

Surge Expected!

DEFINING SEVERE WEATHER

FLOOD WATCH

A Flood Watch is issued when **flooding is possible**.

Stay tuned to trusted news sources and be ready to seek higher ground.

Be Prepared.



weather.gov

FLOOD WARNING

A Flood Warning is issued when **flooding is happening or about to happen**.

Move to higher ground immediately! Never drive or walk through floodwaters.

Take Action!

TORNADO WATCH

A Tornado Watch is issued when **a tornado is possible**.

Know your safe place (storm shelter, basement, interior hall away from windows). Be ready to act quickly if a Warning is issued.

Be Prepared.



weather.gov

TORNADO WARNING

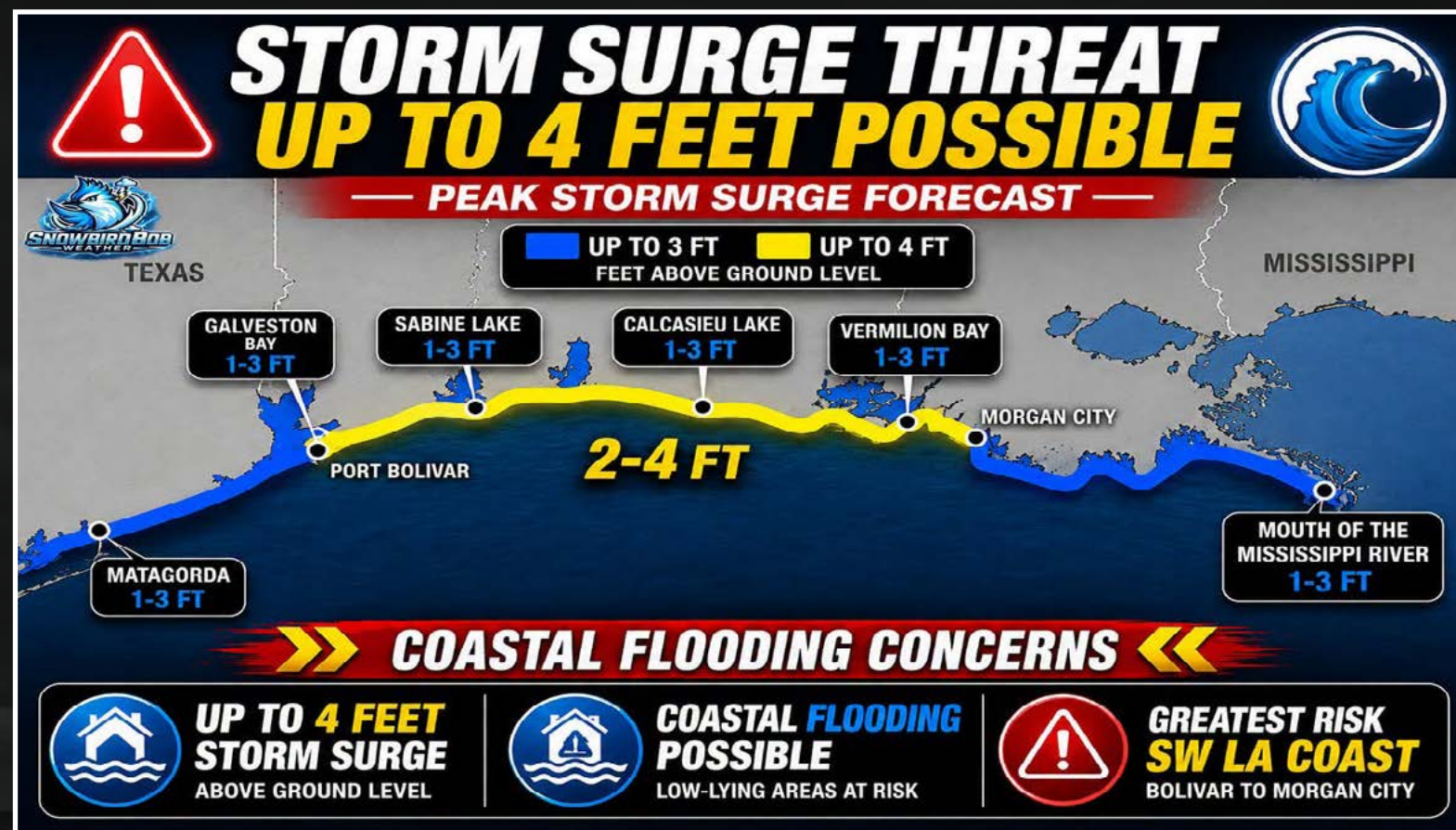
A Tornado Warning is issued when **a tornado is happening or about to happen**.

Immediately seek shelter in your safe place!

Take Action!

STORM SURGE

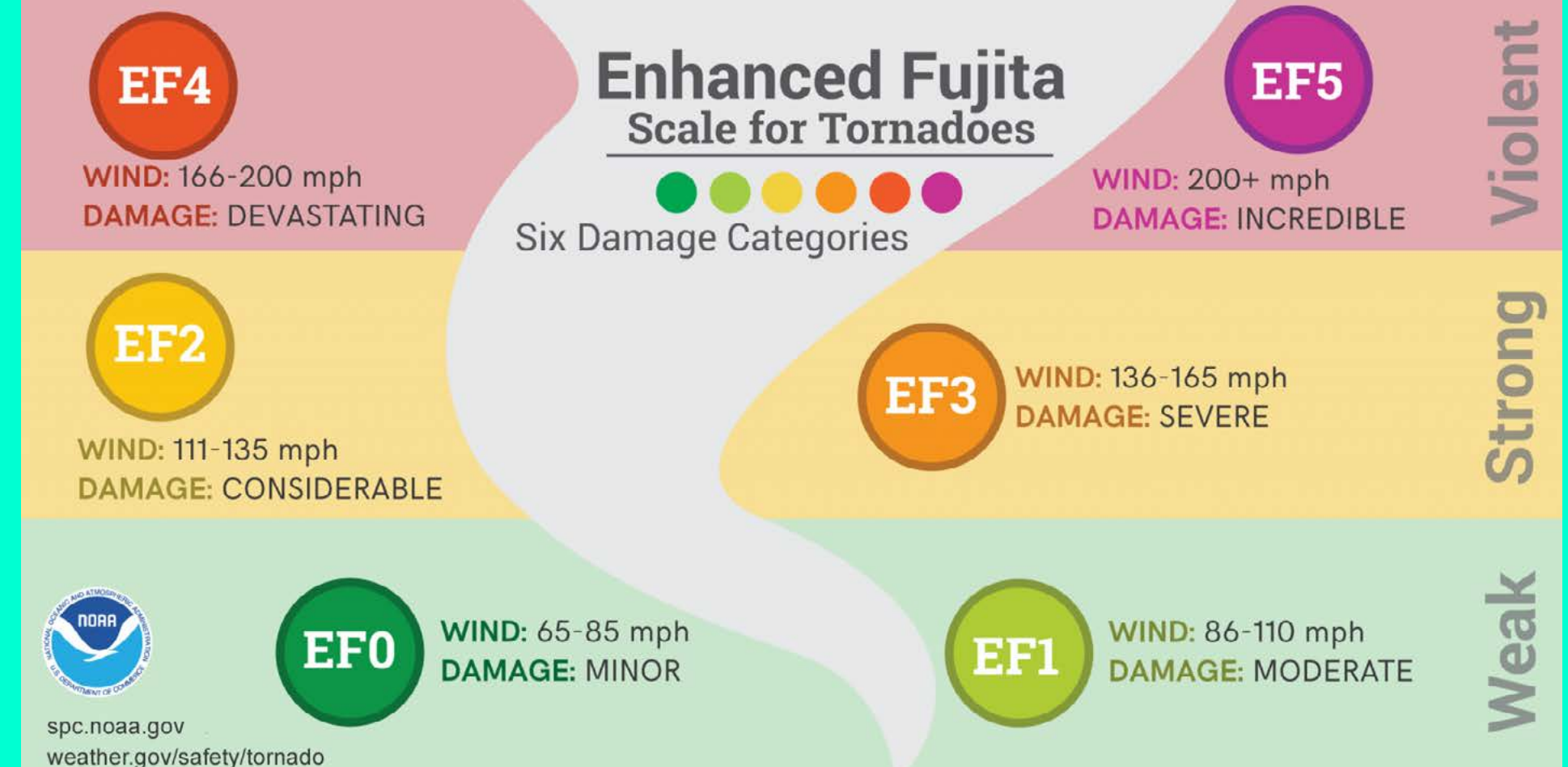
IS THE DEADLIEST HURRICANE HAZARD!



Along the coast, storm surge is often the greatest threat to life and property from a hurricane. In the past, large death tolls have resulted from the rise of the ocean associated with many of the major hurricanes that have made landfall. Hurricane Katrina (2005) is a prime example of the damage and devastation that can be caused by surge. At least 1500 persons lost their lives during Katrina and many of those deaths occurred directly, or indirectly, as a result of storm surge.

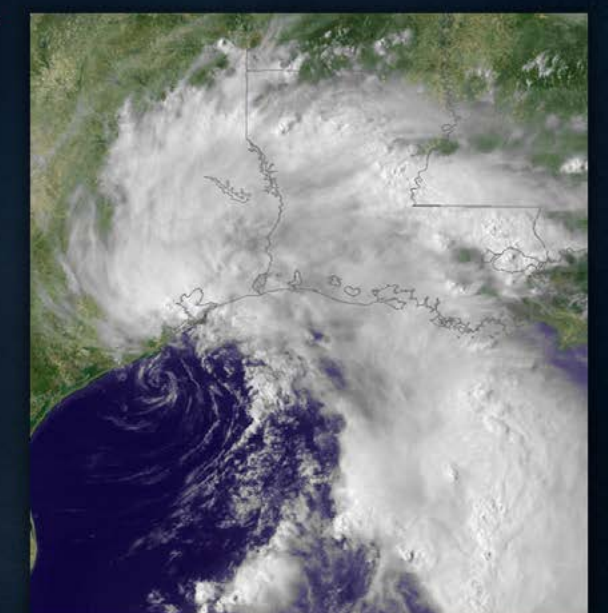
STORM SURGE VS. STORM TIDE

Storm surge is an abnormal rise of water generated by a storm, over and above the predicted astronomical tides. Storm surge should not be confused with storm tide, which is defined as the water level rise due to the combination of storm surge and the astronomical tide. This rise in water level can cause extreme flooding in coastal areas particularly when storm surge coincides with normal high tide, resulting in storm tides reaching up to 20 feet or more in some cases.



TROPICAL STORMS CAN BE DEADLY

- Even if it's not a hurricane, tropical storms are still dangerous.
- They can bring heavy rain, which can lead to deadly flooding.
- Remain vigilant if a Tropical Storm Watch or Warning is issued for your area.
- Never walk or drive into floodwaters. It only takes 6 inches to knock you over and only 12 inches to sweep a car away.



weather.gov

3 SIMPLE STEPS FOR FLASH FLOOD SAFETY

During a flood, water levels and the rate at which the water is flowing can quickly change. Remain aware and monitor local radio and television.



weather.gov/flood

- 1 GET TO HIGHER GROUND**
Get out of the areas subject to Flooding
- 2 DO NOT DRIVE INTO WATER**
Do NOT drive or walk into flooded areas. It only takes 6" of water to knock you off your feet.
- 3 STAY INFORMED**
Monitor local radar, television, weather radio, internet or social media for updates.

STAY SAFE

Buckle YOURSELF In
So **THEY** Don't Have To



CLICK IT. DON'T RISK IT.
FORT POLK

STICK
TO A SAFE AND
SOBER RIDE
THIS SUMMER





The Spiritual Forge: *Freed for something*

By Chap. (Maj.) Scott Ingram
Fort Polk Religious Support Office

By the time you read this, the fireworks are over. The flags may still be flying, but the long weekend is giving way to formation, work calls, field schedules, family routines and the ordinary responsibilities that make up life at Fort Polk. The grills have cooled. The crowds have gone home. And the freedom we celebrated on July Fourth is still here, asking a quieter question.

Free for what? Around Independence Day, we speak of freedom in large words: liberty, sacrifice, independence and duty. Those words matter. At Fort Polk, they are not abstractions. They are carried by Soldiers in the box, by families navigating another season of transition, by civilians keeping the installation moving, and by neighbors who keep showing up for one another. We rightly remember what freedom costs. But freedom is not only something we defend or enjoy. It is also something we are called to use well.

Holy Scripture speaks clearly about this. In Galatians 5, the Apostle Paul tells believers, "You were called to freedom." But he does not stop there. In the same sentence, he turns freedom toward love: "Only do not use your freedom as an opportunity for the flesh, but through love serve one another."

That is the difference between freedom from and freedom for. Freedom from is real and worth honoring. Freedom from tyranny. Freedom from oppression. Freedom from the things that bind, diminish, or destroy human dignity. But a freedom that only releases us and never directs us will



not hold weight for long. The deeper freedom is the kind that gives us something worthy to live for.

Soldiers understand this in a particular way. A Soldier does not take an oath simply to be left alone. A Soldier swears to support and defend the Constitution of the United States, bearing true faith and allegiance to the same. That oath joins liberty to duty.

It joins rights to responsibility. It binds personal freedom to a trust that is larger than the self and ordered toward the common good.

The Declaration of Independence gives voice to the liberty we celebrate. The Constitution gives that liberty an ordered and enduring form. Taken together, they remind us that freedom is never merely private. It always carries a responsibility toward others.

The forge knows this too. Metal is not shaped simply to be free of the fire. It is formed for a purpose: to carry weight, to hold its shape under pressure, to become useful in the hands of the one who made it. A

life set free from all demand is not stronger. It is only unused.

So after the celebration, it is worth asking honestly: What am I free for?

Not only, what have I been freed from? But what am I giving my freedom to? Is it serving the people closest to me? Is it building something that will outlast me? Is it the quiet, daily work of loving God and loving my neighbor when no one is watching and no flag is flying?

That kind of freedom rarely looks dramatic. It looks like showing up when the week is already long. It looks like patience with your spouse, children, or parents when the move has worn everyone thin. It looks like keeping your word and checking on the neighbor who has gone quiet. Small acts, freely chosen, can become holy things when they are given to something worthy.

At Fort Polk, we honor freedom every Fourth of July and we should. But the truest tribute to the freedom we celebrate is not a single day of remembering. It is a life freely spent on the things that matter.

If you are carrying that question and not sure where to take it, your chaplains are here to listen, to pray and to walk with you. But the question belongs to each of us and it does not wait for a holiday. So when the flags come down and the ordinary week returns, do not think the celebration is over and the freedom with it. The freedom is still here. The only question is what we will give it to.

Series



AAFES earns 13th U.S. Veteran's Magazine top Veteran-friendly employer

By Marcia Rhodes
AAFES Public Affairs

DALLAS – For the 13th time, the Army & Air Force Exchange Service has been named a Top Veteran-Friendly Employer by U.S. Veterans Magazine, reaffirming its commitment to those who have served.

The honor, in the Top Government & Law Enforcement Agency category, highlights the Exchange's ongoing mission to provide meaningful careers for Veterans, transitioning service members and their families.

"The Exchange is honored to serve those who serve through career opportunities for Veterans who strengthen our workforce daily," said Chief Master Sgt. Rich Martinez, Exchange senior enlisted advisor. "Their leadership, resilience and mission-focus directly support Warfighters and military communities around the globe."

That impact is substantial. Since 2013, the Exchange has hired more than 68,000 Veterans and military spouses and today more than 80% of its U.S. workforce is military connected.

As the Department of War's largest retailer, the Exchange offers more than just jobs — it delivers careers with competitive pay, compre-



hensive benefits and the flexibility to move with military families during permanent change of station relocations.

Alongside U.S. Veterans Magazine, the Exchange has earned recognition from Military Times, VETS Indexes and Victory Media for

advancing Veteran employment and fostering an inclusive workforce.

Veterans, military spouses and family members interested in joining the Exchange team can explore opportunities at [ApplyMyExchange.com](https://www.applymyexchange.com).

FORT POLK'S *Exceptional* FAMILY MEMBER PROGRAM

CONTACT LIST

FAMILY SUPPORT EFMP		MEDICAL EFMP
Army Community Service Prevention Center 1591 Bell Richard Ave., building 920		Bayne-Jones Army Community Hospital 1585 Third St.
Christina Barrett, program coordinator	Ethel Jones, system navigator	Tammy Summers, health systems specialist
571-644-4204 or 726-780-1162	520-706-2549	726-780-2169
christina.l.barrett2.civ@army.mil	ethel.m.jones46.ctr@army.mil	tammy.k.summers.civ@health.mil

Exclusively for

ADAPTIVE AQUATICS *Sessions*

Inclusive swim sessions designed to build confidence, safety, and skills in the water for children with special needs.



SESSION DATES



15 JUNE
0900 – 1100



13 JULY
0900 – 1100



27 JULY
0900 – 1100



SESSIONS INCLUDE:

- Guided swim activities
- Water acclimation techniques
- Instruction tailored to children with special needs



WHO CAN PARTICIPATE?

Children 6 months and older who are eligible for EFMP services.



SERVICE DOGS
ARE WELCOME.



REGISTRATION REQUIRED

Scan the QR code to register using the ACSPC Class Request Form.



NO FEE

for participants.

Participants must register in advance and be eligible for EFMP services.



EFMP Exceptional Family Member Program

EFMP families



EFMP Exceptional Family Member Program



EFMP PLAY TIME

AT PLAYTOWN & CAFE



TIME CHANGE:

4:00PM-6:00PM

**4th THURSDAY OF
EACH MONTH**

Join us for the opportunity to play, engage, and interact with other EFMP Families & EFMP staff to build a stronger community!

Service dogs allowed!



scan to
email us for
more info



NO outside
food. Socks
must be
worn.



Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to MWR for disposal if they remain unclaimed. Vehicles are listed with the last four of their VIN number. If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Division at 337-531-1806, 6675 or 2675.



2011	Chevrolet	Impala	4578
2003	Kia	Optima	2898
2009	Ford	Crown Victoria	2951
2012	Honda	Accord	8762
2013	Nissan	Sentra	5613
2020	Chevrolet	Malibu	9378
2014	Hyundai	Genesis	4966
2003	Chevrolet	Suburban	9751
2009	Chrysler	300	4616
2016	Ford	Escape	6912
2002	Ford	Taurus	5257
2002	R-Vision	Trail Bay	4262

CPR CLASSES

Location: MWR HQ Bldg. 825

When: July 27 and Sept. 28

Time: 9:00am – 5:00pm

Cost: \$50 per participant

Are you interested in becoming CPR Certified?

The **SFC Guess Jr. Pool** will be offering CPR classes to participants ages 15 or older. Each class will be capped at 20 participants and registration will be on a first come first serve basis.

Classes will be hosted at the MWR HQ Bldg. 825 Conference Room. Participants must pay **upfront** to register for class.

For more information or to register, please call: (726) 780-0815

AGES 15 & UP

GO WILD AT CAMP WARRIOR!

CAMP 2
6TH-12TH GRADERS

JULY 13-17
REGISTRATION CLOSING JULY 6TH!

NORTH TOLEDO BEND STATE PARK

\$150 PER CHILD (NON REFUNDABLE)

HANDS-ON FUN. WILD ADVENTURES.

iSALUTE

INSIDER THREAT

TERRORISM

ESPIONAGE

If you have information that may be of interest to U.S. Army Counterintelligence, submit an **iSALUTE** suspicious activity report. You may also report by telephone at 1-800-1-800-225-5779 (CONUS ONLY).

FOLLOW FORT POLK ON FACEBOOK, INSTAGRAM AND YOUTUBE

GET CONNECTED

@USArmyFortPolk

@usarmyfortpolk

@USArmyFortPolk

SHARE

LIKE

CHAT

SEARCH

FOLLOW

IDK HOW OTHER PEOPLE CAN POST CIL ITEMS ON ALL THEIR PLATFORMS!

PPL SIMPLY TALK 2 MUCH!

OMG OPSEC IS SO IMPORTANT!

★DERIDDER NATIONAL NIGHT OUT★



Diamond Classics Car Show 2026
TOP THREE PEOPLE'S CHOICE

JUDGING FROM 5:30PM - 7:00PM & Awards at 7:30PM

AUGUST 4TH 2026
5:30PM - 8:30PM
AT DERIDDER FAIRGROUNDS
ALL MAKES, MODELS & YEARS WELCOME - NO ENTRY FEE
FOR SHOWING INFO CALL (337) 348-8885

DERIDDER NNO EVENT

HOME RUN DERBY
MONDAY, AUGUST 3, 2026



DERIDDER BALL PARK

Time to show your best skills

NAT vs YOU

PRIZES AWARDED

REGISTER AT:
MAGEN DOYLE, BPSO



Events before National Night Out:

July 29th—10:30am

Books with the Blue

July 31st—2pm

Cones & Cops

August 3rd
West Park
Ball Park

Home Run Derby
Evening event—6:30 pm
FREE event for ALL AGES!
Come ready to batter up!!

DERIDDER NATIONAL NIGHT OUT

August 4th
DeRidder Fairgrounds
5:30pm—8:30pm

Hit a "Home Run" with

CONES & COPS



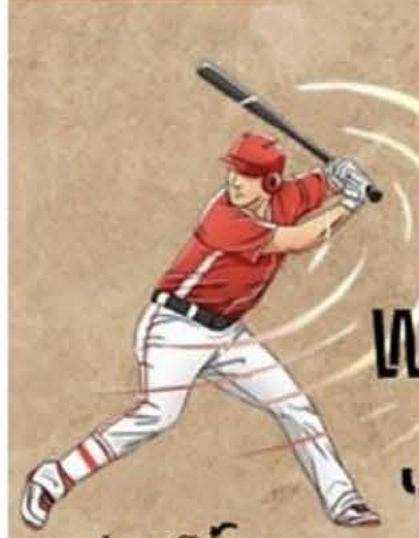
Sponsored by

DAIRY QUEEN
JULY 31ST
2:00PM
410 Mahlon Street
DeRidder, LA

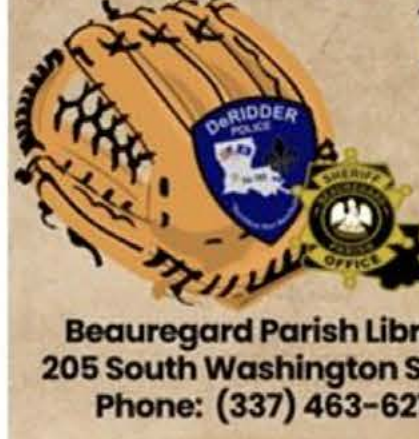


Books with the Blue

BADGES & BASEBALL.



WEDNESDAY
JULY 29TH
10:30 AM



Beauregard Parish Library
205 South Washington Street
Phone: (337) 463-6217

DERIDDER NATIONAL NIGHT OUT EVENT

YOUTH HOME RUN DERBY



WALK-UP REGISTRATION
THE DAY OF
IS WELCOME!!!

REGISTER HERE
ONLINE OR WALK-UP
REGISTRATION ONLY

MONDAY, AUGUST 3, 2026 - 6:00 PM
WEST PARK BALL PARK

AGE ADJUSTED
DISTANCES

AGE GROUPS:
8/9, 10/11, 12/13, 14-16

PRIZES
AWARDED

EACH YOUTH BATTER WILL PROVIDE A COACH OR PARENT TO PITCH TO THEM.
ALL BATS MUST BE APPROVED FOR YOUTH PLAY. ALL PARTICIPANTS MUST PROVIDE THEIR OWN BAT.
CONTACT MAGEN DOYLE AT BPSO WITH ANY QUESTIONS

Leesville National Night Out

NATIONAL NIGHT OUT

NNO
2026

BUILDING STRONGER COMMUNITIES TOGETHER!

ONE NIGHT. ONE COMMUNITY ONE TEAM.

POLICE • COMMUNITY PARTNERSHIPS

LEESVILLE FIRE DEPT.

PATROLMAN ROSEPINE
POLICE DEPT. LA

DEPUTY SHERIFF
VERNON PARISH LA.

Special Olympics
VERNON PARISH

BUDDY BALL
2026
★ UNDER THE BIG LIGHTS ★

LAW ENFORCEMENT TEAMING UP WITH SPECIAL OLYMPICS ATHLETES FOR A NIGHT TO REMEMBER!

FRIENDSHIP. RESPECT. TEAMWORK. COMMUNITY.

FUN FOR THE WHOLE FAMILY!

TUESDAY, AUGUST 4, 2026
LEESVILLE RECREATION COMPLEX
261 HM Stevens Blvd, Leesville, LA 71446

BUDDY BALL GAME ★ COMMUNITY BOOTHS ★ FOOD ★ FAMILY FUN

VENDORS WELCOME! REGISTER TODAY: <https://form.jotform.com/261087341972057>

♦ No Military ID Required to Shop

HOME of HEROES THRIFT SHOP



**OPEN: TUES. WED. THURS 9:30AM-4:30PM
& THE 1st SATURDAY OF THE MONTH 9AM-12PM**

Shop for a cause! At **Home of Heroes**, your thrift shop finds do more than save you money—they help build our community! We **reinvest 100% of our profits** into local and military efforts, providing over \$60,000 in grants to schools, sports teams, and organizations last year. **Every purchase makes a difference!**



Join us today!

Scan to Volunteer!

hohthriftshop.volunteer@gmail.com



Scan to Apply for a Grant!

hohthriftshopgrants@gmail.com

📍 830 COLORADO AVE, FORT POLK, LA

🏪 LOOK FOR THE PINK DOORS!

TRANSITION ASSISTANCE PROGRAM

Talking Point #2



Go Early, Go Often

We strongly encourage service members to enroll in TAP and see one of our counselors at the earliest opportunity. Going early and often to TAP has statistically proven to increase the chance of post-transition success for Soldiers. Soldiers retiring can start at 24-months out from retirement and all other Soldiers doing a normal Expiration term of service (ETS) can start at 18 months prior to transition. We strongly encourage Soldiers to enroll early but **MUST** begin no later than 365 days prior to transition for those who are transitioning or retiring. Early enrollment supports the deliverable approach to transition. This provides each Soldier the time necessary to effectively plan over time their transition goals and aspirations for an effective shift from military to civilian careers or other suitable options.



Find out more at
armytap.army.mil