

U.S. Army Garrison Fort Polk

Fort Polk First!

GUARDIAN

June 22 Vol. 53, NO. 11



**Fort Polk hosts Post CSM
Change of Responsibility**

Page 5

**Fort Polk hosts 3-10
Change of Command**

Page 7

**Check out the latest
rotation in the box**

Page 9

**Fort Polk Education
Summit strengthens
partnership**

Page 19

CONTENTS

June 22

Ready and Resilient Get the training you need to perform under stress	03
Off post events Take a look at things happening outside the gates	04
Change of Responsibility Ford assumes senior enlisted role	05
Change of Command 3rd Mobile Brigade Combat Team changes command	07
Rotation Virginia National Guard Soldiers train at Fort Polk	09
Military safety Iconic goggle safety poster has ties to Fort Polk	11
Don't go it alone Fort Polk's EFMP is there to support and guide you	14
Education Summit How Fort Polk and area schools can better work together	19
Severe weather Follow the evacuation map routes to safety	29
Community Mayors Volunteer neighborhood mayors work to inform and aid residents	34



COVER PHOTO

The Virginia National Guard, 116th Mobile Brigade Combat Team, Soldiers are training at the Joint Readiness Training Center and Fort Polk. (U.S. Army photo)



9

Check out the latest rotation in the Box



7

3-10 Change of Command



21

Fort Polk Education Summit strengthens partnership



USAG FORT POLK

Maj. Gen. Jason A. Curl
Commanding General
Col. Adam Barlow
Garrison Commander

PUBLIC AFFAIRS STAFF

Laurel Stone
Director of Public Affairs
Keith Houin
Deputy Director of Public Affairs
Angie Thorne
Command Information
Jeff England
Public Affairs
Porsha Auzenne
Public Affairs
Gabe Walker
Community Relations
Karen Sampson
Public Affairs

Editorial Offices

Building 4919, Magnolia Street
Fort Polk, LA 71459-5060
Voice 337-531-4033
Fax 337-531-1401
Fort Polk Homepage
home.army.mil/polk/

The Guardian is an authorized publication for members of the U.S. Army. Contents of the Guardian are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or Fort Polk. The Guardian can be found on the U.S. Army Fort Polk website at <https://home.army.mil/polk/index.php> and the Fort Polk Facebook page at @USArmyFortPolk. Links to the Guardian are included in all-users emails to government email users and by request to non-military units. Editorial content of the Guardian is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

For additional information, please visit the @U.S. Army FortPolk Facebook page.



Professionals train their **Minds** and **Bodies** to perform under stress.

Soldiers engaging in physical competition face unique cognitive demands. Army **READY** and **RESILIENT (R2)** Performance Teams provides the tools to sustain focus, manage fatigue, and perform at your peak consistently.

Available anywhere - R2 Teams have options to meet your needs!



WHO?

You!

Individual Performance Coaching is open to all Soldiers, DoD Civilians or Family members interested in improving mental performance.

Regular Army, ARNG, USAR Soldiers, and their families are eligible for no-cost mental performance coaching anywhere in the world.



HOW

R2 Performance Coaches provide one-on-one coaching in person at installation performance centers, on location at relevant training sites, or remotely from your home or office.

R2 Performance Coaches work with you to identify your needs, prioritize skills and tools, and develop a tailored training plan to support your goals.



WHY?

Equip yourself to perform at your best!

- ✓ Boost physical endurance and stamina
- ✓ Fine-tune precision and motor skill control
- ✓ Overcome performance anxiety

Your R2 Performance Teams can help you target exactly what you need to succeed.

Mental Readiness is within reach. Scan the QR code to download the Individual Mastery Performance Coaching (IMPC) consultation request form, or contact your Fort Polk R2PC to learn more about what R2 Performance Teams can do for You or your Unit:

R2TeamPolk@army.mil / (726) 780-0822



OUTSIDE THE GATES

OFF POST EVENTS



20
June

Third Saturday Bluegrass Jam
DERIDDER, LA.

[Click for more info](#)



20
June

Father-Daughter Dance
DERIDDER, LA.

[Click for more info](#)



26
June

National Food Truck Day
LEESVILLE, LA.

[Click for more info](#)



27
June

MCLC Dash and Bash
DERIDDER, LA.

[Click for more info](#)



11
July

Summer Pops USA 250
LAKE CHARLES, LA.

[Click for more info](#)

NO ARMY OR FEDERAL ENDORSEMENT IMPLIED.

FORD ASSUMES SENIOR ENLISTED ROLE AT FORT POLK



Ford addresses attendees following the passing of the colors, which symbolizes the transfer of responsibility between senior enlisted leaders. (U.S. Army photo by Porsha Auzenne)

By Porsha Auzenne
Public Affairs Office

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk held a change of responsibility ceremony June 11 at Warrior Field, honoring outgoing Post Command Sgt. Maj. Oracio Peña and welcoming Command Sgt. Maj. Nicholas Ford as the installation's new senior enlisted leader.

Maj. Gen. Jason A. Curl, commanding general of JRTC and Fort Polk, presided over the ceremony and emphasized the significance of the Army tradition.

"A change of responsibility is one of the most meaningful ceremonies of our Army," Curl said. "It is not just the passing of a position — it is the passing of trust. Trust from the commander, trust from the formation, trust from the Soldiers and families who depend on senior enlisted leadership to set the tone, enforce the standard and care enough to make the organization better every single day."

Curl praised Peña's leadership, resilience and dedication to Soldiers during his tenure as post command sergeant major.

"During his time here, Command Sgt. Maj. Peña had a direct impact on how we train Soldiers across the Army," Curl said. "Every unit that comes through JRTC and Fort Polk leaves better because of the standards enforced here."

"Units come here to be challenged, to make hard decisions, to struggle, to adapt and to improve," he added. "Sgt. Maj. Peña helped en-

sure that our training remained tough, realistic and focused on the fundamentals that matter most in combat."

Peña served as the post command sergeant major for JRTC and Fort Polk since 2024. During his farewell remarks, he thanked the leaders, Soldiers, civilians and family members who supported him throughout his career.

"Today is not about me; it's about gratitude to everyone in this audience — those who invested in me, challenged me, supported me and ultimately made me a better leader, husband, father and man," Peña said.

He also welcomed Ford and his family to the installation.

"To Command Sgt. Maj. Ford and your family, welcome to 'The Forge,'" Peña said. "You are inheriting an incredible team and an extraordinary community. I leave knowing that Soldiers, families and civilians are in great hands. Thank you for taking on this position."

Peña will move on to his next assignment with the Transformation and Training Command in Austin, Texas.

The focal point of the ceremony was the traditional passing of the colors, which symbolizes the transfer of authority, responsibility and accountability from one senior enlisted leader to another, ensuring continuity of leadership within the organization.

After accepting the colors, Ford thanked Peña for his support throughout the transition.

"Thank you for your exceptional leadership," Ford said. "Your dedication to this unit, your personal guidance and your support have

made this transition the best I could have asked for. You have helped set me up for success in continuing to make this organization the best it can be.

"To the Fort Polk and surrounding community, thank you for your support," he added. "As I assume this responsibility, I look forward to working with you and helping ensure this remains the premier training center in the U.S. Army."

The ceremony concluded with the singing of the Army Song, marking the official transfer of responsibility. As Ford assumes his new role, JRTC and Fort Polk remain focused on preparing Army units for the challenges of large-scale combat operations against near-peer threats in a complex, multidomain operational environment.



Spc. Marcus Yarn, left, delivers yellow roses to Mrs. Ford. (U.S. Army photo by Porsha Auzenne)



From left: Pena, Curl and Ford stand during the playing of the Army Song. (U.S. Army photo by Porsha Auzenne)



Maj. Gen. Jason A. Curl, commanding general of the Joint Readiness Training Center and Fort Polk, left, presents the Meritorious Service Medal to outgoing Post Command Sgt. Maj. Oracio Peña during a change of responsibility ceremony June 11 at Warrior Field.



Curl, right, passes the unit colors to incoming Post Command Sgt. Maj. Nicholas Ford during the change of responsibility ceremony. (U.S. Army photos by Porsha Auzenne)

3rd Mobile Brigade Combat Team, 10th Mountain Division changes command at Fort Polk

By Karen Sampson
Fort Polk Garrison Public Affairs Office

FORT POLK, La. – The 3rd Mobile Brigade Combat Team, 10th Mountain Division ‘Patriots’ performed a change of command ceremony with Col. Joshua Glonek passing the brigade colors to incoming commander Col. Ian Ginty at Mountain Field, June 9.

“As I depart this fine organization today, I leave with an incredible sense of fulfillment,” Glonek said. “Despite my great optimism two years ago, when I first arrived, I had no idea I would be part of such an amazing team.”

Glonek praised the brigade’s success and attributed it to the Patriots’ fortitude and winning spirit.

“I would like to thank Maj. Gen. Naumann for entrusting me to command this brigade,” Glonek said. “Sir, your leadership has enabled an environment where the 10th Mountain Division is moving out with a clear set of priorities under a common vision, all the while accomplishing incredible things all over the world. It’s been amazing to watch.”

For Glonek, the past 24 months with the Patriot brigade have been busy. The brigade strengthened interoperability, showcased readiness and excelled in every mission, thus setting the standard for excellence and professionalism.

“We talk a lot about innovation and transformation in the army today,” said Maj. Gen. Scott M. Naumann, commanding general of the 10th Mountain Division, Light Infantry and Fort Drum in New York. “When it comes to the Patriot Brigade, it’s not just talk. The Patriots really do walk the walk.”

During Glonek’s tenure, the Patriots executed a highly successful deployment to Europe, reinforcing our NATO allies and

demonstrating the credibility of American land power during pivotal moments for regional security.

Most notably, the Patriots served as the U.S. Army’s test brigade for initiative transformation in contact.

Naumann emphasized this demanding role, which required constant adaptation, rapid integration and the ability to evolve while actively engaged in continuous real-world missions.

“The Patriots didn’t just maintain readiness,” said Naumann. “They demonstrated that an organization could transform in a novel and meaningful way while simultaneously operating in one of the most uncertain missions in the contemporary operating environment today.”

“All of these achievements reflect the culture of excellence built by Col. Josh Glonek,” Naumann said. “A culture grounded in trust, discipline, and mission command.”

The Patriots recently completed a demanding Joint Readiness Training Center rotation, validating those same war-fighting concepts.

The brigade validated much of the new equipment fielded under the toughest combat conditions the Army can generate and replicate.

“And in every case, Josh invested in leaders at every echelon, while never losing sight of the Soldiers and the families who make this brigade so exceptional,” Naumann said. “Josh, your leadership has left a lasting mark on the Patriot Brigade, the 10th Mountain Division, and, I should say, the United States Army. Thanks for your commitment to excellence.”

Naumann welcomed Col. Ian Ginty and his family back to Fort Polk.

“Col. Ian Ginty is no stranger to the 10th Mountain Division; he brings rich operational experience, a strong reputation for developing leaders and a clear vision for building on the momentum of this dynamic brigade,” Naumann said.

Welcome back to the Mountain!

“Ian, today, you take command of a brigade that embraces challenge, thrives under pressure and represents all the best of our 10th Mountain Division,” he said.



U.S. Army photos by Karen Sampson



U.S. Army Col. Ian M. Ginty, commander of the 3rd Mobile Brigade Combat Team, 10th Mountain Division, renders a salute during a pass and review following a change of command ceremony at Mountain Field at Fort Polk, June 9.

Soldiers feel heat of the box in latest JRTC training rotation

Below: Gen. Christopher C. LaNeve (left), acting Chief of Staff of the Army, and Sgt. Maj. of the Army Michael R. Weimer, the 17th Sergeant Major of the Army, visit Virginia Army National Guard Soldiers assigned to the Staunton-based 116th Mobile Brigade Combat Team during a training rotation at the Joint Readiness Training Center at Fort Polk, Louisiana, June 16. The visit provided Army senior leaders an opportunity to observe training operations and engage with Soldiers conducting realistic, large-scale combat training.



Iconic military safety poster comes to life:

Fort Polk DPTMS director shares battle-tested story of survival during National Safety Month

By Laurel Stone
Fort Polk Garrison Public Affairs Office

FORT POLK, La. — For more than two decades, the image of a bloodied Soldier staring through heavily scarred ballistic glasses has served as a silent sentinel on posters across Iraq, Afghanistan and in safety briefings worldwide.

To countless service members, the man in the photograph was simply an anonymous warning about the hazards of combat. To U.S. Army Garrison Fort Polk, he is Mark Leslie, director of the Directorate of Plans, Training, Mobilization, and Security.

As the Department of War observes National Safety Month, Leslie is publicly sharing the story behind the famous photograph, serving as a visceral reminder that safety equipment is paid for in blood, and vigilance preserves readiness.

The photograph was taken in Iraq following a complex ambush. Leslie, then an Army captain and company commander, was leading a patrol when his vehicle was targeted by an improvised explosive device and small arms fire. A blast ripped through the driver's side door, severely wounding his driver, Cpl. Travis Brown. Simultaneously, automatic weapon fire hammered the windshield.

While this specific attack birthed an iconic safety image, Leslie's experience is not exclusive.

Hundreds, if not thousands, of Soldiers and Marines in Iraq and Afghanistan suffered IED attacks during the Global War on Terrorism — many enduring far worse outcomes. For Leslie's team, survival that day hinged on quick reactions and standard-issue protective gear.

Despite a devastating leg injury, Brown

managed to press the gas pedal with his right hand, driving the damaged Humvee out of the kill zone. Once out of the line of fire, the team secured the area and evacuated Brown via MEDEVAC.

"There is no doubt that my protective eyewear saved my sight that day," Brown later reflected. "I suffered a terrible wound to my leg, but my sight was saved due to those glasses."

In the chaos of the ambush and the aftermath, Leslie failed to realize he was also bleeding profusely from his own face. It wasn't until a Quick Reaction Force physician assistant conducted an assessment that he finally removed his sunglasses.

Embedded deep into the lenses were massive chunks of jagged metal.

"If I had not been wearing those glasses, I very likely would have been dead, or at the very least blind," Leslie said. "For about a year after this incident, I was getting chunks of metal out of my face and scalp."

Ironically, Leslie had only worn the eyewear because his sensitive eyes made the glaring Iraqi sun unbearable.

At a time when protective eyewear wasn't universally embraced across the force, that single blast transformed him into a lifelong advocate for personal protective equipment.

"There may be a reluctance by some to wear PPE for whatever reason, but it only takes a split second to lose a finger, your hearing, your vision — for life," Leslie warned. "Poor discipline for one minute comes with a lifetime of regret."

The photograph, taken moments after the MEDEVAC departed, was never meant for the public. It surfaced because a visiting division commander was lecturing Soldiers about eye protection, and Leslie's

battalion commander provided the photos as a real-world example.

Almost overnight, the image became an institution. It blanketed combat zones, graced the pages of the Army Safety Magazine, and appeared on massive billboards in Fallujah. Leslie was eventually inducted as the first person in Wiley X's "Hall of Fame."

He rarely told people he was the face on the poster. The secret occasionally led to humorous encounters, notably when his son, an Army noncommissioned officer, attended a safety brief at the Joint Readiness Training Center.

"They showed that picture and he told the guys sitting next to him, 'Oh yeah, that's my dad,'" Leslie laughed. His buddies didn't believe him until Leslie visited him in the field and confirmed the story.

Today, after 30 years in uniform, Leslie applies these hard-learned lessons to his role as a civilian DPTMS director. The ambush taught him that no one is above making mistakes that carry massive costs. As the garrison recognizes National Safety Month, his directive for today's workforce centers entirely on proactive safety and protective gear.

"If you treat safety as an afterthought, that's exactly what it will be, and it won't be important until it is — then it's too late," Leslie said. "Leaders must ruthlessly enforce the standard by checking on employees and setting the example."

For Leslie, the message is not just an administrative policy; it is about preserving life.

"The Army gives us all these great tools to make this very dangerous profession as safe as it can be," he added. "Use it, so you don't lose the precious gift of sight."



The Soldier wearing these goggles was the victim of an IED explosion. He suffered face wounds as a result of the attack, but he will live to fight again because he was wearing his ballistic goggles. Shrapnel is embedded in the lens instead of being embedded in his eye, possibly causing blindness or death.

Mark Leslie, director of Fort Polk's Directorate of Plans, Training, Mobilization and Security, is the face in this picture showing the aftermath of what an IED can look like. The goggles saved his eyes and possibly his life. The safety poster used his story to do the same for countless other Soldiers.

Mark Leslie, director of the Directorate of Plans, Training, Mobilization and Security, holds his personal copy of the poster bearing his face and telling his story.



Hunters Education Class



**The Fort Polk
Conservation Law
Enforcement Section
will be instructing
the safety Class
July 29-31 at
Building 2391,
1850 22nd St.,
suite 102 from
5-8 p.m. July 29-30
and 5-9 p.m. July 31.**

**Seating is limited.
For more information,
and to register, visit
<https://louisianaoutdoors.com/events/196057>**

Don't go it alone, Fort Polk's EFMP is there to support you

By Angie Thorne

Fort Polk Garrison Public Affairs Office

FORT POLK, La. — Taking care of a military family member with special needs can be challenging. An exceptional family member is a child or adult with any physical, emotional, developmental, or intellectual disorder that requires special treatment, therapy, education, training, or counseling.

The right support can ease the obstacles they face.

The Exceptional Family Member Program is a mandatory enrollment program that assists active-duty military families who have a family member that has been identified as having special medical and/or educational needs. The special needs are documented through enrollment in the EFMP utilizing the DD Form 2792 (Family Member Medical Summary). The EFMP works with other military and civilian agencies to provide comprehensive and coordinated community support.

Christina Barrett, Fort Polk EFMP program coordinator, said the program is intended to ensure military families with specialty care needs are supported and provided for with resources, connection, installation locations, medical and educational care.

Barrett and her team at Army Community Service and Prevention Center, 1685 Bell Richard Ave., are the foundation of the Fort Polk EFMP program. No matter where you are on your EFMP journey, they can guide you where you need to be and help you progress along your path.

"We are here so the service member can focus on the mission knowing that their family's needs can be met," Barrett said.

The most important thing an EFMP family should know, according to Barrett, is that they need an accurate and updated EFMP enrollment. That's just one thing she can help with.

"It's not only mandatory but imperative to ensure that a special family member is assigned to a location that can adequately provide for the dependent's specific specialty care needs," Barrett said. "EFMP Family Support is there to be a gateway to unlocking and coordinating specialized services, programs, resources and supports for dependents."

EFMP works with families to ensure continuity of care and support as they navigate the difficulties of military life that can be compounded with medical or educational needs.

"We are there as a resource and support

so that families do not have to manage these stressors alone," Barrett said.

Tammy Summers, EFMP health systems specialist, agrees. As part of the medical portion of helping exceptional family members, Summers looks at EFMP as an assignment coordination tool — one that requires mandatory enrollment for a military family member who gets specialty care.

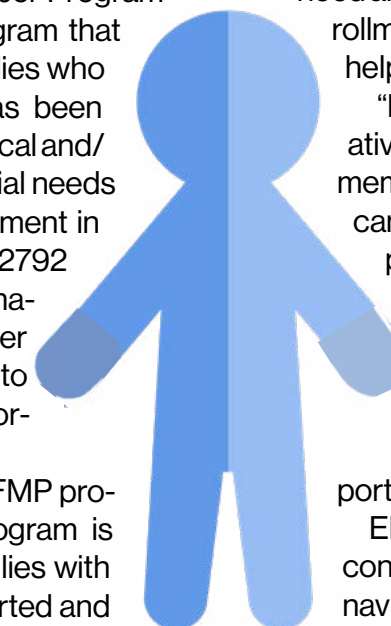
"It (EFMP) helps in the readiness of Soldiers and families. When the family is taken care of the Soldier is ready," Summers said.

Tiffany Koch, Fort Polk school liaison officer, completes the trifecta when it comes to the integral effort of caring for EFMP families.

Koch said the program is designed to mitigate the conflict between mission and family concerns.

"Let EFMP help you get the services you need and ensure the exceptional family member's special needs are met," Koch said. "I think families forget it's a full support program offering clinical care referrals, additional insurance options, school supports, family support groups, activities, assistance with accommodations and modifications to meet ADA compliance. It's a one stop shop support program."

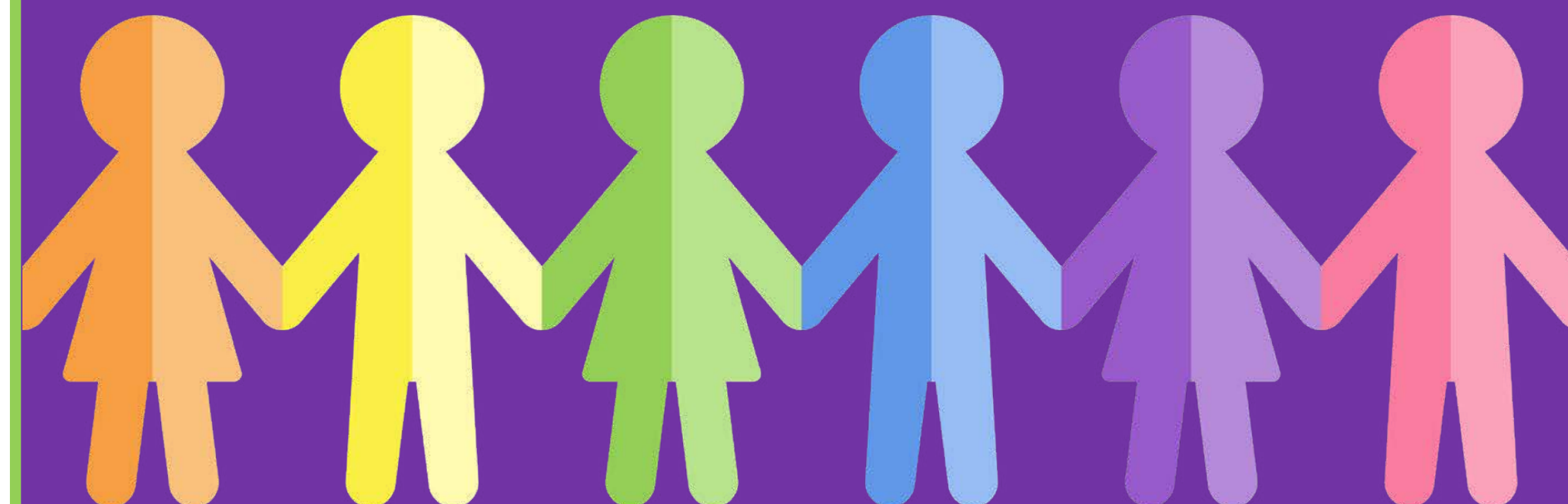
For more information at the Fort Polk level call 726-780-1162 or 520-706-2549. Another information resource can be found at the official Army EFMP website at <https://efmp.army.mil/home>.



EFMP

Working together, making connections

For more information call 726-780-1162 or 520-706-2549



PPA PCS CALL CENTER IS MOVING TO 24 HOURS!

★ ★ ★ ★ ★
MORE SUPPORT. MORE ACCESS. ANYTIME YOU NEED US.



AROUND THE CLOCK SUPPORT

Our team is here for you
24 hours a day, 7 days a week.



HERE WHEN YOU NEED US

Get the answers and assistance
you need—day or night.



SUPPORTING YOU

Anytime. Anywhere.
Because your mission matters.



WE'RE HERE FOR YOU—
24 HOURS A DAY, 7 DAYS A WEEK.



833-MIL-MOVE
(645-6683)



PCSCALLCENTER@MAIL.MIL

★ YOUR MOVE, OUR MISSION. ★

**MILITARY
ONESOURCE**

Support for Military
Personnel & Their Families



PCSING OVERSEAS?

Military OneSource's MilLife Guide
covers housing, schools, healthcare,
and more to help your family
adjust overseas.



Housing



Schools



Healthcare



Culture & Community



833-MIL-MOVE
(833-645-6683)



PCScallCenter@mail.mil

DID YOU KNOW?

Some household appliances
must be cleaned and
prepared before movers
can transport them.



Before pack-out:

- Empty refrigerators and freezers
- Disconnect and drain washers
- Remove fuel from lawn equipment
- Clean appliances to prevent mold or leaks



Certain items may be refused
if they are not properly
prepared before moving day.
Review preparation
requirements early to avoid
delays during pickup.
Contact your Transportation
Office for guidance.

1-833-MIL-MOVE (645-6683)
PCSCALLCENTER@MAIL.MIL

♦ 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!

NEW LOCATIONS



**The Fort Polk
Garrison
Public Affairs
Office
is now
located
in building
#350,
on the
fourth floor.**

**Hours of operation
8 a.m. to 4:30 p.m
726-780-0413**

Annual Education Summit focuses on partnership between Fort Polk, area schools and how they can better work together

Fort Polk hosted its annual Education Summit June 11 at the Warrior Center. The event was a celebration of continued partnerships between the Installation and local schools. The partnership enhances the quality of education, while ensuring consistent communication and policies exist between the parishes, schools and Fort Polk. This benefits all stakeholders: students, teachers, parents administrators, district leadership, the school board, community and Fort Polk leadership.



Local school representatives and members of the community attend the Fort Polk Education summit held June 11. Folks talked before the event begins.



Col. Adam Barlow (center), Fort Polk garrison commander, talks with educators from Beauregard Parish about any issues they can work on together at the Education Summit held June 11.



Col. Adam Barlow (left), Fort Polk garrison commander, presents a certificate to Rebecca Snead, a special education teacher at East Beauregard Elementary School. Snead was named Beauregard Parish Elementary Teacher of the Year. Larry Hollie, DeRidder superintendent of the Beauregard Parish School Board, stands with Snead.



Leslie Slogett (center) speaks with Leesville educators during the round-table portion of the Education Summit. They brainstormed ideas that would make education better for students across local parishes.



Fort Johnson, Vernon Parish School District sign golf MOA

Col. Adam Barlow (left), Fort Polk garrison commander, and Joseph Bartz (right), superintendent of schools for the Vernon Parish School Board, sign a memorandum of Agreement between the United States Army Garrison and Vernon Parish schools. Fort Polk and the Vernon Parish School Board have established the terms under which local high schools within the School District are authorized to utilize the Fort Polk's Warrior Hills Golf Course as their designated "home" course for school sanctioned practices and tournaments.

Small change, lifesaving decision: BJACH employee urges men to listen to their bodies

By Jean Clavette Graves
BJACH PAO

FORT POLK, La. — Alfred Coleman knew something wasn't right. There was no pain. No injury. No obvious reason for concern. One testicle had simply become larger than the other. Instead of ignoring it, the Bayne-Jones Army Community Hospital employee made an appointment that may have saved his life.

That decision led to the early detection and successful treatment of Stage 1 testicular cancer, a highly treatable disease that often presents with subtle symptoms.

Coleman, a retired Army sergeant first class and security assistant at BJACH, said he first noticed the change in late December 2025 or early January 2026. At the time, he had no pain or discomfort. Because he stays current on his annual health screenings and maintains a relationship with his primary care provider, Coleman said he knew he needed to act.

"I'm up on my health," he said. "I do my annual checkups through the VA and at BJACH. I had a discussion with my wife, and I told her, 'I think I need to go get this checked.'"

Coleman saw Capt. Addison Bray, a primary care physician at BJACH, Jan. 29. During the appointment, Coleman explained what he had noticed. Bray performed an exam and immediately ordered imaging.

Within about 30 minutes of the ultrasound, Coleman said Bray called him back to his office.

"I knew right there," Coleman said. "He called me into the office to tell me it was testicular cancer, and naturally I got emotional. I broke down."

Bray said the most common sign of testicular cancer is often a painless lump or mass, which can make the condition easy to dismiss.

"This can be counterintuitive because you get worried if something hurts or doesn't feel right," Bray said. "A common mentality would be, if it doesn't hurt, then why bother? But this is all the more reason to get it checked out."

After the diagnosis, Coleman said the BJACH team moved quickly. He received a CT scan to determine whether the cancer had spread. The scan came back negative. The cancer had not spread to his lymph nodes or other parts of his body.

Within hours, BJACH staff helped coordinate follow-on care with a urologist in Shreveport. Coleman said he was seen within days and underwent surgery Feb. 12 to remove the affected testicle.

"I was Stage 1," Coleman said. "Thankful that it was Stage 1."

Coleman was diagnosed with seminoma, a type of testicular cancer that is highly treatable, especially when detected early. He did not require chemotherapy or radiation. He returned to work March 1 and now receives regular fol-



low-up care, including blood work and CT scans every three months for the next two years.

Bray said Coleman's case is an example of what can happen when patients seek care early and the care team responds quickly.

"This was 100% on my support staff," Bray said. "They did a fantastic job getting everything set up. A few phone calls later, and Mr. Coleman got seen in about four to five days, which is incredible."

While testicular cancer is rare, it is most common in younger men, particularly those between ages 15 and 35, according to Bray. Coleman, 54, said his diagnosis was unexpected because he did not fit the typical demographic profile.

Still, he wants other men to understand that cancer does not always follow a predictable pattern.

For Coleman, the emotional weight of the diagnosis was real. But once he processed the news, he said his mindset shifted quickly toward treatment, recovery and survival.

"Once I got over the emotional side of it, I focused immediately on treatment, recovery and getting better," he said. "What do I have to do?"

Coleman said several factors influenced his decision to seek care quickly, including access to healthcare, encouragement from his wife and a strong support network of friends who openly discuss health concerns and hold one another accountable.

"It's a combination of everything," Coleman said. "Having access to care, having that support group, having my spouse."

Coleman said conversations about health are normal among his close circle of friends. The group regularly checks on one another, discusses medical concerns and shares lessons learned from doctor visits.

"Talk about it amongst your friends," Coleman said. "We share information. We make sure we exercise. We go to the doctors. If one doctor tells one of us something, we share that information."

His support system helped him through treatment and recovery. His wife encouraged him to seek care. His friends checked in on him. His BJACH teammates and chain of command supported him throughout the process.

"I have grandkids, and I'm trying to be around for them," Coleman said.

Coleman also found comfort in his mother's response when he shared the diagnosis.

Alfred Coleman (left) a security assistant at Bayne-Jones Army Community Hospital and testicular cancer survivor, speaks with Capt. Addison Bray, a primary care physician in the Patient Centered Medical Home, during a follow-up appointment June 4, at Fort Polk's BJACH. After noticing a painless change and seeking medical care, Coleman was diagnosed with Stage 1 testicular cancer and successfully treated through early detection.

"When I told her, she said, 'I'm not worried about you. You're going to be OK,'" Coleman said. "She told me, 'I'm going to pray on it. You're covered.'"

That confidence helped steady him during an uncertain time.

"I'm an only child," Coleman said. "I was kind of taken aback. But that was her mentality. 'You're good. You're going to be OK.'"

Growing older, losing friends at young ages and becoming a grandfather have all shaped the way Coleman approaches his health.

"I know a lot of guys I grew up with who didn't see 40, didn't see 30, because of various health reasons," he said. "Some of them didn't have that access to care. I have access to healthcare. I earned it. I'm going to use it."

During Men's Health Month, Coleman said his message to other men — especially Soldiers, retirees, fathers, husbands and grandfathers — is simple: stop waiting.

Bray echoed that message and said seeking care supports readiness, not weakness.

"A ready and fit force is the most effective," Bray said. "You can only tough it out for so long until something breaks."

Bray said routine screening for testicular cancer is not recommended for everyone because the disease is rare and different types of testicular cancer require different diagnostic approaches. However, patients with specific risk factors, such as a previous history of testicular cancer or a family history of the disease, should talk with their provider.

For any man who notices a lump, swelling, pain, heaviness or any unusual change, Bray's advice is direct.

"Make an appointment and get it checked out," he said.

Coleman said he hopes sharing his story encourages other men to pay attention to the changes their bodies are trying to tell them before it is too late.

What began as a small change became a lifesaving decision.

Today, Coleman is cancer-free, back at work and focused on what matters most — being there for his wife, his family and the grandchildren who are counting on him.

"Get out of that stigma of being this macho man," Coleman said. "Listen to your body because you know when something's not right."



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

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

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



Public Health
Prevent. Promote. Protect.



U.S. ARMY
MEDICINE



FORT
POLK

HEAT ILLNESS CAN HAPPEN TO ANYONE

KNOW THE SIGNS. TAKE ACTION. SAVE A LIFE.

Heat illness occurs when the body cannot cool itself fast enough. It can progress from mild symptoms to a life-threatening emergency.

THE UNIVERSAL PREVENTION MEASURE:
SLOW DOWN!

HEAT EXHAUSTION

Most Common • Usually Preventable

SIGNS & SYMPTOMS:	WHAT TO DO:
Heavy sweating	Move to shade or air conditioning
Dizziness or lightheadedness	Loosen clothing
Headache	Drink water or electrolyte beverages
Weakness or fatigue	Rest and cool down
Nausea or vomiting	
Rapid heartbeat	
Muscle cramps	

HEAT STROKE

Medical Emergency • Call 911 Immediately

WARNING SIGNS:	WHAT TO DO:
Altered mental status or confusion	Call emergency services immediately
Collapse or loss of consciousness	Begin rapid cooling
Hot body temperature (>104°F)	Move to shade
Seizures	Apply ice packs to neck, armpits, and groin
Unusual behavior	Do NOT delay cooling

PREVENT HEAT ILLNESS

Drink water throughout the day	Wear lightweight clothing	Seek shade when possible	Schedule hard work during cooler hours	Know your limits and acclimatize gradually	Use the buddy system	Slow your pace when conditions are hot and humid
--------------------------------	---------------------------	--------------------------	--	--	----------------------	--

REMEMBER:
 HEAT EXHAUSTION = **STOP AND COOL DOWN**
 HEAT STROKE = **COOL FIRST, TRANSPORT SECOND**

CALL 911
IN AN EMERGENCY

FORT POLK ★ BAYNE-JONES ARMY COMMUNITY HOSPITAL

PROTECT READINESS. PREVENT HEAT ILLNESS.

If someone is confused, collapses, or loses consciousness in the heat—TREAT IT AS A MEDICAL EMERGENCY.

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

Resouce 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****



JUNE IS NATIONAL SAFETY MONTH

Take note of helpful safety tips

- Awareness of your surroundings helps you spot potential risks. Know where fire exits are, identify trip hazards and monitor suspicious activities.
- Wear appropriate clothing and **personal protective equipment** for the job. This could include high-visibility vests, steel-toe boots, gloves, or hard hats, depending on the nature of your work.
- Regular breaks are important to maintain focus and productivity. Also, staying hydrated helps prevent fatigue and heat stress, especially when working in hot environments.
- Overloading outlets can cause overheating and fire. Plug only one high-wattage appliance into each outlet at a time.
- Always inspect cords for signs of damage before using. Replace frayed or damaged cords. A damaged cord can lead to electric shock or fire.
- Keep exit routes unobstructed to ensure a smooth evacuation during emergencies.
- Keep a working fire extinguisher in your home, and ensure all household members know how to use it.
- Keep a first-aid kit accessible in your work area. It should be fully stocked and easily reachable in case of an emergency.
- Store all cleaning supplies and medications out of reach of children and pets.
- Use non-slip mats in your bathroom and shower to prevent falls.
- If you observe any unsafe conditions, report them to your supervisor. This allows for quick action to rectify the issue and prevent accidents.



Red, White and Win with Army & Air Force Exchange Service's Coloring Sweepstakes

By Karrington Bradley
AAFES Public Affairs

DALLAS – The Army & Air Force Exchange Service is giving military families a colorful way to celebrate America's 250th birthday with a chance to win a \$250 gift card.

From June 20 through July 4, eligible Exchange shoppers can enter the Exchange's coloring sweepstakes.

To enter the sweepstakes:

- Visit <https://publicaffairs-sme.com/Community/america-250th> and print off the coloring sheet.
- Use the coloring sheet to create a masterpiece.

• Upload a photo of the finished art to the official sweepstakes comment section in the post on the Exchange's Facebook page.

"Plenty of military children have a creative side, which is perfect for this sweepstakes," said Air Force Chief Master Sgt. Rich Martinez, the Exchange's senior enlisted advisor. "We're thrilled to provide these fun contests, making shopping at the Exchange an even more rewarding experience for military families."



One randomly selected winner will receive a \$250 Exchange gift card.

The winner will be selected on or around July 17.

The sweepstakes is open to all authorized Exchange customers 18 years or older.

No purchase is necessary to win. Department of War and Coast Guard civilians and re-

tierees and honorably discharged Veterans who have confirmed their eligibility to shop online may also enter.

Veterans can visit <https://publicaffairs-sme.com/Community/veterans#pa> to learn more about their shopping benefit. DoW civilians can visit <https://publicaffairs-sme.com/Community/dodcabenefits>.

Army & Air Force Exchange Service generates \$307 million for military quality of life

By Julie Mitchell
AAFES Public Affairs

DALLAS – The Army & Air Force Exchange Service delivered record results for the military community in 2025, generating \$307 million in dividends for vital quality of life programs.

The Exchange is a self-sustaining benefit — 100% of Exchange earnings are reinvested into the military community. When service members, retirees, military families, veterans, Department of War civilians and other authorized patrons shop at PXs and BXs, dine at Exchange restaurants or place an order through [ShopMyExchange.com](https://shopmyexchange.com), they enjoy tax-free savings while directly strengthening military readiness and resilience.

"In 2025, the Exchange generated a record \$513 million in earnings, returning \$307 million to programs that strengthen military communities," said Exchange Director/CEO Brad Bingham. "The Exchange serves Army, Air Force and Space Force installations worldwide, as well as select Navy and Marine Corps locations."

The following dividends were provided to the Services in 2025:

- Army: \$166 million
- Air Force: \$120 million
- Navy/Marine Corps: \$21 million

Historically, about 60% of Exchange earnings are returned to the Services for quality of life programs, while the remainder improves the shopping experience, such as renovating stores, technology investments and additional



services, without creating additional financial burden for taxpayers. In the last 10 years, the Exchange has generated \$2.3 billion in dividends to quality of life programs.

The Exchange's 2025 Mission Report de-

tails the Department of War's largest retailer's holistic support of the military community. It can be read on the Exchange's Community Hub at [ShopMyExchange.com/community](https://shopmyexchange.com/community) under "Mission and Impact."




FRONT SEAT. BACK SEAT. EVERY SEAT, BUCKLE UP.

**CLICK IT.
DON'T RISK IT.**







Louisiana Office of Motor Vehicles
FORT POLK OFFICE

NOW OPEN!
By appointment only

HOURS
Monday and Thursday
8-11:30 a.m. • 12:30-4 p.m.
Located at Building 250, 2nd Floor, Rooms 218 & 219

SCHEDULE ONLINE
www.expresslane.la.gov

FASTER SERVICE!
No more long lines
No more appointment delays



NHTSA

buzzed driving is drunk driving



**THIS 4TH OF JULY,
BE A HERO.
DESIGNATE OR BE
A SOBER DRIVER.
DON'T DRINK AND DRIVE.**

Before a hurricane hits,



Follow a red evacuation route to safety.

Before you travel, check 511la.org to see the state's latest road conditions and closures.

Hurricane Preparedness

Know Your Risk: Water & Wind

weather.gov/hurricane



Consider your threats: storm surge, flooding from heavy rain, strong winds, tornadoes, rip currents



Determine if you live in a flood-prone area



Find out if you live in an evacuation zone



Identify your home's structural risks (mobile homes & basements can be especially vulnerable)



Learn more about the threats surrounding hurricanes

Storm surge is water pushed toward the shore by winds swirling around the storm. Historically storm surge has caused the largest loss of life in hurricanes. This rise in water level can cause severe flooding in coastal areas, which can submerge entire areas, cause structural damage to buildings and wash out roads. Storm surge can travel several miles inland, especially along bays, rivers and estuaries.

Flooding from the extreme amounts of rain a hurricane brings has also proven to be deadly. Flooding can occur over an extended period of time or from short-term heavy rains that cause flash flooding. Homes and businesses can flood, and flooded roads can make travel and evacuations difficult, as well as being a potentially deadly hazard to those in vehicles or on foot. Floodwaters can also contain harmful bacteria, chemicals, wildlife and other dangerous objects. Extreme rain from hurricanes can even flood areas that aren't normally prone to flooding. Flooding can happen hundreds of miles inland, and can persist for several days after a storm.

Flood-prone areas should be determined in advance. Anyone living in one of these area is especially vulnerable to hurricane impacts. Find out the flood risk for your area and plan accordingly. If you don't live in a flood zone, that doesn't necessarily mean you're safe — extreme rain from hurricanes can bring floods even to areas that aren't prone to flooding.

Hurricane-force winds can cause damage to homes and other buildings, ranging from moderate to catastrophic depending on both wind speed and structural integrity. Wind damage can lead to large areas with power and communications outages, as well as uproot trees and make roads impassable due to debris. Signs, roofing material and other items left outside can become flying missiles during hurricanes. Mobile homes are especially vulnerable to wind damage. Hurricanes and tropical storms can also produce tornadoes. These tornadoes most often occur in thunderstorms embedded in rain bands well away from the center of the hurricane; however, they can also occur near the eyewall.

Waves from distant storms can produce deadly rip currents and rough surf on beaches very far away. Good weather at the beach itself does NOT mean the ocean is safe. Even storms more than 1,000 miles away can cause impacts.

June 2026

>>> TEAL TOUCHPOINT



SHARP
SEXUAL HARASSMENT/ASSAULT
RESPONSE AND PREVENTION

JRTC AND FORT POLK SHARP PROGRAM



>>> ENCOURAGING WORDS

"Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops.
Weakened by my soulful cries...
Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
I rise
I rise."
- Maya Angelou

- Maya Angelou

EVENTS TO REMEMBER

- ★ **Upcoming Protect Course**
(email: fortpolksharpteam@army.mil) for application
17-19 August, 2026
- ★ **T3 training**
copy link for application
(<https://drive.google.com/drive/folders/1aoW1-7zQvkcXgwZktd2OxK5DlncLv4xk>)
1st Wednesday monthly @ Bldg. 330
SHARP Classroom
- ★ **SHARP Annual Refresher**
Every Thursday 1330 @ Bldg. 920
Army Community Services and Prevention Center

>>> SUMMER BLOCK LEAVE <<<

As you prepare to take summer vacation be mindful of our SHARP guidelines. These guidelines apply 24/7, on or off installation. Sexual Harassment and Sexual Assault are punishable acts.

- Watch your surroundings
- Utilize bystander intervention
- Respect boundaries
- Consent is freely given and can be revoked at anytime.

INSTALLATION SHARP OFFICE
1820 CORPS RD. BLDG. 330

24/7 HOTLINE:
337-718-7272
DOD SAFE HELPLINE:
1-877-995-5247

>>> DID YOU KNOW?

In Accordance With AR 600-52 B(1)

The Army will treat every reported sexual assault seriously by following proper guidelines. Mandatory reporters of sexual assault include—

Commanders at all levels. Commanders are required to immediately report to the special agent-in-charge of the supporting USACID office all acts of sexual assault that they become aware of. This includes acts of sexual assault involving personnel affiliated with DoD, including Soldiers and their dependents, DoD Civilians, and DoD contractors.

TEAL TOUCHPOINT POC: BRITTANY ILES @ BRITTANY.N.ILES2.CIV@ARMY.MIL

WE SALUTE!



Protect is an intensive three-day course that forges leaders ready to safeguard the force. Participants train in Applied Suicide Intervention skills, Master Resiliency, Equal Opportunity, and Bystander Intervention delivered by experts from across the installation. Hands-on scenarios, role-playing, and leader toolkits equip graduates to identify risk, take action, and connect Soldiers to resources without delay.

Upon completion, PROTECT graduates are recognized as trusted points of contact in their units. They return to their teams prepared to prevent harm, strengthen readiness, and champion a proactive, bystander-empowered culture.



PROTECT

**JRTC & FORT POLK PLEASE HELP US
CONGRATULATE AND WELCOME THE NEW
CLASS OF PROTECT GRADUATES!**

Members of the Criminal Investigation Division then led a formal pledge. Graduates vowed to lead by example, live the Army Values, and demonstrate the moral courage to intervene — on and off duty.



Post Command Sergeant Major Pena charged the newest graduates to elevate the safety and excellence of their formations. His message was clear: lead decisively, uphold standards, and set the tone for a culture of trust.



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
300 Warren Ct.
- 2 Palmetto Terrace Community Center
200 Bell Richard Ave
- 3 Maple Terrace Community Center
100 Pendleton Dr.
- 4 Leasing & Relocation Office
5300 Magnolia Dr.
- 5 Corvias Warehouse
7059 Magnolia Dr.



Need to dispose of hazmat materials?

The Corvias maintenance team and residents can now use the post Recycling Center for proper disposal of scrap metal, aluminum cans, used motor oil, used transmission fluid, lead-acid batteries, used cooking oil, and used ink or toner cartridges.

Where: Building 3622 (Corner of Georgia and Maine Avenues)
Hours: Monday–Friday, 8:00 a.m.–3:30 p.m.
Contact: 337-531-7556



Check out Fort Polk's Community Mayor Volunteer Program



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=wwXlfr>

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

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



FOLLOW FORT POLK ON FACEBOOK,
INSTAGRAM AND YOUTUBE

GET CONNECTED



YOUTH RESIDENTIAL LEADERSHIP CAMP
 North Toledo Bend State Park
REGISTRATION MAY 4 - JULY 6

CAMP 1
JUNE 15-19
GRADES 4-6

CAMP 2
JULY 13-17
GRADES 6-12

\$150
 PER CHILD
 (NON REFUNDABLE)

REGISTER AT PARENT CENTRAL SERVICES
 7960 Mississippi Ave., Bldg. 924

All participants must be registered with CYS and have a current sports physical
 Call 726-780-1359 for more information

GAMERS NIGHT

EVERY WEDNESDAY
WARRIOR LANES BOWLING CENTER
5:30 PM - 8:30 PM

FORT POLK DFMWR
RV, CAR, & BOAT

STORAGE

FOR STORAGE RATES OR QUESTIONS,
 PLEASE CONTACT OUR AUTO SKILLS CENTER
726-780-1369

FORT POLK DFMWR

LEMON LOT

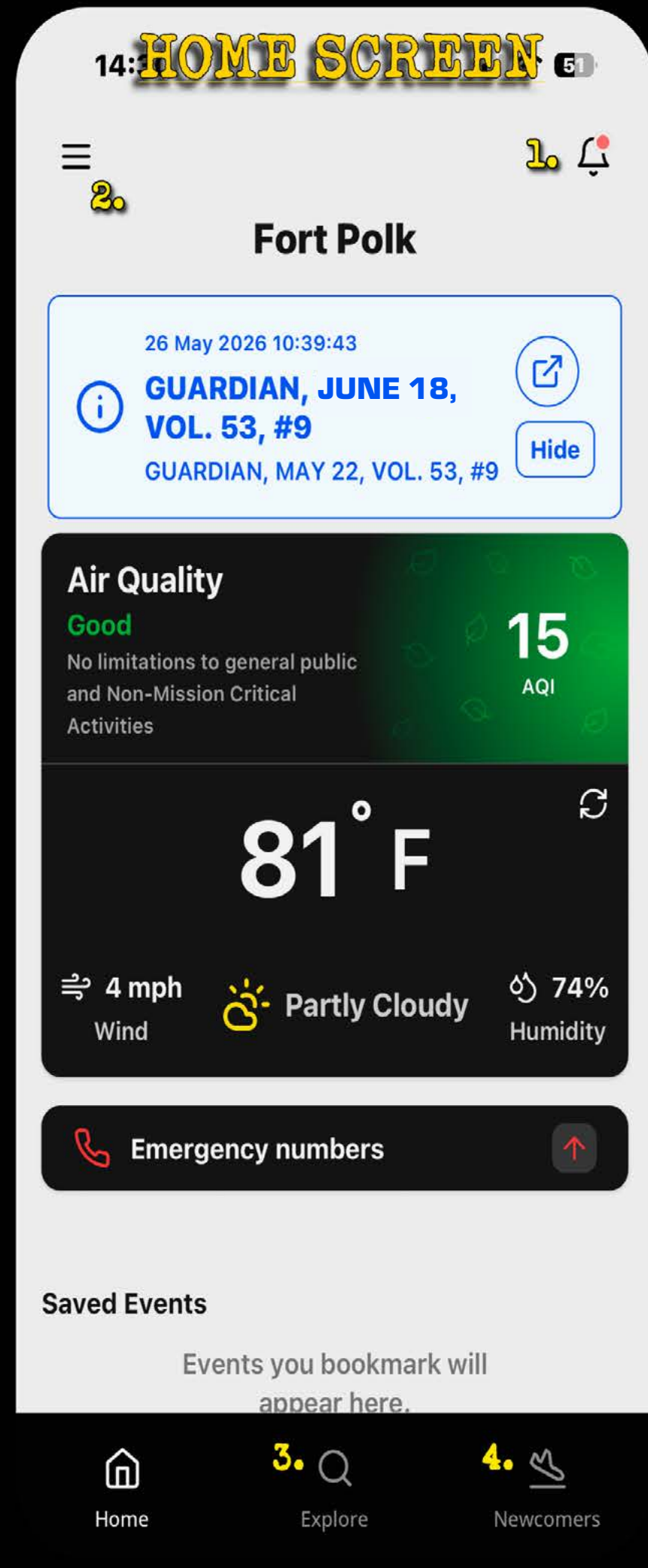
Quality USED CARS

REGISTER YOUR VEHICLE AT
 AUTO SKILLS CENTER
 2881 LOUISIANA AVENUE
726-780-1369

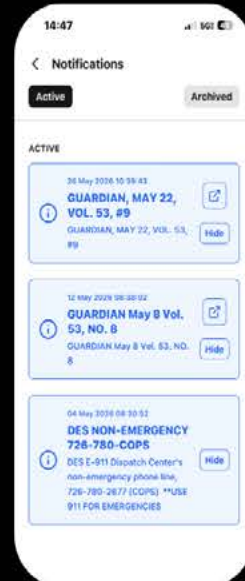
Located at the AAFES parking lot.

Discover the membership of the summer
 Call 726-780-1281 to join!

MY ARMY POST APP



1.



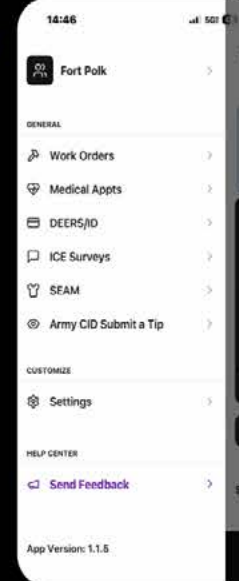
ALERTS

BLUE is general information

YELLOW is a warning

RED IS AN EMERGENCY!

2.

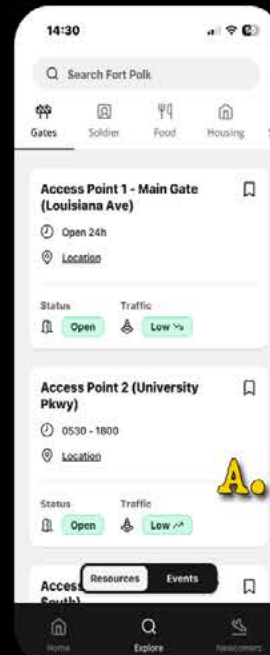


EXTERNAL SERVICES

SETTINGS

FEEDBACK TO APP DEVELOPER

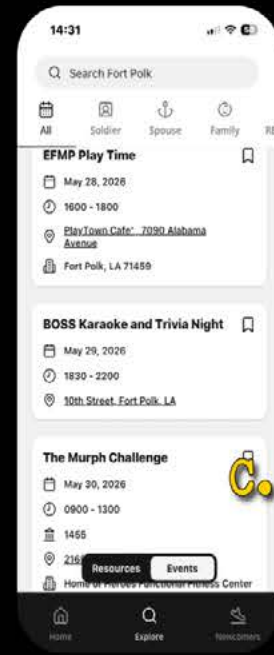
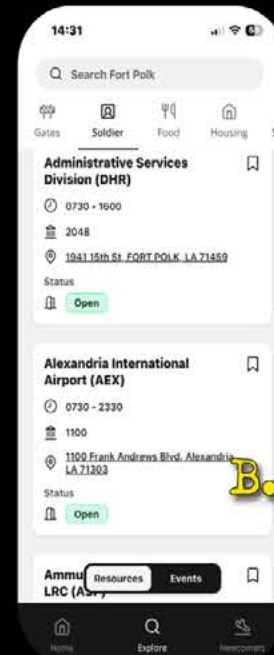
3.



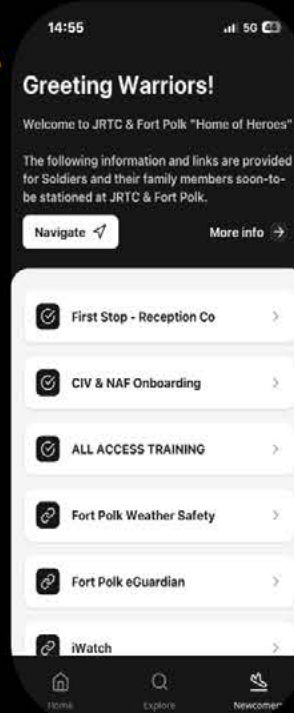
A. GATE NOTIFICATIONS

B. INSTALLATION RESOURCES/SERVICES

C. CURRENT AND UPCOMING EVENTS



4.

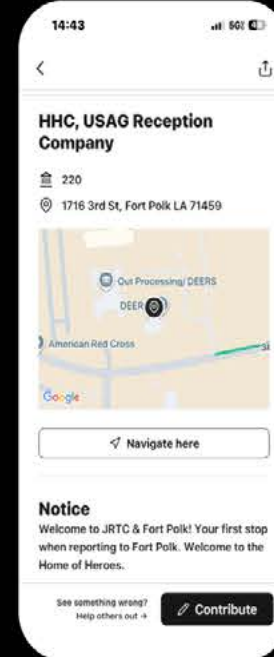


NEWCOMER HOMEPAGE

IN-PROCESSING CHECKLIST

INSTANT LINKS TO iWATCH, 988, ETC

NAVIGATION TO HHC USAG RECEPTION CO.



SERVICE

MAP LOCATION

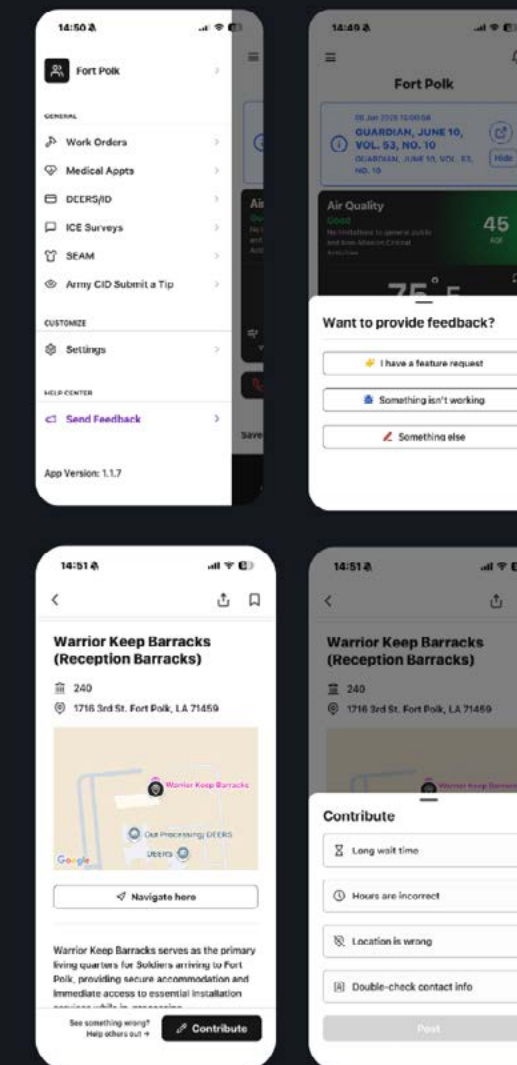
RESOURCE NOTICES

USER CONTRIBUTION BUTTON



MAPA community feedback

FEEDBACK BUTTONS ARE LOCATED ON THE MAPA MENU



CONTRIBUTION BUTTONS ARE LOCATED WITHIN THE RESOURCES

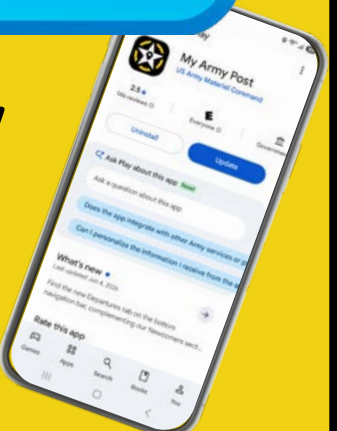
if there is further need for extended comments submit an ICE survey to PUBLIC AFFAIRS



Don't miss out on new and improved features.

UPDATE

your My Army Post App today!



Fort Polk Motorcycle Safety Rally

June 26
at
Honor
field



All Department of Defense card holders, including active duty, Reserve, veteran, family members and DOW civilians, are welcome to participate.

Riders are to assemble at Honor Field at 8:30 a.m. and the rally will begin at 9 a.m.

The ride takes place through the Kisatchee National Forest to Oakdale and ends back at Honor Field.

Biker vests/cuts are prohibited. For more information call 726-780-1592.

YOUR IDEAS SHAPE OUR FUTURE



WE WANT TO HEAR FROM YOU!

Hey Team Fort Polk! You are 100% part of our Installation's future, and this is your chance to take charge of our long-term vision.

We're creating a strategic plan that's all about PEOPLE, PASSION, and PURPOSE, AND YOUR VOICE MATTERS. Every idea counts—big, bold, small, simple, creative, game changing!

What should Fort Polk be tomorrow?

How can we improve?

How do we make Fort Polk the Army's most sought-after home where modern readiness meets hometown life?

It's your time to shine.

Share your brainpower and shape the installation we call home.



SCAN THE QR CODE
TO SHARE YOUR IDEAS

Let's dream big and create tomorrow—together.



The Spiritual Forge:

When the heat is on, what the fire refines

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

FORT POLK, La. — By late June at Fort Polk, the heat is no longer just part of the forecast. It comes off the pavement. It settles over parking lots, motor pools, ranges and neighborhoods. It changes the way people move. It reminds us to slow down, drink water, pay attention and take seriously what the season can do.

But not all heat is measured in degrees. Some of it comes with Permanent Change of Station timelines, housing questions, field time, long workdays, family strain, storm preparation and the steady pressure of keeping life moving when people are tired. Some of it tests the body. Some of it wears on the emotions. And some of it reaches the soul.

Heat has a way of revealing what is underneath. A short temper may reveal more exhaustion than anger. A restless mind may reveal fear we have not named. A strained relationship may reveal places where we stopped paying attention. A dry prayer life may reveal that we have been moving for a long time without being renewed.

That kind of discovery can be uncomfortable. It can also become an invitation.

In 1 Peter 1, Peter writes to believers carrying real trials. He does not pretend suffering is easy or call pain good in itself. But he does say trials can test the genuineness of faith, the way fire tests and refines gold.

A forge shapes metal. A refiner's fire purifies it. Both images matter, but they are not exactly the same. The forge forms. The fire refines. The fire does not create the gold, but it reveals what is genuine and burns away what does not belong.

In the hands of God, pressure can do a similar work in the soul. It can reveal what is real. It can expose what needs attention. It can show us where our hope has grown thin and where our faith is stronger than we realized.

So when the heat rises, pay attention. What is this season revealing in me? What needs to



be confessed before it becomes bitterness, resentment or distance from God? What fear needs to be brought into prayer? What relationship needs repair? What part of my soul has been running too long without rest?

But ask the hopeful question too: What is proving stronger than I thought?

Maybe you are still praying, even if the words are short. Maybe you are still choosing integrity when cutting corners would be easier. Maybe you are still loving your family, serving your unit, caring for your neighbor and trusting God one day at a time.

That matters. The fire does not only reveal weakness. In God's hands, it can also reveal endurance, courage, love and faith that have been forming quietly all along.

The goal is not simply to survive the heat. Peter points higher than survival. He points toward faith that results in praise, glory and honor when Jesus Christ is revealed.

He speaks of loving the Christ we have not seen and rejoicing with a joy deeper than circumstance.

That is not denial. That is hope.

Faith does not require us to pretend the fire is pleasant. It teaches us that God can be present in the midst of it. It teaches us that pressure does not get the final word. It teaches us that what is being refined may be more precious than what is being removed.

In hot seasons, small choices matter. Step out of the noise long enough to pray. Open Scripture before the day gets away from you. Tell the truth to someone you trust. Rest when you can. Ask for help before pressure becomes crisis.

At Fort Polk, we prepare for heat, storms and emergencies because readiness matters. Spiritual readiness matters too.

The question is not only, "Can I get through this season?" The deeper question is, "What is God refining in me while I walk through it?"

And if the heat is exposing weariness, fear or pressure you have been carrying alone, do not wait until it becomes a crisis. Find your unit chaplain or stop by the chapel and ask for a conversation.

Chaplains are always here to listen, to pray and to walk with Soldiers, families and civilians, especially when the heat is on.

Fort Polk Religious Support Office



PWOC SUMMER STUDY

Join us at the
New Palmetto Community Center
Tuesday, June 23rd and June 30th
from 9:30–11:00.



SCAN



[HTTPS://APP.FIRST5.ORG
/GROUPVIEW/63201](https://app.first5.org/groupview/63201)



200 BELL RICHARD AVE, FORT POLK
Questions? Email, chrissa.m.gross.civ@army.mil or call 726-699-3141

By Corvias

Warwick, RI — From National Honor Society members to youth volunteers, five accomplished high school seniors awarded a Corvias Family Scholarship. The nonprofit Corvias Foundation has awarded five children of Corvias employees with a 2026 Corvias Foundation Family Scholarship, reinforcing its commitment to educational opportunities and employee well-being. The students are Ashley Picazo, Braeden Williams, Evalina Bordley, Hayden Paolino, and Karlie Villwok.

Investing in Student Success
Marking its 20th anniversary in 2026, Corvias Foundation celebrates a legacy of impact. The foundation has supported more than 500 military-connected families with more than \$20 million in scholarship awards.

In total this year, Corvias Foundation is awarding \$50,000 to children of Corvias employees, including a \$5,000 scholarship for students attending a trade, technical or vocational program. The Corvias Foundation Employee Family Trade and Technical Scholarship recipient will be announced later this year. Applications are now open.

“Each student receiving this award has demonstrated the drive and commitment needed to succeed in college,” said Julie Allen, Executive Director of Corvias Foundation. “Already, they have inspired us with exceptional maturity, future-focused thinking and perseverance. That’s in addition to strong academic achievement and meaningful involvement beyond the classroom.”

Meet the 2026 Scholarship Recipients:
Ashley Picazo

Parent: Sergio Picazo-Luperico, painter at Fort Riley



Graduate: Junction City High School (Junction City, Kan.)
College: Biology, University of Kansas.
As class president, National Honor Society member, and a peer tutor, Ashley has demonstrated a strong commitment to both academic excellence and peer leadership. “Ashley is an exceptional student who approaches life with resilience and a positive attitude,” said Allen.

Braeden Williams
Parent: Jeff Williams, SVP, Asset Management



Graduate: Northwood High School (Pittsboro, N.C.)
College: Communications, University of Kansas
Braeden is a multi-

sport athlete, competing in wrestling, track, and football, while also contributing to Key Club. Allen remarked, “Not only did Braeden excel on the field, he took initiative with increasingly rigorous honors courses too.”

Evalina (Evie) Bordley
Parent: Tabitha Vanderbeck, Program Office Assistant at Fort Bragg



Graduate: Terry Sanford High School (Fayetteville, NC)
College: Psychology and art, University of North Carolina, Greensboro
Evie is a member of cheer squad and volunteers in the community as a camp counselor and youth cheer coach. Allen noted, “An insightful leader, Evie wields quiet strength and empathy to make people feel seen, valued, and capable.”

Hayden Paolino
Parent: Amanda Paolino, Staff Accountant



Graduate: Doniphan West High School (Highland, Kan.)
College: Teacher education, University of Kansas
Hayden is a member of the National Honor Society and Key Club and plays football, basketball, and baseball. “Hayden is not afraid to advocate for himself, while remaining dedicated to teamwork and community,” said Allen.

Karlie Villwok
Parent: Beverly Villwok, Director, Employee Relations



Graduate: Elkhorn High School (Elkhorn, Neb.)
College: Business at Wayne State College
A National Honor Society member, Karlie also competes in track and field, is an all-conference softball player, and volunteers in the community with youth sports and her church youth group. “Karlie is thoughtful and creative, a connector of big ideas who offers sophisticated analysis in the classroom,” Allen shared.

Through free educational events, academic scholarships, and the College Connection website, Corvias Foundation is committed to helping military families thrive. Watch for more details on Corvias Foundation scholarships’ application dates and other important details on the scholarship page at [CorviasFoundation.org](https://www.corviasfoundation.org).



Open House

**Better Rates. Better Living.
More Options for Everyone!**

Saturday,
June 13th & 27th
1pm-3pm @
7509 Magnolia Drive

**Tour the community,
meet the team, and
unlock exclusive
specials during our
Open House.**



- 2, 3, & 4 BR homes available
- Washer and dryer connections
- Pet Friendly
- Private yards
- Ample storage closets
- Luxury vinyl flooring
- 24/7 maintenance service
- All utilities included

7509 Magnoalia Drive
Fort Polk, LA 71459
(337) 537-5060



Fort Polk resources to help prevent abuse in a home with children

By Angelia Pagan
ACSPC Family Advocacy Program

FORT POLK, La. — The Family Advocacy Program, located at the Fort Polk Army Community Service and Prevention Center in, specializes in education and prevention.

One of its focuses is abuse prevention. Research shows that the risks of abuse in a home can increase for a plethora of reasons, including the stress from becoming a new parent, which can exacerbate abusive situations.

Learning the statistics of risks, recognizing the triggers and knowing the helpful resources around you can, hopefully, prevent or reduce stress and, ultimately, the chances of domestic abuse.

There are many triggers. A few can include pregnancy, post-partum, prior history of abuse, young parenthood, unexpected new parenthood and single parenting. These triggers can bring a serious amount of stress into a home, which in some cases, results in domestic abuse.

Studies show homicide is a leading cause of death among pregnant women in the United States. Pregnancy-related mortality rates in the United States in 2021 were at 33.2% in a Centers for Disease Control and Prevention case study.

Whether the pregnancy was planned or unintended, the New Parent Support Program specializes in educating expecting Soldiers and their families as they navigate early parenthood and the struggles they may face. This sets them up for success in the long run.

This program is free and includes Baby Boot Camp, a class for expecting parents in their second or third trimester. Participants in the class discuss and learn about topics ranging from newborn basics to hands-on skills like bathing and swaddling, and much more.

ACSPC also offers Play Morning at the Play Town & Cafe every first and third Thursday of each month. This program provides a playful space for parents to bring their newborns and toddlers to interact with other children and parents.

FAP also offers home visitors who can go to your home and assess home safety, answer any questions or concerns when it comes to new parenting and relieve the stress new parenting can bring.

The Program also offers a number of one-on-one classes that help with preventative education to reduce the risk of abuse in a home.

These classes include an anger and stress class where parents will learn the warning signs of anger, learn how to communicate better in those moments and understand the side effects to their health.

A Parenting with Love and Logic class provides



vides practical tools for adults to use with their children long-term.

There is also a Stop the Violence workshop for Soldiers and their spouses. These classes are specifically created for Soldiers and their families to prevent stress and anger build up, which can result in abuse in a home.

All of these programs together can help build a strong foundation in couples and parents that can lead to a long-lasting, healthy and happy life.

The ACSPC wants to be there for Soldiers and their families through all the stages of their service. FAP is always working to help those experiencing stress, hardships, abuse and educate them in ways to better navigate difficult experiences.

If you or someone you know is experiencing any form of abuse, report it:

National Domestic Violence Hotline: 800-799-7233

Fort Polk Hope line: 726-780-2615

Department of Children and Family Services: 855-4LA-KIDS (855-425-5437)

Family Advocacy: 726-780-1072

New Parent Support Program: 726-780-0625

Victim Advocacy Program: 337-718-8837

TRANSITION ASSISTANCE PROGRAM

Talking Point #1

A photograph of a soldier in uniform talking to a civilian at a table. The table has a sign that says "Transition Assistance Program".

Q: What is TAP?

A: The Transition Assistance Program is a commander's program and a Soldier's responsibility.

TAP provides information and training to ensure transitioning Soldiers, Department of Army civilians, retirees, Soldiers' family members and caregivers are prepared for their next step in life – whether pursuing additional education, finding a job in the public or private sector or starting their own business. TAP is administered locally at JRTC and Fort Johnson at the Education Center, 7460 Colorado Ave., building 660, or the Army's 24/7 Virtual Center if a Soldier is located more than 50 miles from a TAP center. The mandatory components of TAP are applicable for Soldiers who have at least 180 continuous days or more on active duty; this includes National Guard and Reservist serving on Title 10 status.

A yellow star logo with the text "TRANSITION ASSISTANCE PROGRAM" below it.

Find out more at
armytap.army.mil