

GUARDIAN

June 5 Vol. 53, NO. 10

Fort Polk executes
annual emergency
training

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Taking note of PCS
checklists

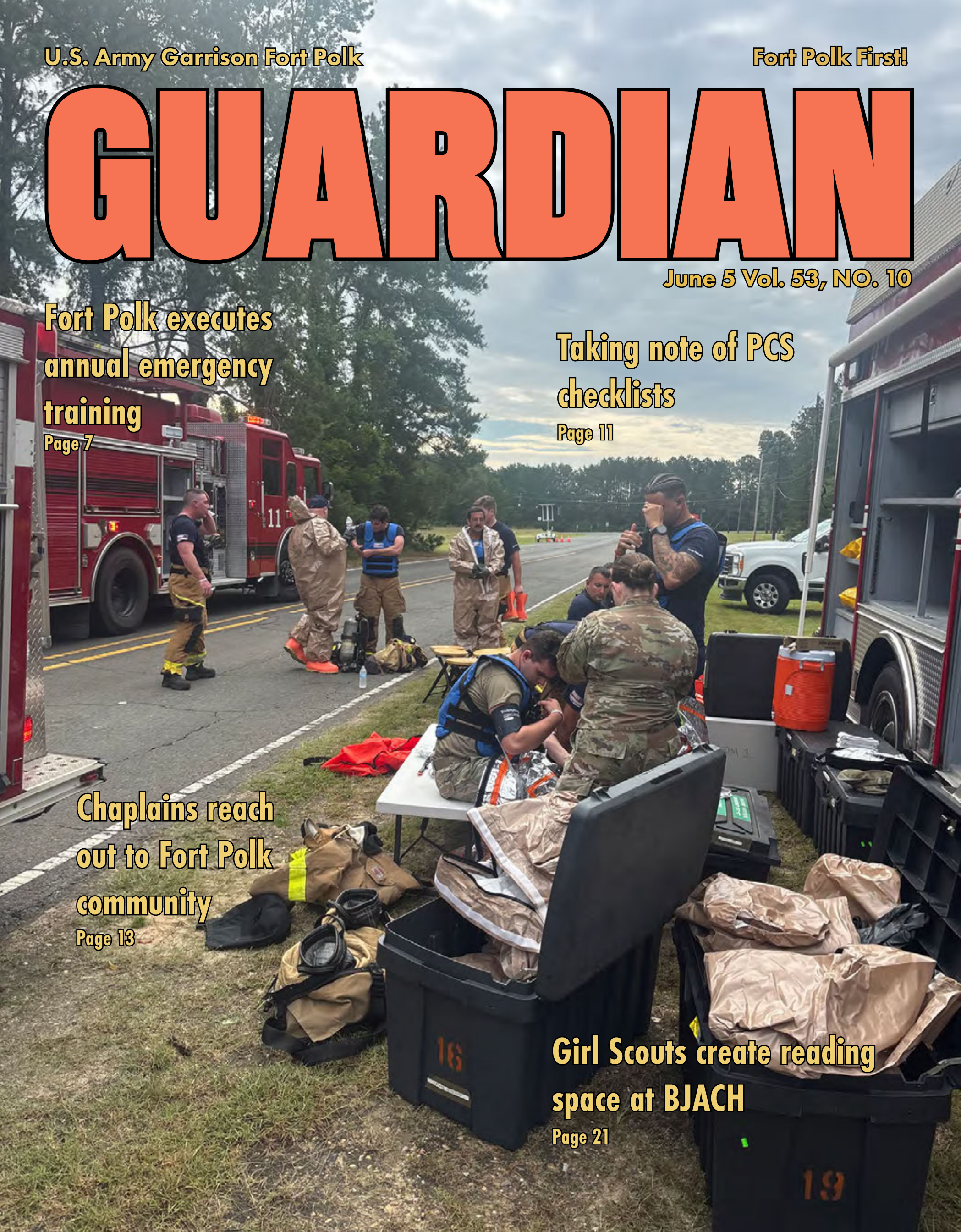
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Chaplains reach
out to Fort Polk
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Girl Scouts create reading
space at BJACH

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COVER PHOTO

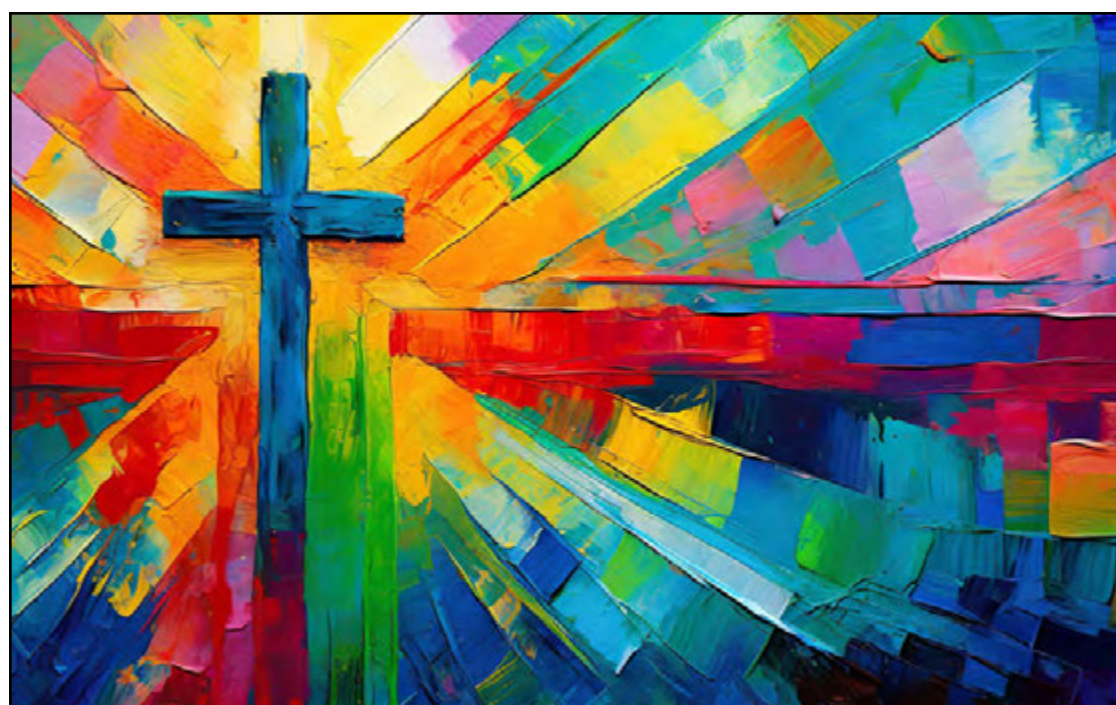
A full scale exercise took place at Fort Polk June 3. The scenario involved a train derailment and hazardous material spill. (U.S. Army photo by Gabe Walker)



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Girl Scouts create reading space at BJACH



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



BUCKLE UP

SOMEONE NEEDS YOU



OUTSIDE THE GATES

OFF POST

EVENTS



6
June

Peach Festival
RUSTON, LA.

[Click for more info](#)



6
June

Rescheduled Patriot Walk
DERIDDER, LA.

[Click for more info](#)



12
June

Library Plant Swap
DERIDDER, LA.

[Click for more info](#)



12-14
June

Coushatta Pow Wow
KINDER, LA.

[Click for more info](#)



12-13
June

Holly Beach Crab Festival
CAMERON, LA.

[Click for more info](#)

NO ARMY OR FEDERAL ENDORSEMENT IMPLIED.

Discover Louisiana



LOUISIANA CELEBRATES

AMERICA



LAFAYETTE STARS & STRIPES



June 27 • Lafayette

This summer, Lafayette's beloved Fourth of July tradition reaches a historic milestone as Lafayette Stars & Stripes returns with an expanded, high-energy celebration honoring the 250th anniversary of the United States of America.

[Click here for more information!](#)

OLD FASHIONED JULY 4TH



July 4 • DeRidder

The City of DeRidder invites you to our annual July 4 event at the Beauregard Parish Fairgrounds from 7 p.m. to 9 p.m. Thursday, July 4. There will be a DJ, food trucks, fireworks and family fun.

[Click here for more information!](#)

RED, WHITE, BLUE & YOU



July 4 • Lake Charles

This is a FREE family-friendly event filled with all-day activities for all ages. Fill the Arcade Amphitheater with lawn chairs and blankets for a patriotic concert, Armed Forces Salute, food trucks, live music entertainment, and a fireworks finale over the lake.

[Click here for more information!](#)

FIREWORKS ON THE RIVER



July 4 • Krotz Springs

Celebrate the fourth of July in Krotz Springs, La. Bring the whole family and find a cozy spot at dusk for this beautiful display in Nall Park. You can enjoy hot dogs, watermelons, and live music.

[Click here for more information!](#)

AMERICA 250 CONCERT



July 4 • Baton Rouge

Celebrate Independence Day in true patriotic style with the annual Fireworks on the Mississippi Show! This breathtaking fireworks display will light up the night sky in bright colors over the Mississippi River for the perfect way to salute the Fourth!

[Click here for more information!](#)

PATRIOTIC BOAT PARADE



July 4 • Toledo Bend

Patriotic Boat Parade on Toledo Bend will take place on Toledo Bend Lake, starting at the south end of the lake and ending at Cypress. Decorated boats will travel the lake in a festive, family-friendly celebration of patriotism.

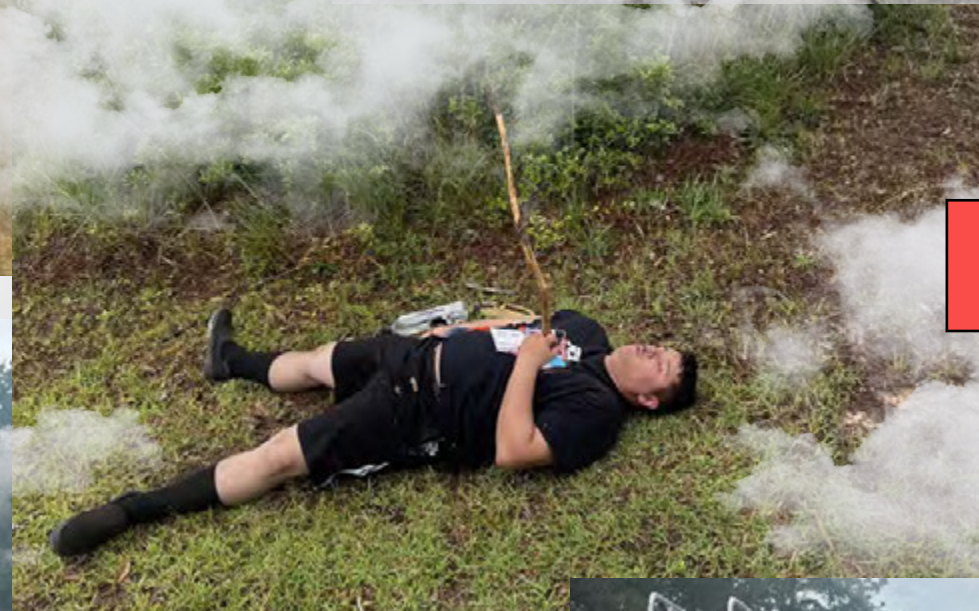
[Click here for more information!](#)

Fort polk takes action in annual full scale exercise

Directorates from across Fort Polk worked together to train in a worst case senario incident to make sure that when the emergency is real, the in-stallation is prepared to keep the Fort Polk community safe. The Fort Polk Crisis Action Team directed the action from the Warrior Operations Center. The scenario centered on a notional train derailment that led to the release of chlorine gas — a hazardous material that can burn skin, lungs, if breathed in, and even cause death.



Exercise



Exercise



Exercise





EFMP Exceptional
Family Member
Program

PLAY TOWN
& CAFÉ

EFMP PLAY TIME

AT PLAYTOWN & CAFE



TIME CHANGE:

4:00PM-6:00PM

**4th THURSDAY OF
EACH MONTH**

Service dogs
allowed!



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

scan to
email us for
more info



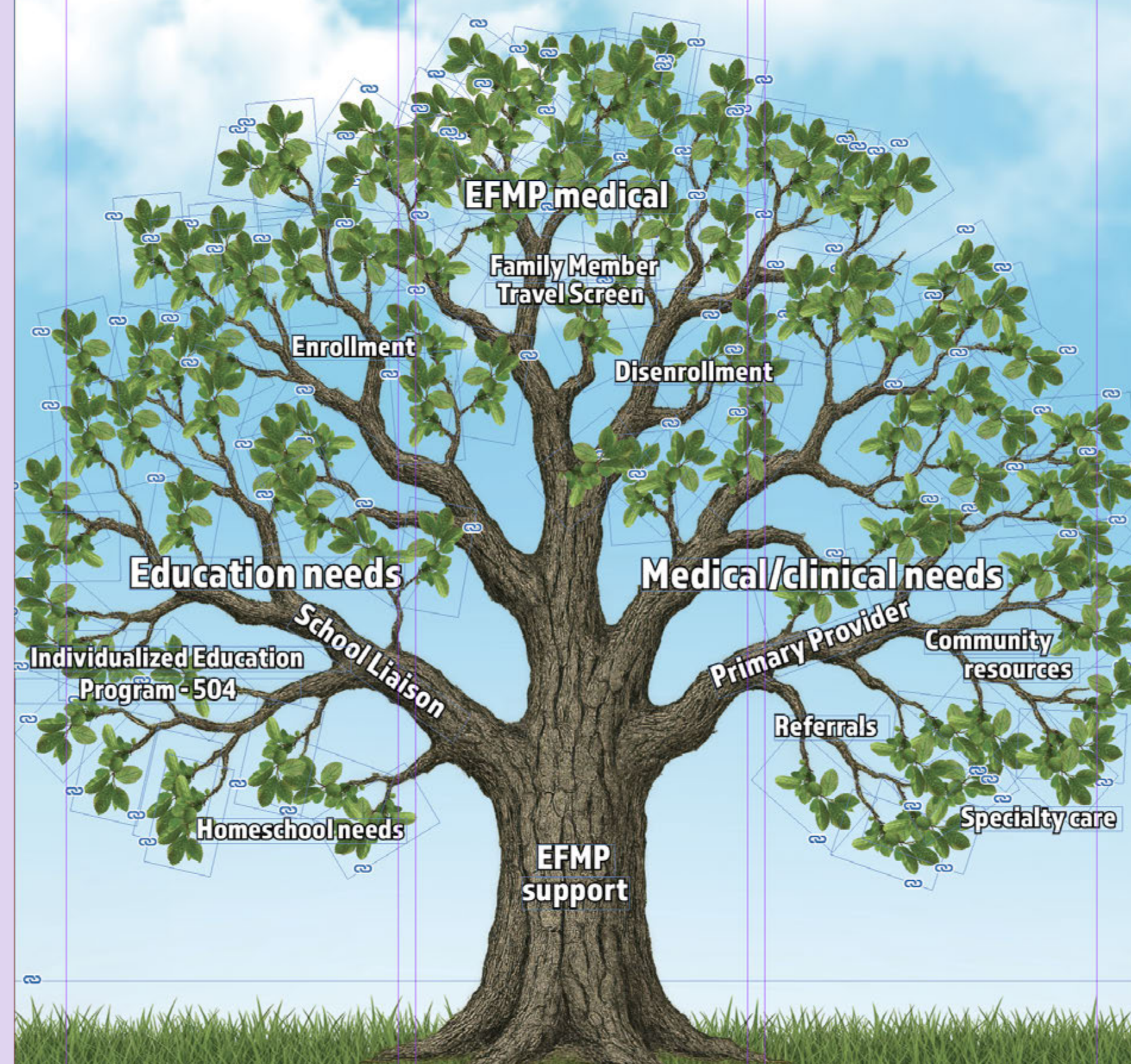
NO outside
food. Socks
must be
worn.



Army Community Service & Prevention Center
ACS
U.S. ARMY
Real-Life Solutions for Successful Army Living



Growing strong with EFMP



Exceptional Family Member and family

With EFMP, military families grow strong roots to weather any storm.
For more information call 571-644-4204/726-780-1162 or
email christina.l.barrett2.civ@army.mil

Corvias Final Inspection for Fort Polk PCS move



After your final inspection, we will:

- Provide a list of damages or cleaning charges. (For excess damage, an additional damage assessment and repair estimate may be necessary)
- Collect all outstanding debt including damage and cleaning charges (for Service Members separating from the military, rent for that month must be collected at least 5 days prior to the final inspection)
- Provide a final utility statement to be paid directly to the third party vendor (if applicable)

In advance of your final inspection, please complete the checklist below. These items may help you avoid confusion and unforeseen costs. If all items are not removed, additional charges may apply.

Personalization

Any home improvements that occurred during the residency (unless otherwise approved by Corvias) must be reversed.

Painted Walls

Residents who received approval to paint must prime walls or paint with a color light enough and of the same paint finish used by Corvias that could be covered with one coat of paint prior to move-out. Contact your Community Office/Center for questions.

Cabinets

Please have all the cabinets and doors open to speed up the inspection process.

Keys, Remote Controls, Pool Pass & Fob

House keys (all sets provided upon move-in), pool pass, Community Center key fob(s) and garage door opener remotes that are provided by Corvias are required to be turned in.

If residents have purchased additional sets of keys, they too are required to be turned in at move-out.

Mail Forwarding

and work with your post office to ensure your mail is forwarded. Return mailbox keys to your Community Office/Center or post office.

You can visit www.usps.com to submit an online request to have your mail forwarded for a nominal fee.

Rented Fences and Satellite Dishes

Residents are responsible for the removal of rented fences (if applicable) and satellite dishes.

Remember to contact your service provider 30 days prior to your move-out date to schedule the removal of these items.

Final Checklist

Corvias pool rules and reminders

- **Pool access is for residents with a key FOB and their guests ONLY.**
- **All minors must be accompanied by an adult 18 or older.**
- **No diving, running, or horseplay in the pool area.**
- **No glass, alcohol, or smoking in the pool area.**
- **Children who are not potty-trained must wear swim diapers while in the pool.**
- **Inflatable rafts, water wings/floaties, and outside toys are not permitted in the pool. Floatation devices must be US Coast Guard-approved.**
- **No more than two guests per household at any time and residents are responsible for the conduct of their guests.**
- **Proper swim attire is required, no street clothes in the pool.**
- **Clean up after yourselves and dispose of all trash properly.**
- **Loud music and disruptive behavior are not permitted.**

Get out and enjoy the season!

BEFORE THE MOVERS ARRIVE

CHECKLIST

A little prep goes a long way
toward a smooth PCS move.



**YOUR MOVE.
OUR MISSION.**



1 SEPARATE IMPORTANT DOCUMENTS

Keep orders, IDs, passports, medical records, financial documents, and school records with you.



2 EMPTY FUEL-POWERED EQUIPMENT

Drain fuel from lawnmowers, grills, generators, and other equipment as required.



3 CHARGE ELECTRONICS

Charge laptops, tablets, and devices for the inventory process.



4 TAKE TIMESTAMPED PHOTOS

Photograph high-value items, serial numbers, and existing damage for your records.



5 IDENTIFY HIGH-VALUE ITEMS

Make a list of high-value items and notify your movers.



6 SET ASIDE "DO NOT PACK" ITEMS

Keep essentials, medications, valuables, and irreplaceable items with you.



833-MIL-MOVE
(645-6683)



PCScallcenter@mail.mil



www.ppa.mil

Focusing on family

When the pace slows down: Caring for relationships during the summer season

By Chap. (Maj.) David Thompson
Fort Polk Family Life Chaplain

FORT POLK, La. — For many Soldiers and families, the summer season brings a welcome shift in rhythm. School schedules change, vacations begin and long weekends create opportunities for travel, rest and family connection. Yet beneath the excitement of summer activities, many military families quietly carry emotional fatigue, relationship strain and stress accumulated throughout the year.

In military life, operational demands rarely disappear completely. Training schedules, field exercises, permanent change of station transitions, deployments, financial pressures and unpredictable work hours continue to shape the emotional climate of the home. And interestingly, when life slows down externally, internal stress often becomes more noticeable.

Many couples discover during slower seasons that they have been functioning more like teammates managing responsibilities than emotionally connected partners. Parents may realize how exhausted they have become. Soldiers who remained focused on mission accomplishment may suddenly feel the weight of emotional depletion once the constant pace eases.

Dr. John Gottman, one of the leading researchers on marriage and relationships, once stated: "Small things often." His research consistently demonstrates that healthy relationships are rarely built through occasional grand gestures alone.

Instead, emotional connection grows through consistent small moments of attention, responsiveness, kindness and presence. Summer provides an opportunity to intentionally rebuild those moments.

Simple practices can make a meaningful difference:

- Uninterrupted family meals
- Intentional conversations without phones or distractions
- Taking walks together
- Checking in emotionally with spouses and children



**Call Family Life Chaplain,
Chap. (Maj.) David Thompson, at
337-531-1161
or 337-718-8822**

- Resting without guilt
- Reconnecting spiritually and emotionally as a family

One of the greatest misconceptions about resilience is believing strong people do not need rest or support. In reality, emotionally healthy Soldiers and families recognize the importance of recovery, connection and honest communication before stress becomes crisis.

The summer season can also become difficult for some individuals.

Not everyone associates holidays or summer gatherings with joy. For some, these seasons intensify loneliness, grief, marital tension, or homesickness.

This is why community matters. Checking on battle buddies, neighbors, coworkers and fel-

low military families can have a greater impact than many realize.

Dr. Sue Johnson, founder of Emotionally Focused Therapy, often emphasized: "We are wired for connection." That truth is especially important within military communities where isolation, stress and emotional withdrawal can quietly grow beneath the surface.

As summer unfolds, take time not only to plan activities, but also to strengthen the relationships that sustain you through difficult seasons.

Missions will continue. Demands will return. But healthy relationships remain one of the greatest sources of resilience a Soldier and family can possess. The pace may slow down for a season — but perhaps that pause is exactly what many hearts and homes need most.



The Spiritual Forge: *Forged Together: Spiritual strength is not a private project*

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

FORT POLK, La. — At Fort Polk, people learn to carry weight — some of it visible, much of it invisible.

You can see a Soldier carrying a ruck on their back or a weapon in their hand, but you can't see the weight of a decision that has to be made before the end of the day.

Families carry a different kind of weight. They carry the stress of schedules, various appointments and the strain of starting over again.

Fort Polk's civilian workforce carries the workload that keeps the installation on track and moving forward amidst a constant active-duty turnover.

Leaders all carry different kinds of responsibility, but the weight is real.

Most of us learn we can carry more than we thought we could.

Still, no one is meant to carry everything alone.

Yet, that is one of the quiet temptations of military life. We learn to drive on, press through, stay functional and keep moving. Those are necessary qualities.

But if we are not careful, strength can begin to look like isolation. We stop telling the truth about what is heavy. We keep the burden inside the uniform, inside the office, inside the house or inside our own thoughts.

And slowly, what we carry in silence begins to do its own damage.

In Exodus 17, Moses stood on a hill while Israel fought in the valley below. As long as his hands were raised, Israel prevailed. But Moses grew tired. His hands became heavy. So, Aaron and Hur came beside him. They gave him a stone to sit on, and they held up his hands, one on one side and one on the other, until the sun went down.

That image matters.

Moses was not weak because his hands grew tired. After all, he was human. Aaron and Hur were not distractions from the mission.



They were part of how the mission was sustained.

That is the pattern.

That is why spiritual strength is not a private project. It is forged in relationship with God and with the people God places around us. Sometimes there are seasons when we are standing strong.

Sometimes, there are days when our own hands are heavy. And sometimes we are Aaron or Hur, called to stand beside someone else until they can breathe again.

Most of us can name somebody who helped hold us steady when we did not have the strength to hold

ourselves up. A father. A mother. A noncommissioned officer. A chaplain. A coach. An older battle buddy. A friend who would not let us disappear into silence. And whether we realize it or not, many of us are becoming that kind of person for someone else.

The forge is not a private space. Fire, pressure, timing and skilled hands all have a part to play. Metal is not strengthened because it is left alone. It is shaped because someone knows how to work with it. In the same way, people are

often strengthened through the faithful presence of others.

That kind of strength is built in ordinary places. After formation. Across a kitchen table. On a phone call. In a conversation after someone finally says, "I'm not doing well."

So, ask yourself: Who knows what I am carrying? Who have I not checked on lately? Where have I mistaken silence for strength? And maybe most important — who around me needs more than a quick "You good?"

Small acts matter. Make the call. Walk across the street. Sit with someone who has gone quiet. Pray with someone before the burden gets heavier.

At Fort Polk, we train hard because the mission matters. But we also need one another because people matter. Spiritual strength is forged when we stop pretending we can carry life alone and allow God to strengthen us through the faithful people beside us.

And if your hands are heavy right now, you do not have to hold them up by yourself. Your chaplains are here to walk with Soldiers, families and civilians through the burdens, questions, weariness and hopes that shape the soul.

Column

What's happening at the Main Post Chapel?



FORT POLK
RELIGIOUS SUPPORT OFFICE

POWER WED LITE

EVENT SERIES

JUNE 10, 17, & 23RD • 1800-1930



UNITY FELLOWSHIP ADULT STUDY
Building connection and community.



FREE CHILD CARE
(AGES 4 AND UNDER)



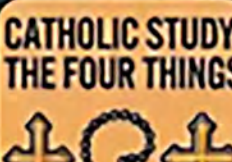
5 LOVE LANGUAGES BOOK CLUB
Explore the book "The 5 Love Languages"



FOUNDATIONS OF FAITH
(A PROTESTANT STUDY)



CATHOLIC STUDY: BOOK CLUB
A multi-part study on essential Catholic principles.



CATHOLIC STUDY: THE FOUR THINGS
A multi-part study on essential Catholic principles.



PAGAN STUDY: MEDICINAL HERB FORAGING
Learn to identify and use natural herbs. Practical workshops on June 10 & 17.



SUMMER PROGRAM NOTES
No meal served during PW Lite Summer Program.
Youth of the Chapel on Summer Break. Will reconvene in Fall 2026.
Children are welcome in all studies.

CONTACT INFO: FOR INQUIRIES OR REGISTRATION. CONTACT INFO
DIRECTOR RELIGIOUS EDUCATION, CHRISMA GROSS @ CHRISMA.M.GROSS.CIV@ARMY.MIL

MAIN POST CHAPEL

PW LITE BOOK READ

THE 5 LOVE LANGUAGES

BY GARY CHAPMAN



WORDS OF AFFIRMATION



QUALITY TIME

DATES & TIMES:
JUNE 10, 17, & 24
WEDNESDAYS, 6:00 PM - 7:30 PM



ACTS OF SERVICE



RECEIVING GIFTS



PHYSICAL TOUCH

Fort Polk Religious Support Office
For more information, contact the Director of Religious Education at chrisma.m.gross.civ@army.mil

PW Lite

Sponsored by Parents of Little Kids at Fort Polk (A Fort Polk Religious Education Program)

PW Lite

June

Events

SATURDAY SCHEDULE

JUNE 6TH 4PM Together We Forage @ Marion Bonner

JUNE 20TH 5PM Litha Ritual & Potluck

Located at the Main Post Chapel on Fort Polk

Hosted By the Fort Polk Pagan Worship Community and the Fort Polk RSO



Fort Polk Religious Support Office

POWER WEDNESDAY LITE CATHOLIC COURSE

Wednesdays beginning June 10th

6pm - 7:30pm

Join us as we find deeper meaning in daily life because the last things are not the end, they are only the beginning!

Life Everlasting – Death, Judgement, Heaven & Hell

Chrisma.m.gross.civ@army.mil

Hosted by Fort Polk Pagan Worship Community & Fort Polk RSO

POWER WEDNESDAY LITE BOOK STUDY

Join us for a continuation in this years study of plants! At the Main Post Chapel!

Wednesdays in June: 10th, 17th, 24th
Wednesdays in July: 8th, 15th, 22nd
At 6pm-7:30pm

Rosemary Gladstar's **MEDICINAL HERBS** A Beginner's Guide





FORT POLK RELIGIOUS SUPPORT OFFICE

Peace, Love, and PAUL

VACATION BIBLE SCHOOL

JULY 28-31
9AM-12PM
GRADES K-6

Registration opens May 15th!



MAIN POST CHAPEL
7217 RADIO ROAD
BLDG 427, FORT POLK
726-699-3141



OUR CREW IS TOTALLY TUNED IN TO SUPPORT CHILDREN WHO NEED SPECIAL ACCOMMODATIONS. DROP A LINE TO CHRISMA.M.GROSS.CIV@ARMY.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



**Army Housing Office
Hours of Operation
Mon - Fri 0730 - 1630**

**bldg.
4919**



**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**

June 2026

Army Community Service and Prevention Center

1591 Bell Richard Avenue
Building 920
Fort Polk, LA 71549
(726) 780-1073



**ACSPS closed
June 19**

**For Juneteenth
celebration.**

Reflect Rejoice and Renew!

Family Advocacy

Anger & Stress Management

Thursday, June 11, 11:00am-12:30pm

Annual Dynamics of Family Violence Soldiers only – Units Welcome

Monday, June 8, 9:30-11:30am

Parenting with Love-N-Logic

Monday, June 15, 1:00-4:00pm
Tuesday, June 16, 1:00-4:00pm

New Parent Support

PlayMorning @ PlayTown Café

Thursday, June 4 & 18, 10:00-11:00am

Baby Boot Camp

Thursday, June 23, 1:00-4:00pm

EFMP

Storybook Creations @ Library

Wednesday, June 10, 4:00-6:00pm

Safety Swim Sessions @ 50 Meter Pool

Monday, June 15, 9:00-11:00am

Playtime @ PlayTown Cafe

Thursday, June 25, 4:00-6:00pm

ACSPC Service Interest Request

Interested in learning more about what the ACSPC has to offer?

Would you like to schedule an appointment with one of our programs?

Scan the QR code, and a Service Coordinator will contact you within one business day.



Stay Connected, Stay Ready: The Power of Your SFRG

Whether you are a single Soldier, a spouse, or a parent, the SFRG is your direct line to accurate command information, cutting through rumors and keeping you informed during training and deployments.

It is also a vital network of mutual support. By connecting with your unit's SFRG, you build resilience, connect with essential resources, and forge bonds that strengthen the entire Army Family. When Families are informed and supported, Soldiers can focus on the mission. Get involved today—your readiness is the Army's strength.

If you have questions about your unit's SFRG, reach out to our Mobilization and Deployment Program at (726) 780-1092

Mobilization & Deployment

SFRG Key Contact (Virtual)

Tuesday, June 9, 1:00-2:30pm

Command Family Readiness Representative (CFRR) (Virtual)

Wednesday, June 10, 9:00am-12:00pm

SFRG Informal Funds (Virtual)

Tuesday, June 16, 1:00-2:30pm

Care Team Training – IN PERSON

Wednesday, June 24, 09:00am-12:00pm

Financial Readiness

Financial Emergency Preparedness

Monday, June 1, 9:00-10:00am

Finances for PCS

Monday, June 1, 12:30-1:30pm

LES & Budgeting

Friday, June 5, 1:00-2:00pm

Continuation Pay

Thursday, June 18, 9:00-10:00am

Vesting in your TSP

Thursday, April 16, 10:30-11:30am

Finances and Promotion

Thursday, June 18, 1:00-2:00pm

AER Campaign

Appointed Soldiers Only

Unit Representative

Friday, June 5, 9:30-10:30am

SHARP

SHARP Annual Refresher Training

EVERY Thursday at 1:30pm

Volunteer Corps

VMIS Training

Friday, June 5, 10:00-11:00

All classes are held at the Army Community Service and Prevention Center, 1591 Bell Richard Avenue, Bldg. 920, Fort Polk, LA 71459 unless otherwise noted.

Army Community Service & Prevention Center



Financial Readiness Counseling &

Army Emergency Relief (726) 780-0384

Army Family Action Plan (520) 725-7138

Army Volunteer Corps (520) 725-7138

Relocation Readiness Program (726) 780-0386

Mobilization & Deployment (726) 780-1092

SHARP Prevention (726) 780-1013

Family Advocacy Program (726) 780-1072

Exceptional Family Member Program (726) 780-1162

Victim Advocacy Program (726) 780-0509

Risk Reduction Program (726) 780-1187

Army Substance Abuse Program (726) 780-1140

Employee Assistance Program (726) 780-1140

Suicide Prevention (726) 780-1187

ACSPC Front Desk: (726) 780-1073

Domestic Abuse Hotline: (337) 718-8837

Child & Domestic Abuse Reporting: (726) 780-2615

SHARP 24/7 Hotline: (337) 718-7272

24/7 Chaplain (337) 208-2868

To register for classes

Please contact
(726) 780-1073 or
scan the QR code.



Army Emergency Relief

(AER) offers an online application process, making it easy to check eligibility and submit a financial assistance request.



Turning the page: Girl scouts create reading space for families at BJACH

By Jean Clavette Graves
BJACH PAO

FORT POLK, La. — Young patients visiting the Patient-Centered Medical Home at Bayne-Jones Army Community Hospital can now enjoy a good book while waiting for appointments thanks to local Girl Scouts at Fort Polk, Louisiana.

Members of Girl Scout Troop 2101 recently donated bookshelves filled with children's books to the family medicine waiting area as part of a literacy-focused community service project supporting their pursuit of the highest honor available to Girl Scout Juniors.

The project, titled The Fort Polk ABCs, challenged the girls to identify a community need and develop a lasting solution.

To complete the project, the troop partnered with Allen Memorial Library, held a book donation drive, built bookshelves, and wrote a children's book designed to introduce military kids to Fort Polk and the surrounding community.

"The girls are working toward their Bronze Award, which is a community action project," said Chelsea Chavez, troop leader for Troop 2101. "The goal is to identify a need in the community and create a project that helps address it."

"We really wanted to create a safe spot, especially for new kiddos who PCS in and don't know anything about the installation yet," Chavez said. "One of the first things families do when they arrive is establish medical care, so hopefully this provides some comfort while they're visiting a new doctor and a new installation."

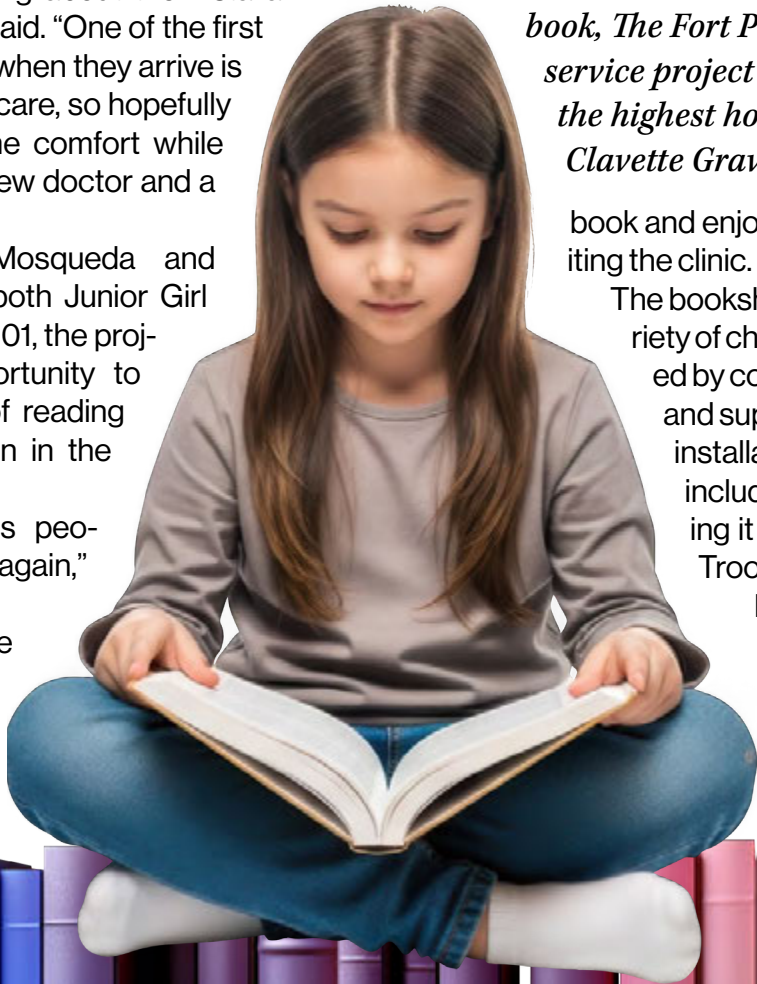
For Sawyer Mosqueda and Morgan Conrad, both Junior Girl Scouts in Troop 2101, the project was an opportunity to share their love of reading with other children in the community.

"I hope it helps people like reading again," Mosqueda said.

Conrad said she hopes the bookshelves encourage young readers to pick up a



Girl Scout Troop 2101 members Sawyer Mosqueda (left) and Morgan Conrad (center) pose with troop leader Chelsea Chavez and a newly donated bookshelf in the Patient-Centered Medical Home waiting area at Bayne-Jones Army Community Hospital, June 1, Fort Polk, Louisiana. The bookshelves, books and original children's book, *The Fort Polk ABCs*, were donated as part of the troop's community service project supporting their pursuit of the Girl Scout Bronze Award, the highest honor available to Girl Scout Juniors. (U.S. Army photo by Jean Clavette Graves)



book and enjoy reading while visiting the clinic.

The bookshelves contain a variety of children's titles donated by community members and supporters across the installation. Each book includes a label identifying it as a donation from Troop 2101.

Lt. Col. Ralph Salazar, deputy commander for quality and safety at BJACH, said the project demon-

strates how community partnerships can enhance the patient experience for military families.

"This project reflects the strength of our military community and demonstrates how even our youngest volunteers can make a meaningful difference," Salazar said. "These bookshelves help create a more welcoming environment for our patients and families while encouraging a lifelong love of reading."

The bookshelves will remain available in the Patient-Centered Medical Home waiting area, providing young readers with stories to enjoy while waiting for appointments and encouraging families to explore the resources available through Allen Memorial Library.



WE PROVIDE THE BEST

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.



Let's Quit Together.

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 PRODUCTS INCLUDE:

- Cigarettes (including menthols)
- Pipes
- Smokeless tobacco (including chewing tobacco, snuff, chew, dip and snus)
- Disposables (including lit, 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.

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/tobacco> for programs and tools to help you quit.

YOU CAN QUIT 2

MAKE EVERY DAY TOBACCO FREE

Learn more at <https://lyc2.org/>

Public Health U.S. ARMY MEDICINE FORT POLK

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:

- CAREFULLY REMOVE the tick with tweezers.
- PLACE THE TICK in a sealed bag or container.
- 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

WALK & LEARN

Hosted by Public Health & AFWC

Get Moving. Reduce Stress. Feel Better.

Join us for a relaxing and educational walk focused on stress management while connecting with others and improving your overall wellness.

Date: June 12, 2026
Time: 08:00 AM - 10:00 AM
Length of walk: approximately 1 mile

This Month's Topic: STRESS MANAGEMENT

- Learn simple ways to reduce daily stress
- Discover healthy coping strategies
- Improve your mental and physical well-being

Meet at Building 283. Parking in Lot A at BJACH. Wear sturdy shoes. Bring a blanket or mat to sit on. Bring any sun protection you may need.

Call to Sign Up: 726-780-1149 / 726-780-1152

Why Join?

- Boost your mood
- Get active in a supportive environment
- Learn practical health tips you can actually use



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****





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
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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.

Beat summer heat with simple tips

- Exercise early in the day.
- Take breaks.
- Stay hydrated.
- Put cool cloths on your neck.
- Wear loose, lightweight and light colored clothes.
- Wear sunscreen and reapply often.
- Spray yourself with cool water.
- Move to the shade or inside to cool off with air conditioning.
- Take a cool shower or bath.
- Avoid being outside on hot days if you can.
- Know the symptoms of heat exhaustion and take action.



HEAT ILLNESS PREVENTION




WATER ~ REST ~ SHADE

Extreme heat events or heat waves are a leading cause of **EXTREME WEATHER-RELATED DEATHS** in the United States and the number of heat-related deaths is rising! Stay hydrated

FORT POLK SILVER CADUCEUS SOCIETY

Summer PT Series



WHO?

MSC Officers



WHAT?

Kickoff Run



WHEN?

29 MAY 26
0630 CST



WHERE?

Home of Heroes



WHY?

Strengthen teamwork
across the AMEDD
community

All AMEDD Officers are welcome to participate.



Presented by: Fort Polk Silver Caduceus Society



Ft. Polk SCS POC: LTC Riliwan Ottun, riliwan.o.ottun.mil@health.mil / (240) 708 0111

How storm water pollution impacts Louisiana's freshwater coastal fisheries

By DPW-ENRMD
Compliance Management Branch

FORT POLK, La. — Louisiana's fisheries are among the most productive in the United States, spanning rich freshwater systems like the Atchafalaya Basin and vast saltwater habitats along the Gulf Coast. Species such as catfish, bass, shrimp, oysters and crab support both recreational and commercial fishing industries that are vital to the state's economy and culture. However, storm water runoff poses a growing threat to these ecosystems and the life they sustain.

When heavy rains occur, storm water flows across roads, farms and urban areas, collecting pollutants like oil, fertilizers, pesticides and bacteria. This contaminated runoff often drains into rivers, lakes and coastal waters without treatment. In freshwater systems, excess nutrients can trigger harmful algal blooms, reduce oxygen levels and kill fish.

In saltwater environments, pollution can damage sensitive habitats like oyster reefs and wetlands, which serve as nurseries for many marine species.



Wildlife and plant life are directly impacted as toxins accumulate in the food chain, affecting birds, aquatic animals and vegetation. For Louisiana's commercial fishing industry, declining water quality can lead to reduced harvests, contaminated seafood and economic losses for fishermen and coastal communities.

Additionally, polluted storm water increases

the cost of water treatment for communities and raises public health concerns. Contaminated water can spread disease and make seafood unsafe to consume. Managing storm water through better infrastructure, conservation practices and public awareness is essential to protecting Louisiana's fisheries, ecosystems and the health of its people.

Exchange to celebrate Army's 251st birthday with exclusive savings

By Karrington Bradley
AAFES Public Affairs

DALLAS – The Army & Air Force Exchange Service will honor the Army's 251st birthday with weeklong deals, offering military members and their families discounts on electronics, apparel, tactical gear, home essentials and more.

From June 12 through June 18, the Exchange is delivering exclusive offers on top brands, including Apple, LG, Levi's and American Eagle, helping military shoppers celebrate while maximizing their tax-free benefit.

Shoppers can find more details on this sale at <https://www.shopmyexchange.com/cp/static-pages/weekly-ads>.

Special savings will be available in-store and at [ShopMyExchange.com](https://www.shopmyexchange.com). Shoppers can save:

- Up to \$250 on Apple MacBooks, \$50 on select Beats wireless audio and up to \$1,400 on LG UHD, QNED and OLED TVs.
- 20% on tactical gear and accessories from Rocky, ESS, Elite Survival and Black Diamond.
- An extra 20% on American Eagle and Levi's clothing and 20% on Mercury and Flying Circle bags.
- Up to \$50 on Chard and Even Embers grills and up to 15% on DeWalt power tools and outdoor equipment.

MILITARY STAR cardmembers can also access exclusive benefits, including:

- Double points on in-store MILITARY STAR purchases June 14.
- Savings on Exchange services including



\$10 off \$25 concessions, 15% off food purchases at participating restaurants and 10 cents off fuel on June 14.

"The Army's birthday is a reminder of the courage, commitment and unwavering spirit of our Soldiers — past and present," said Army Col. Manny Velez, the Exchange's Deputy Director for Logistics. "We're proud to support our military communities by delivering meaningful savings and value that strengthen their quality of life."

Department of War and Coast Guard civil-

ians with a common access card are also eligible to shop at the Exchange both in store and online. These shoppers can visit <https://publicaffairs-sme.com/Community/dodcac-benefits> for more info.

Honorably discharged veterans are eligible to shop online at ShopMyExchange.com, while disabled veterans also have in-store shopping benefits.

More information on veterans' shopping benefits can be found at <https://publicaffairs-sme.com/Community/veterans>.



My Army Post App

Step 1:
Download the app

Step 2:
Select your base

Step 3:
Stay in the know!

WE ARE THE ARMY'S HOME | HOME.ARMY.MIL | ARMYMWR.COM

NEW

Louisiana Office of Motor Vehicles FORT POLK OFFICE

SOFT OPENING
Now - June 5

- Walk-ins welcome
- No appointment required
- Open Monday-Thursday

STARTING JUNE 8
By appointment only

HOURS
Monday and Thursday
8:30-11:30 a.m. • 12:30-4:00 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

THIS SUMMER DON'T GET BURNED BY A DUI

**DRIVE SOBER OR
GET PULLED OVER**

Disaster Relief Kit

By NOAA

WASHINGTON — After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Make sure your emergency kit is stocked with the items on the checklist below. Download a printable version to take with you to the store. Once you take a look at the basic items consider what unique needs your family might have, such as supplies for pets or seniors.

Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit can include the following recommended items:

- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)

- Plastic sheeting, scissors and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

Additional Emergency Supplies

Consider adding the following items to your kit based on your individual needs:

- Soap, hand sanitizer and disinfecting wipes to disinfect surfaces
- Prescription medications. About half of all

Americans take a prescription medicine every day. An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.

- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
 - Prescription eyeglasses and contact lens solution
 - Infant formula, bottles, diapers, wipes and diaper rash cream
 - Pet food and extra water for your pet
 - Cash or traveler's checks
 - Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
 - Sleeping bag or warm blanket for each person
 - Complete change of clothing appropriate for your climate and sturdy shoes
 - Fire extinguisher
 - Matches in a waterproof container
 - Feminine supplies and personal hygiene items
 - Mess kits, paper cups, plates, paper towels and plastic utensils
 - Paper and pencil
 - Books, games and puzzles for children
- Maintaining Your Kit**
- After assembling your kit remember to maintain it so it's ready when needed:
- Keep canned food in a cool, dry place.
 - Store boxed food in tightly closed plastic or metal containers.
 - Replace expired items as needed.
 - Re-think your needs every year and update your kit as your family's needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

•Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

•Work: Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.

•Car: In case you are stranded, keep a kit of emergency supplies in your car.



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.



MAKE A SEVERE WEATHER PLAN

Find out how at <https://www.ready.gov/plan>



weather.gov



PALMETTO TERRACE



Monday:
Closed for maintenance



Tuesday – Sunday:
10 AM to 8 PM



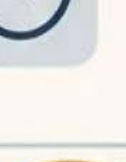
PALMETTO LEASING CENTER



Monday:
10 AM to 8 PM



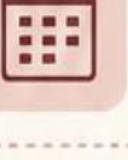
Tuesday:
Closed for maintenance



Wednesday – Sunday:
10 AM to 8 PM



DOGWOOD TERRACE



Monday – Tuesday:
10 AM to 8 PM



Wednesday:
Closed for maintenance



Thursday – Sunday:
10 AM to 8 PM



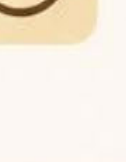
MAPLE TERRACE



Monday – Wednesday:
10 AM to 8 PM



Thursday:
Closed for maintenance



Friday – Sunday:
10 AM to 8 PM



Thank you for being a part of our community! ♥

Don't forget to STOP BY FOR POPSICLE Fridays

AT THE COMMUNITY CENTER!






SEE YOU THERE!

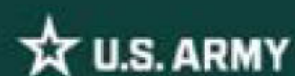
SHARP



**The Safe Helpline is available 24/7
for victims of sexual assault.**

Talk to someone who understands:

safehelpline.org



U.S. ARMY



DIRECTORATE OF
PREVENTION, RESILIENCE
AND READINESS



PROGRAM

Protecting Our People Protects Our Mission!

This 3 Day course encourages peer-to-peer intervention and assists in the integration and preservation of the Army Values by supporting the Equal Opportunity Programs, SHARP, and Suicide Prevention programs.

Upcoming dates:

Aug. 17-19

email: fortpolksharpteam@army.mil for application

Fort Polk's SHARP 24/7 Hotline number is 337-718-7272

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



WARRIOR
Fort Polk
Teamwork

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
Warrior Lanes
BOWLING CENTER

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

REGISTER YOUR VEHICLE AT
AUTO SKILLS CENTER
2851 LOUISIANA AVENUE
726-780-1369

Quality USED CARS

Warrior Hills Pro Membership

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

MSC COMMANDERS, DIRECTORS



BEGINNING 1 JUNE 2026,

All Basic Riders Course (BRC)
and Advanced Rider Course (ARC)

**WILL BE PERMANENTLY
RELOCATED TO**



**B2613 – SAFETY CENTER
OF EXCELLENCE**

**6055 GEORGIA AVENUE
FORT POLK, LA 71459**

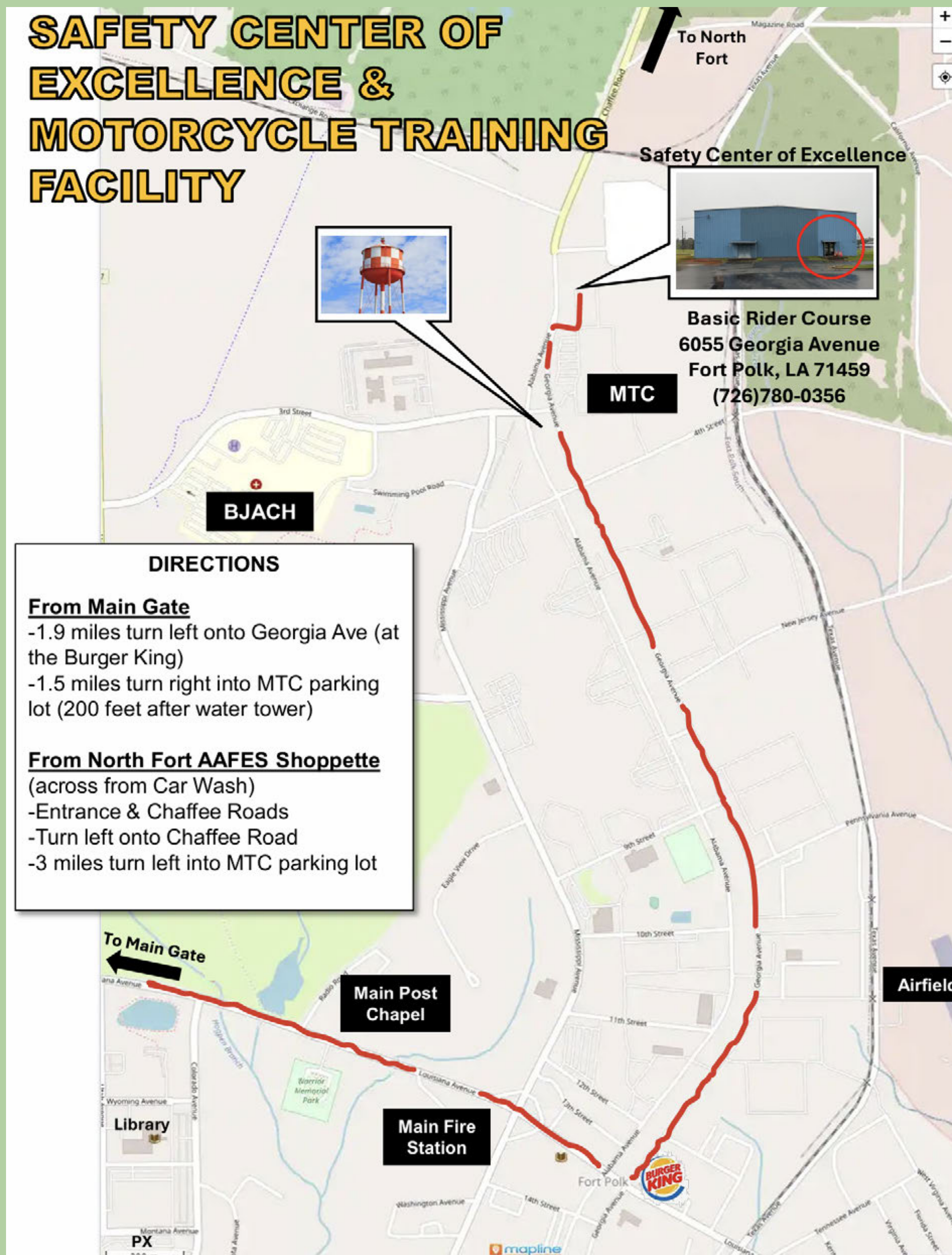


**GARRISON SAFETY OFFICE
726-780-1087**



— READINESS ★ SAFETY ★ PROFESSIONALISM —

SAFETY CENTER OF EXCELLENCE & MOTORCYCLE TRAINING FACILITY



DIRECTIONS

From Main Gate

- 1.9 miles turn left onto Georgia Ave (at the Burger King)
- 1.5 miles turn right into MTC parking lot (200 feet after water tower)

From North Fort AAFES Shoppette (across from Car Wash)

- Entrance & Chaffee Roads
- Turn left onto Chaffee Road
- 3 miles turn left into MTC parking lot

**June 26
at
Honor
field**

Fort Polk Motorcycle Safety Rally



All Department of Defense card holders, including active duty, Reserve, veteran, family members and DoD 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**

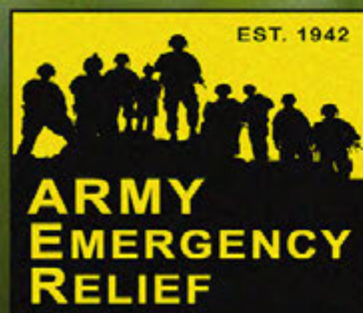
Let's dream big and create tomorrow—together.

ARMY EMERGENCY RELIEF

OFFICIAL NONPROFIT OF THE U.S. ARMY



Empowering Soldiers, Enhancing Lives
2026 Annual Campaign



March 1 - June 14



ADVANCE YOUR MILITARY CAREER...



at every stage of your journey.

The USO Transition Program equips service members for career success, whether you're staying in the military or preparing for civilian life! Take advantage of free professional development resources and educational certificates to boost your promotion potential and job competitiveness. Step confidently into the next phase of your career!

Program Support includes:

- Education
- Navigate Installation Support
- Financial Wellness
- Mentorship Opportunities



Contact a USO Transition Specialist today to develop a personalized plan!

USO.org/ServiceMemberSupport

USO TRANSITION PROGRAM

The USO is a not-for-profit organization and not part of the Department of Defense (DOD).



Bluegrass Jam

SATURDAY, JUNE 20
NOON TO 2 P.M.

BEAUREGARD MUSEUM
120 S. WASHINGTON AVE.

FREE TO PLAY: FREE TO LISTEN! OLD-TIME FIDDLE, ACOUSTIC MUSIC ONLY!

FATHER- Daughter DANCE

DANCING THROUGH THE DECADES

50s 60s 70s 80s 90s 00s

ALL FATHER FIGURES ARE WELCOME!
GRANDPAS • UNCLES • DADS • BROTHERS

All are invited to make memories that last a lifetime!

DATE: JUNE 20, 2026
TIME: 4:00 PM - 6:00 PM
LOCATION: TLC EVENT CENTER

★ GREAT MUSIC ★ FUN PHOTOS ★ SPECIAL MOMENTS

Step back in time and dance through the decades!

INAUGURAL

MCLC dash and bash!

family fun run & festival

WEST PARK
DeRidder, LA

JUNE 27
9:00AM

Lace Up for the 1-mile Family Fun Run & Walk! Start your morning on the right foot by supporting the Methodist Children's Learning Center! This family-friendly event is open to all ages.

Your registration includes:
1-mile walk or run, T-shirt, post-race snacks & refreshments, and Family Fun-Fest Access!

MCLC
Methodist Children's Learning Center

Beauregard PARISH LIBRARY
Find it here.

JOIN US FOR A

PLANT SWAP

2.0

AT THE DERIDDER BRANCH

Friday, June 12
10 AM-12 PM: Early Access (Donators' Entry)
1-4 PM: Open to Public (Limit 1 plant or tote bag per person)

Saturday, June 13
10 AM-12 PM: Everything must go! (Claim what's left, no limits!)

Donations open Monday, June 8—each donation earns early access on Friday, June 12!

Items to Donate: Plants, cuttings, seeds, pots, propagation jars, & gardening accessories.

CITY OF
DeRidder

July 4th CELEBRATION

★ AMERICA250 ★

★ **5 P.M. to 10 P.M. SATURDAY, JULY 4**
Beauregard Parish Fairgrounds

FIREWORKS | MUSIC | FOOD TRUCKS | PINWOOD DERBY

TRAIN RIDES | PETTING ZOO | FACE PAINTING

TWISTED BALLOONS | PIE EATING CONTEST

SEED SPITTING CONTEST | FREE POPSICLES | BINGO | CORNHOLE

★ ★ ★