

U.S. Army Garrison Fort Polk

Fort Polk First!

GUARDIAN

May 22 Vol. 53, NO. 9

**BJACH Soldiers
take part in
training**

Page 9

**Celebrating
spring graduates**

Page 15

**RSO hosts prayer
luncheon**

Page 23

**Corvias opens
pickleball courts**

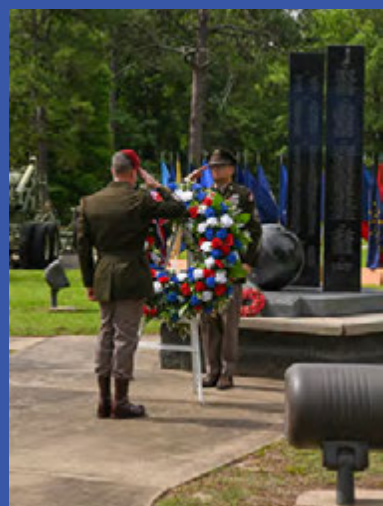
Page 19



CONTENTS

May 22

Installation Services Fair Learn about what Fort Polk has to offer	03
Off post events Take a look at things happening outside the gates	04
Memorial Day ceremony Honoring those who made the ultimate sacrifice	05
Forge training BJACH Soldiers strengthen critical lifesaving skills	09
It's voting season Check out important information about Army regulations	13
Celebrating graduates The Education Center host spring graduation ceremony	17
Corvias opens pickleball courts The community spoke and Fort Polk and Corvias listened	19
Spiritual Forge Chaplain discusses pausing for Memorial Day	21
Prayer luncheon RSO hosts prayer luncheon at USO	23
MWR food truck Hamburgers were on the menu for a soft opening	35



COVER PHOTO

Maj. Gen. Jason Curl, Joint Readiness Training Center and Fort Polk commanding general salutes the wreath in honor of fallen Soldiers at the Memorial Day Ceremony held May 21. (U.S. Army photo by Karen Sampson)



9

BJACH Soldiers
take part in
training



17

Celebrating spring
graduates



19

Corvias opens
pickleball courts



23

RSO hosts Prayer
luncheon



JRTC AND 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 JRTC and Fort Polk website at home.army.mil/Polk and the JRTC and Fort Polk Facebook page at @JRTCandFortPolk/. 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.

INSTALLATION SERVICES FAIR

Fort Polk invites the community to meet leadership and hear about some of the outstanding programs and services offered on the installation.

MAY 28

4:30-6 P.M. AT THE WARRIOR CENTER

ORGANIZATIONS

- Family and Morale, Welfare & Recreation
- Human Resources
- Garrison Safety Office
- Religious Support Office
- Plans, Training, Mobilization and Security
- Emergency Services
- Logistics Readiness Center
- Public Works
- Staff Judge Advocate
- SHARP
- Bayne-Jones Army Community Hospital
- Better Opportunities for Single Soldiers
- American Red Cross
- Equal Opportunity
- Corvias
- United Services Organization
- Human Resources
- Commissary
- AAFES
- Plans, Analysis and Integration Office
- R2 Performance Center
- Non-Federal Employers
- MSC CFFRs and more!



SERVICES

General Powers of Attorney, extreme weather notifications sign-up and more

Childcare provided for service members, families and attendees

**Not available for organization employees working a booth*

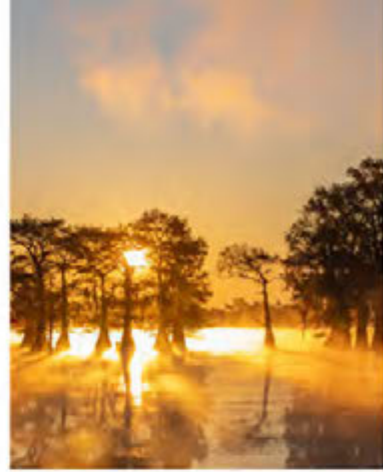
Complimentary food will be available!

For more information call 337-353-1694



OUTSIDE THE GATES

OFF POST EVENTS



30
May

Calcasieu Parish Short Film Festival
LAKE CHARLES, LA.

[Click for more info](#)



31
May

Cajun Heartland State Fair
LAFAYETTE, LA.

[Click for more info](#)



27-1
May-June

Sail 250 New Orleans Fleet Week
NEW ORLEANS, LA.

[Click for more info](#)



6
June

Louisiana Peach Fest
RUSTON, LA.

[Click for more info](#)



6
June

Patriot Walk (rescheduled)
DERIDDER, LA.

[Click for more info](#)

NO ARMY OR FEDERAL ENDORSEMENT IMPLIED.

Fort Polk honors the fallen on Memorial Day

Maj. Gen. Jason Curl, Joint Readiness Training Center and Fort Polk commanding general and Sgt. 1st Class Michael Kotz, Soldier assigned to 46th Engineer Battalion, place a wreath honoring the fallen during a Memorial Day Ceremony May 21 at Warrior Memorial Park, Fort Polk. La.



(U.S. Army Photos taken by Karen Sampson)

MEMORIAL DAY 2026



HONOR. REMEMBER. THANK.
TRIBUTE TO THE BRAVE WHO SERVED
MAY 25, 2026

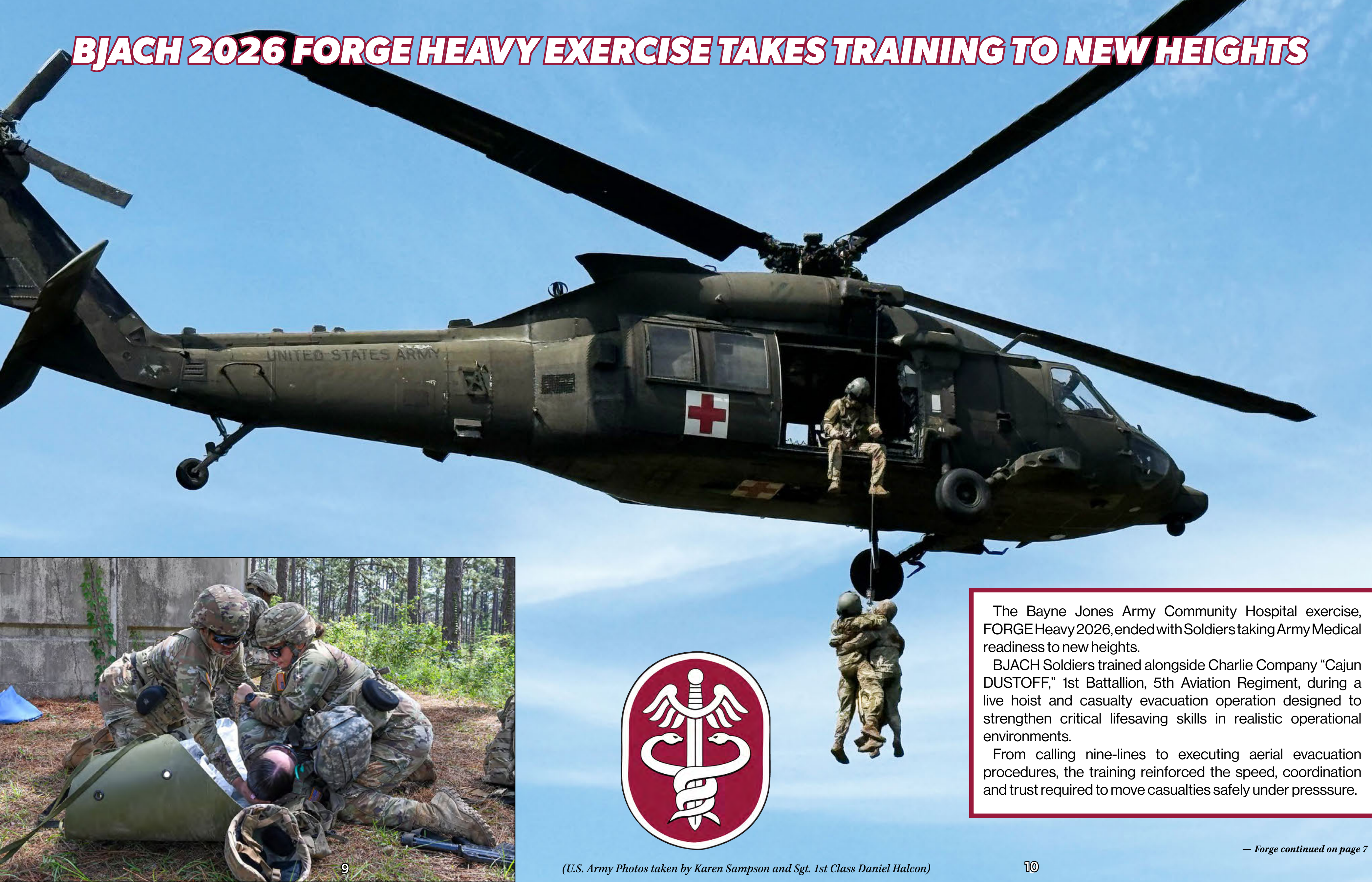
REMEMBER THE FALLEN, HONOR THEIR SACRIFICE

**3rd Brigade Mobile Combat Team, 10th Mountain Division Soldiers
fight to carry the mission forward one tough decision at a time**



Every movement, every decision and every fight in the box is designed to build better warfighters. This is where units are tested against a tough, realistic battlefield, forced to adapt under pressure and sharpen the skills required to win. The Soldiers of 3rd Mobile Brigade Combat Team, 10th Mountain Division are performing with grit, discipline and determination, proving they can endure the fight, learn from it and keep driving forward. That is what JRTC does. We forge combat-ready teams for the Army and for our nation.

BJACH 2026 FORGE HEAVY EXERCISE TAKES TRAINING TO NEW HEIGHTS



The Bayne Jones Army Community Hospital exercise, FORGE Heavy 2026, ended with Soldiers taking Army Medical readiness to new heights.

BJACH Soldiers trained alongside Charlie Company “Cajun DUSTOFF,” 1st Battallion, 5th Aviation Regiment, during a live hoist and casualty evacuation operation designed to strengthen critical lifesaving skills in realistic operational environments.

From calling nine-lines to executing aerial evacuation procedures, the training reinforced the speed, coordination and trust required to move casualties safely under pressure.





Justice Management Division – FACT SHEET

POLITICAL ACTIVITY AND THE HATCH ACT

Authored by [Departmental Ethics Office](#), January 2024

What is the Hatch Act?

The Hatch Act generally prohibits federal employees from engaging in partisan political activity while on duty, in a federal facility, or using federal property. Political activity is defined as any activity directed toward the success or failure of a political party, candidate for partisan political office, or partisan political group.

The U.S. Office of Special Counsel (OSC) is an independent federal agency who investigates and prosecutes alleged Hatch Act violations. Violations of the Hatch Act carry serious penalties, including removal from federal employment. Employees should consult with their ethics official before engaging in any partisan political activity.

Two Categories of Employees

The restrictions that apply under the Hatch Act vary based on your position. Most employees are “less restricted” employees, who can actively participate in political management and campaigns, so long as they do so while off-duty, outside of a federal facility, and not using federal property.

Some employees are “further restricted” and are subject to additional restrictions regarding active participation in partisan political management and campaigns. The following Department employees are “further restricted” by statute:

- Career Senior Executive Service (SES) employees
- Administrative Law Judges
- All employees in the Criminal Division, National Security Division, and FBI
- ATF’s Office of Law Enforcement

All political appointees are also subject to the rules that govern “further restricted” employees under the Hatch Act, as a matter of Department policy.

What is Prohibited for All Employees?

All Department employees may not:

- Engage in partisan political activity while on duty (including teleworking), wearing an official uniform or insignia, in federal workspace, or while using a government vehicle.
- Solicit, accept, or receive political contributions, whether on or off-duty (absent limited exceptions for labor unions).
- Use official authority to interfere with or affect the results of an election.

- Be candidates in partisan elections.
- Solicit or discourage the political activity of a person with business before the Department.

Examples of prohibited partisan political activity:

- Using your DOJ position to endorse a candidate.
- Wearing a campaign button or displaying partisan materials (e.g., a campaign sign) in the office. Similarly, these items cannot be visible in your background during a Teams call.
- Using your personal phone to donate to a partisan campaign while on duty (e.g., using government time) or in the workplace.
- Hosting a political fundraiser.
- Working a phone bank, if asking for contributions.
- Using non-public agency information for political purposes.

Further Restricted Employees

In addition, employees who are further restricted under the Hatch Act may not be active in partisan political management or partisan political campaigns. For example, further restricted employees may not:

- Volunteer for a partisan campaign.
- Distribute campaign materials, including via email or social media.
- Hold office in partisan groups.
- Circulate nominating petitions.
- Make campaign speeches.
- Assist in partisan voter registration drives.
- Organize or manage political rallies or meetings.
- Forward campaign or political party emails.

Furthermore, Department policy prohibits non-career appointees from attending partisan political events (e.g., fundraisers and campaign events), even if attending in their personal capacities.

Running for Office

Generally, federal employees may not be a candidate in a partisan election.* Therefore, an employee must resign from their federal position before taking any action to begin their candidacy in a partisan election, including:

- Collecting signatures for, and filing, nominating petitions.
- Fundraising for their campaign.
- Assembling a campaign committee.
- Announcing their candidacy.

You may run as candidate in a *nonpartisan* election; however, be aware that an election designated as nonpartisan may turn into a partisan election through action taken by a political party. For example, a nonpartisan school board election could become partisan if a candidate is endorsed by, or receives money from, a political party. Thus, you should seek guidance from your ethics official before beginning any campaign.

Candidate Photographs

Displaying pictures of candidates for partisan political office in the federal workplace is prohibited. There are limited exceptions, including official photographs of the President (when running for re-election), and some clearly personal photographs of a candidate. Contact your ethics official for more guidance.

Social Media

The Hatch Act rules apply while on social media, regardless of whether you use government equipment or a personal device, or whether your social media account is private, public, or uses an alias. For example, employees may not:

- Use a social media account in your official capacity to engage in political activity, at any time.
- Tweet, retweet, share, or like a post or content that solicits political contributions, including invitations to fundraising events, at any time.
- Use your official title or position to endorse a candidate, at any time.

* In some instances, you may run as an independent candidate in a local partisan election in a locality designated by OPM. Check with your local ethics official before beginning any campaign.

- Like or follow the social media page of a candidate for partisan office or partisan group while on duty or in the workplace.
- Engage in political activity via social media while on duty or in the workplace.
- Tweet or retweet content supporting or opposing a candidate or partisan group, while on duty or in the workplace.

In addition, further restricted employees may never:

- Link, share, or post the partisan material of a candidate, political party, or partisan group.
- Share or retweet the social media pages or posts of a candidate, political party, or partisan group.

Important things to remember:

- The Hatch Act’s purpose is to maintain a politically neutral workplace.
- The Hatch Act generally prohibits federal employees from engaging in partisan political activity while on duty, in a federal facility, or using federal property.
- The rules governing political activity always apply, including when using social media.
- Additional Hatch Act guidance is available on the Office of Special Counsel: <https://www.osc.gov/services/hatch-act/overview/>

If you have questions about the types of political activity you can engage in, or are planning to run for political office, contact your ethics official. (<https://www.oge.gov/>)

Soldiers should check out FVAP.gov for upcoming federal elections

S- State Primary; **D**-District Primary; **T**-Territory Primary; **R**- State Runoff (if necessary) *Dates subject to change.

The following states have elections for federal office in the next 90 days:

May 2026:

May 26 — Texas (R)

June 2026:

June 2 — California CD 1 Special Primary, California (S), Iowa (S), Montana (S), New Jersey (S), New Mexico (S), South Dakota (S)

June 9 — Maine (S), Nevada (S), North Dakota (S), South Carolina (S)

June 16 — Alabama (R), District of Columbia (D), Georgia (R), Oklahoma (S)

June 23 — Maryland (S), New York (S), South Carolina (R), Utah (S)

June 27 — Louisiana (R)

June 30 — Colorado (S)

July 2026:

July 21 — Arizona (S)

August 2026:

August 1 — Guam (T), Virgin Islands (T)

August 4 — California CD 1 Special General, Kansas (S), Michigan (S), Missouri (S), Virginia (S), Washington (S)

August 6 — Tennessee (S)

August 8 — Hawaii (S)

August 11 — Connecticut (S), Minnesota (S), Vermont (S), Wisconsin (S)

August 18 — Alaska (S), Florida (S), Wyoming (S)

August 25 — Oklahoma (R)

2026 State Primary Elections: To register and request an absentee ballot use FVAP's easy online assistant at <http://www.fvap.gov/FPCA> to walk you through state-specific form completion. Once you complete the FPCA, print, sign and send it to your election office. Most states accept the FPCA by email or fax while some require it by mail. Check your state-specific guidelines at <https://www.fvap.gov/>.

Once you receive your requested absentee ballot, vote and return it as soon as you get it. Remember to carefully follow the instructions, especially using a "security envelope" if required, and sign the package as indicated when returning it. To save time, send voted ballots electronically if allowed by state law. Voters can check if their state accepts completed absentee ballots by email, fax, or via an online portal at [FVAP.gov/guide](http://www.fvap.gov/guide). If a requested ballot has not arrived, use the Federal Write-in Absentee Ballot immediately at <http://www.fvap.gov/FWAB>. It works like a backup ballot. If your official absentee ballot arrives after sending in the FWAB, complete and send in the official ballot, too. Only one will be counted. To make sure the voted ballot is received by your state. Go to fvap.gov, click on your state and then the "check the status of your voted ballot" button.

To find your state's election website for specific information on candidates, elections, contact information, and links to your local election offices, visit FVAP.gov and select your state from the dropdown menu. You can also reach out directly to your election office <https://www.fvap.gov/search-offices> for status updates on your registration and absentee ballot.

This information is current as of April 24. As updates may occur, check the election calendars and state guidelines at FVAP.gov for real time information. If you would like more information on the Federal Voting Assistance Program, or need help with the absentee voting process, visit FVAP.gov or call 703-588-1584 (toll free 1-800-438-VOTE or DSN 425-1584), or email vote@fvap.gov.

CRITICAL INFORMATION

endangered
when
neglected ...

irreplaceable
when lost.



PRACTICE YOUR OPSEC



Congratulations GRADUATES

Fort Polk hosted its spring College Graduate Recognition Ceremony May 13 at the Main Post Chapel. Col. Adam Barlow, garrison commander, presented the commencement address. Family members were there to support graduates as they received their degrees from Central Texas College, Upper Iowa University, American Military University, DeVry University, Kent State University Southern New Hampshire University, University of Arizona Global Campus and University of Maryland Global Campus.

2026
graduates
include:

Annette S. Dela Mater
Tyrone D. Farley
Paul Dunham
Tasha Eaglin
Lanika Alexander
Johnelle Duncan
Shylia McGee
Maria Neumann
Angela Jeanice
Cydni Raby
Step Bisimwa
Latoshia McClinton
Kizzy Jiles
Monique Clark
Sgt. 1st Class Mylissa Jones
Sgt. 1st Class Sixto Verdaguer
Roderick B. Thornton
Staff Sgt. Samuel Sadusky
Staff Sgt. Sierra Block
Josephine Urquhart
Spc. John S. Thomas Jr.
Staff Sgt. Jessica Donald
Kokeisha Walker-Wright
Sgt. 1st Class Salena S. Rowe



Fort Polk command partners with Corvias to provide pickleball fun for spouses

By Angie Thorne
Fort Polk Garrison Public Affairs Office

FORT POLK, La. — Fort Polk has a population of people who are passionate about pickleball. The challenge for the community of players was not having enough space to play.

Jessica Cobb, one of the spouses who originally started playing pickleball at Fort Polk, said they had been playing for more than a year and their small group of four women soon grew to about 16 regular players.

She said Fort Polk's command group opened up indoor play in the gym to help out, which she said was phenomenal, but soon one court was no longer enough.

So, the spouses continued communicating with command through ice comments and the Army Housing Survey — encouraging them to create more courts.

"The command team and Corvias really made magic happen. We couldn't be more excited to have more courts so even more people can play!" Cobb said.

Melody Moreno, another spouse who plays pickleball, said, "We thought the pickleball courts would be beneficial for the whole post and command listened."

Then Chris Brown, Corvias Operations Director, came to watch the spouses play and talk to them about what they needed. He recognized immediately that this was an opportunity worth pursuing.

"The spouses were enthusiastic, passionate and clear about what they wanted for their community. For us, that kind of direct resident feedback is invaluable," Brown said. They were central to the initiative that has been the partnership with the Fort Polk spouses, whose ad-

vocacy helped turn the idea into a reality." When residents feel heard and see results, trust is built and that benefits everyone, said Brown.

"That is what this partnership is about, active listening, working within our budget to deliver resident satisfaction and creating a positive experience for everyone on post," he said. "I am proud of the way this came together and grateful to the spouses for their energy and advocacy."

Corvias heard that message and acted on it. Fort Polk now has four active pickleball courts, located in the Dogwood Terrace neighborhood on Seay Court, open to residents, enabling more people to play simultaneously.

But pickleball is so much more than just a game.

Cobb said, as an Army wife, life can feel constantly changing — deployments, training rotations, new duty stations, and starting over again and again.

"Pickleball became a place where people connect no matter their age, background, rank, or season of life. Some days we play with our husbands, and other days we show up for each other while they're away training. Either way, the court becomes a community. It gives us laughter, competition, exercise, stress relief, and friendships when we need them most. In a military lifestyle where goodbyes happen often, it creates connection and consistency. No matter where we move, there's usually a court, a paddle, and people ready to welcome you in," Cobb said.

Moreno said, "Since I started playing, I have built some of the best connections with this group of spouses than I have in the two years I have been here. Our group has a diverse group

of players that include spouses of every age, their husbands, kids and even single Soldiers. It's fun, good exercise, easy to pick up and makes you feel young again. It's joyful," she said.

Sophia Hargett, a young spouse who was curious about the women playing pickleball, decided to check it out.

"They have been so kind and welcoming. I don't know how to play yet, but they are willing to teach people. It's such a friendly and fun way to meet other people."

Rosanna Mason, another spouse, said she mainly heads to the pickleball courts for socialization, but the game was easy to pick up.

"I'm not an athletic person, but I feel like I can do this and be fairly decent at it. We have people show up all the time that have never played before. We are happy to teach them. I recommend people come out and have fun," Mason said.

Cobb said pickleball has such a positive effect on Soldiers and their families in regards to their quality of life.

"It gives them a healthy outlet to decompress from the stress and demands of military life. Whether they're coming off long training days, field exercises, deployments, or being the new spouse at a new duty station, the court becomes a place where they can relax, compete, laugh, and reconnect with people outside of work responsibilities. At the end of the day, improving quality of life isn't always about big programs — sometimes it's about creating spaces where Soldiers and their families feel welcomed, supported, active, and connected. Pickleball does exactly that," Cobb said.



Fort Polk spouse get out and play the new pickleball courts the day after the ribbon cutting.



Serving Up Community at Fort Polk
Fort Polk leadership, military spouses, and Corvias recently partnered to transform a tennis court in the Dogwood Terrace neighborhood into four brand-new pickleball courts. To celebrate the new community space, a ribbon-cutting ceremony was held on May 12 at the park located at the intersection of Seay Court and Cypress Drive. Following the ceremony, Maj. Gen. Jason A. Curl, Joint Readiness Training Center and Fort Polk commanding general, and Chris Brown, Corvias Operations Director at Fort Polk, teamed up for an inaugural match against military spouses Jessica Cobb (front/at the net) and Melody Moreno (back). The new courts are now officially open to anyone in the Fort Polk community looking to play and enjoy the outdoors.





The Spiritual Forge: *After the pause, remembering well when life keeps moving*

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

FORT POLK, La. — Fort Polk knows how to keep moving.

Training resumes. Families continue preparing for transition. PCS plans keep taking shape. Units return to demanding schedules. Children finish school. The calendar fills again, and the mission continues.

But some moments should not pass too quickly.

Memorial Day is one of those moments. We pause to remember those who gave their lives in service to our nation. We honor sacrifice. We stand before flags and memorials. We remember that freedom is not abstract, and sacrifice is not theoretical.

Then the ceremony ends. The long weekend passes. The workday returns.

But remembrance is not finished just because the calendar turns.

In Joshua 4, after Israel crossed the Jordan River, the Lord commanded Joshua to have twelve stones taken from the riverbed and set up as a memorial. The reason was simple.

One day, children would ask, “What do these stones mean?” When they asked, the people were to tell the story again.

The stones were not there to trap them in the past. They were there to form them for the future. Every Memorial Day, our children ask the same question in their own way. What do these flags mean? Why do we pause? Why do these names still matter? The work of remembrance is the work of answering them.

That is part of the spiritual



work of remembrance. To remember well is not to live stuck in yesterday. It is also not to rush past grief because life is busy. To remember well is to tell the truth with honor. Lives mattered. Service mattered. Sacrifice cost something. Love remembers.

For some, Memorial Day linkers. It may come through the sound of taps, the sight of a uniform, a folded flag, a photograph, an empty chair, or a name that still carries weight.

For others, the day may awaken gratitude, pride, sorrow, survivor's guilt, or questions that are difficult to say out loud.

Spiritual strength is not the absence of sorrow. It is the courage to carry sorrow truthfully, in the presence of God

and in community with others.

The forge does not remove what has been carried. It uses pressure, heat and time to strengthen what is being formed.

Remembrance can do that in a life and in a community. It does not erase what has been lost. It shapes us by what we carry and teaches us how to live faithfully after the pause.

So as life at Fort Polk moves forward, ask yourself: What am I carrying? Is there a grief I have not named? Is there a story I need to tell? Is there someone I need to check on? Is there a way I can honor sacrifice not only with words, but with the way I live?

Small acts matter.

Say the name. Pray. Tell your children why remembrance matters. Reach out to someone who may be carrying more than they show.

At Fort Polk, we honor the fallen not only by remembering them in public ceremonies, but by living with purpose when the ceremony is over.

And if remembrance becomes heavy, you do not have to carry it alone.

Your chaplains are here to walk with Soldiers, families, and civilians through the griefs, questions, memories and hopes that shape the soul.

Unity Fellowship Welcomes You

SENT

Empowered and On Mission

31 May “At the Gate” Acts 3:1–10 <i>What We Have We Give</i> 7 Jun “Before the Council” Acts 4:1–22 <i>Bold Under Pressure</i> 14 Jun “On the Road” Acts 8:26–40 <i>Led by the Spirit</i> 21 Jun “In the Vision” Acts 10:1–48 <i>No One Is Unclean</i>	28 Jun “From the Church” Acts 13:1–12 <i>Set Apart and Sent</i> 5 Jul “In the Earthquake” Acts 16:16–34 <i>Freedom at Midnight</i> 12 Jul “On Unknown Ground” Acts 17:16–34 <i>The God They Didn't Know</i>
--	---

Main Post Chapel
7217 Radio Road • Fort Polk, LA • 71459
 For more information, contact Chap. (Maj.) Scott Ingram 337-208-2739

National Day of Prayer Fellowship Luncheon



By Karen Sampson

Fort Johnson Garrison Public Affairs Office

FORT POLK, La. – Chaplains and personnel from the Religious Services Office unit ministry team joined Soldiers, leaders, service members, civilians and families sharing

their faith during a fellowship prayer lunch on the 75th National Day of Prayer May 7 at the USO North in Tigerland.

Col. Adam Barlow, garrison commander opened the fellowship lunch with a conversation about the importance of prayer in leadership and to introduce Mark Leslie, guest speaker and Fort Polk's director Directorate of Plans, Training, Mobilization and Security.

"I hold my faith close to everything I do," Barlow said.

He explained that earlier in his career a regarded peer told him to watch what commanders do and who they seek guidance from before making difficult leadership decisions.

"He said for really hard decisions a commander will always have a lawyer and a

chaplain present," Barlow said.

Barlow described this as an eye-opening moment as a leader. Prayer is not a last resort but the first thing you do, Barlow said.

"So, the most important thing you do, you should lead off with," he said. "And if you try to change that mindset, I think that it makes you a more powerful leader. It puts things in perspective -- and it is really that important."

Leslie shared his non-traditional war stories and experiences from his lifetime in combat service.

"I spent 30 years in the Army, I was in Oper-

ation Just Cause in Panama, Desert Shield and Storm, Iraq and Afghanistan," said Leslie. "I saw my share of combat, some of it, up

close and very personal."

Leslie said he hopes his story conveys the importance of spiritual grounding, moral decisions, the power of faith ambassadors in formations and on the battlefield and extending the network of God's messengers.

"I feel so very fortunate to have served with so many strong men of faith throughout my

career," he said. "I'm thankful that I had so many great leaders in my path throughout my life that put up with my many personal and professional shortcomings and exploited my very few strengths for the good of the organization."

"God knows what he is doing," he said. He saved me from myself so many times and Likely, many others by doing so."

"The power of prayer is often overused and underrated," Leslie said. "When I prayed for the strength and wisdom of words for today. God didn't fail me."



**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 CHRIS.M.GROSS.CIV@ARMY.MIL.**

Corvias PCS move out tips continued

Damages

Normal Wear & Tear

Residents are responsible for damage to their home or to equipment and furnishings caused by the abuse or negligence of family members and guests. Normal wear and tear is the amount of deterioration which occurs in the normal use of homes. Homes should be used as intended, avoiding any negligence, carelessness, accident or abuse of the premises by the occupant, members of the household, their pets or guests. For example, small nail holes are expected, large holes are not.

For a list of common damage costs, including damage caused by pets, please visit the Damage Cost Sheet found in the Resident Responsibility Guide. If you need a copy, visit your Community Office/Center.

We can help!

The following items may be available at your Community Office/Center and maintenance teams as self-help assistance for interior and exterior cleanup of the home prior to move-out:

- Pest control devices
- Air filters
- Touch up paint
- Soil to fill holes in yard



Safety First

Our residents' safety is always first in our minds; please pay attention to the following guidelines to help ensure a safe and injury free move:

- Lift with your legs by bending at the knees to reach objects. Avoid lifting with your back.
- Carefully stack boxes.
- Carefully read and follow warning labels and instructions for all cleaning products.
- Wear clothing that protects your skin, close toed shoes, gloves, safety glasses, and vapor/dust masks as appropriate for each task and as recommended for the proper use of each individual product.

Trash Removal & Hazardous Material Disposal

Trash Removal

Residents are required to dispose all trash, bulk trash and debris on their normal scheduled trash day prior to the final inspection date. For questions about trash removal schedules or information about bulk trash removal, please contact your Community Office/Center.

Hazardous Material Disposal

Corvias will dispose of household and electronic hazardous materials on the normal bulk trash pickup day. These items must be placed curbside no later than 4:00 a.m.

If you miss your scheduled bulk trash pickup date, please call your Community Office/Center to arrange for collection. Additional fees may apply.

The following hazardous material items are ALWAYS the resident's responsibility to dispose of:

- Freon
- Vehicles or motorcycle
- Vehicle or motorcycle parts



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. ★



**Getting ready to PCS?
Call Fort Polk's
Transportation/
Household Goods office**

**Transportation/
Household Goods
726-780-0505**

**Overseas Port Call
726-780-0505**



FORT POLK MEDAL OF HONOR

EVENT
Center

101st AIRBORNE
FORT POLK
MWR



ROTATIONAL TRAINING UNIT



MAY 31-JULY 1

From May 31-July 1, a training rotation involving U.S. and multinational forces will increase military vehicle traffic between Alexandria and Fort Polk.

Motorists can expect delays at Gates 1 and 7. Increased activity is anticipated at the Army & Air Force Exchange Service, Morale, Welfare and Recreation facilities and the Defense Commissary Agency, as well as off-post businesses and delivery services.

Drivers should use caution when encountering military convoys and avoid driving between convoy vehicles. Those using affected access points should allow additional travel time or consider alternate gates.

Officials thank the community for its cooperation and patience during this period.

Showing Up: Inside BJACH’s Response to Trauma and Loss

By Jean Clavette Graves
BJACH PAO

FORT POLK, La. — In the aftermath of a traumatic event, silence often fills the room before words do. Soldiers sit shoulder-to-shoulder, processing grief, confusion and shock while leaders search for the right way to support their formations. Then the mental health team from Bayne-Jones Army Community Hospital arrives — providers, mental health specialists and, often, a black Labrador retriever named Sunny.

Before long, Sunny is moving quietly through the room, resting his head in a Soldier’s lap as conversations slowly begin.

For the BJACH Department of Mental Health, moments like these are part of Traumatic Event Management, or TEM — the Army’s structured response to help Soldiers and units recover after critical incidents ranging from suicides and serious accidents to operational or training-related tragedies.

Lt. Col. Ivan Gonzalez, installation director of psychological health and chief of the Department of Mental Health at BJACH, said TEM helps Soldiers, families and units process and recover after critical incidents while preserving the strength of formations.

“It is not just about mental health care — it’s about preserving the strength of our formations,” Gonzalez said.

The Defense Health Agency identifies mental health as a critical component of military readiness, emphasizing that psychological health support helps service members remain mission capable while reducing the long-term impacts associated with distressing experiences.

At Fort Polk, TEM responses are tailored to each situation and involve close coordination between mental health providers, unit leadership, chaplains and support agencies across the installation.

“When an event occurs, our response is immediate and coordinated,” Gonzalez said. “We prioritize speed, visibility and accessibility so Soldiers know support is there from the start.”

According to the Army, TEM provides leadership consultation, psychological first aid, critical event debriefings and follow-up support to help units process tragedy and reduce long-term psychological impacts.

Sgt. 1st Class Elizabeth Waltz, noncommissioned officer in charge of mental health at BJACH, said supporting Soldiers during times of crisis begins with presence.

“Dropping everything and showing up,” Waltz said. “Being available, listening, normalizing responses and focusing on the whole human, not just their job.”

Waltz oversees the preparation of mental



Spc. Dejazanna Smith, left, a mental health specialist assigned to Bayne-Jones Army Community Hospital, and Master Sgt. Sunny, the hospital’s facility dog, comfort Spc. Mariya Yevdokimova, a mental health specialist assigned to BJACH, during a posed photo illustration for a story about Traumatic Event Management at Fort Polk. (U.S. Army photo by Jean Clavette Graves)

health specialists assigned to support TEM responses across the installation.

Newly assigned Soldiers attend a weeklong TEM certification course before shadowing experienced responders during real-world engagements.

“As NCOs it is our responsibility to set the example,” Waltz said. “There has always been a stigma attached to seeking mental health. One of the ways we can combat the stigma is not just by saying that we support mental health, but by being present.”

That visibility extends beyond providers and technicians.

Master Sgt. Sunny, BJACH’s facility dog, has become one of the team’s most recognizable and effective assets during TEM engagements and mental health sessions.

“The entire atmosphere tends to relax when he arrives,” Waltz said. “He very quickly works the room and makes contact with everyone attending.”

Sunny regularly supports individual counseling sessions, group therapy and rapid crisis responses alongside providers and mental health specialists.

“It’s amazing, but not surprising, how quickly people open up when they’re petting Sunny,” Waltz said. “It’s almost like you can see the walls they’ve put up coming down right in front of your eyes.”

Gonzalez said Sunny’s presence has significantly enhanced participation during these critical engagements and has helped create opportunities for Soldiers to engage with mental health resources who may not otherwise seek support.

“Seeking support is not a sign of weakness — it’s a sign of professionalism and commitment to the team,” Gonzalez said. “Just like physical injuries require attention, so do psy-

chological stressors.”

Army and DHA leaders continue emphasizing the importance of psychological readiness across the force, recognizing that unresolved stress and trauma can impact operational effectiveness, decision-making and long-term force health.

Col. Patrick W. Miller, commander of Bayne-Jones Army Community Hospital, said tragic losses affect more than individuals — they impact entire formations, Families and communities.

“As leaders, we have a responsibility to show up for our Soldiers, create space for them to process difficult experiences and ensure they know they are not facing those moments alone,” Miller said. “Programs like Traumatic Event Management are critical because taking care of people is fundamental to readiness.”

Gonzalez said TEM helps leaders care for Soldiers while preserving trust and cohesion inside formations during some of the most difficult moments a unit can face.

“Combat readiness is directly tied to psychological readiness,” Gonzalez said. “What we do in those moments can have a lasting impact on individuals, Families and entire formations.”

As Mental Health Awareness Month continues across the Department of Defense, BJACH leaders hope increased visibility of programs like TEM will continue reducing stigma and encouraging Soldiers and Families to seek support early.

For Waltz, the work remains deeply personal.

“It’s one of the hardest parts of my job, but I wouldn’t change it for anything,” she said. “Being part of a team that has the skill, knowledge and compassion to help others through their worst moments is one of the most rewarding parts of my career.”

**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****

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

BREAK FREE FROM TOBACCO

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



**YOUR HEALTH.
YOUR FUTURE.
YOUR CHOICE.**



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)



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.

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 QUIT 2
MAKE EVERY DAY
TOBACCO FREE

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



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

DFMWR OFF-BASE STEEL SHOOT

PREMIER SPEED-SHOOTING COMPETITION

The DFMWR Steel Challenge is a premier speed-shooting competition. Competitors race against the clock to strike a set array of steel targets as quickly and accurately as possible. This event tests both precision and reaction time in a controlled, professional environment.

ROUND COUNT: 250 ROUNDS

DATE	May 30 th , 2026	SCHEDULE
LOCATION	Range 7, Lookout Rd, Leesville, LA 71446	8:00 AM Registration
PRIMARY GOAL	High-speed target engagement	8:45 AM Mandatory Safety Brief
COST	\$15 base rate (includes 1 firearm). \$10 for each additional firearm.	9:00 AM Shooting Begins

OPEN TO THE SURROUNDING COMMUNITY
Firearm registration **NOT** required.
12+ years of age

HANDGUNS
Semi-auto and revolver classes across divisions (Open, Limited, Production, Single Stack, Carry Optics, etc.).

OPTICS & MODS
Red-dot/pistol optics allowed in Open/Carry Optics; compensators, ports and external mods allowed per division rules.

RIMFIRE
.22 LR rifles and .22 LR pistols in the Rimfire division.

PCC
Pistol-caliber carbines allowed in PCC division.

AMMUNITION
Factory or hand loaded centerfire and rimfire rounds appropriate for your firearm and division.

CONTACT INFORMATION
Call 726-780-1456 from 9am-5pm Saturday and Sunday
Call 726-780-3102 Monday - Friday except Wednesdays
SCAN HERE FOR MORE INFORMATION

NO MORE MRE'S FEST

HOSTED BY BOSS

OPPORTUNITY FOR SOLDIERS TO UNWIND AFTER THE STRESSFUL FIELD EVENT.

PRIZES!

DATE: JUNE 5TH

TIME: 6PM - 10PM

LOCATION: HOH REC CENTER BACK PATIO

YOU SURVIVED THE FIELD. NOW IT'S TIME TO UNWIND.

CPR CLASSES

Location: MWR HQ Bldg. 825

When: May 26, July 27, & September 28, 2026

Time: 9:00am - 5:00pm

Cost: \$50 per participant

Are you interested in becoming CPR Certified?

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

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

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

AGES 15 & UP

...IT'S GUNNA BE MAY SFC GUESS JR. POOL

TUESDAY-THURSDAY RESERVATION ONLY

FOR ACTIVE DUTY SOLDIERS ONLY

FRIDAY-MONDAY

We will be open!

1100-1800

LIFEGUARDS BACK ALRIGHT!

LIFEGUARD COURSE

Get Certified This Summer!

SFC Guess Jr. Pool | **May 26-31, 2026** | **10:00 AM - 7:00 PM**

Interested in Becoming Lifeguard Certified?

The SFC Guess Jr. Pool will be offering a **Lifeguard Course!**

REGISTRATION REQUIREMENTS	PRE-TEST INCLUDES	WHAT TO BRING
15 years or older - Pass a pre-test - No payment until pre-test passed	- Swimming - Treading Water - Retrieve a weighted brick from the deep end	- Bathing Suit - Towel - Dry Clothes

COURSE FEE INCLUDES:

- Certification
- Lifeguard Fanny Pack
- Whistle & CPR Mask

FOR MORE INFORMATION:

(726) 780-0815

REGISTER TODAY!

Spots May Be Limited

OPEN TO THE PUBLIC - GATES OPEN AT 2PM

FREEDOM FEST

1776 2026

JULY 4

FREE FIREWORKS SHOW

PRESENTING SPONSORS:

COLUMBUS AIR FORCE BASE

COLUMBUS AFB LIVING

Let's Get PHYSICAL!

May 16th
Armed Forces Kids Run
Honor Field - 9 am

May 17-23
Allen Memorial Library Book Display

May 30th
The MURPH Home of Heroes Fitness Center - 9 am

June 4th
Army 10 Miler Qualifier #2
Marion Bonner Trail - 6 am

Fort Polk, LA
1 May - 6 June

2026 STRONG B.A.N.D.S.

STEP 1 Attend featured fitness events at your garrison

STEP 2 Wear your **STRONG B.A.N.D.S.** headbands & wristbands (1 May to 6 June)

STEP 3 Continue your fitness & wellness journey throughout the year

armymwr.com/strongbands | **#STRONGBANDS**

DFMWR, The Forge food truck holds soft opening

By Karen Sampson
Fort Johnson Garrison Public Affairs Office

FORT POLK, La. – Directorate of Family, Morale, Welfare and Recreation’s The Forge Catering is showcasing its culinary talents from a food truck, May 18.

Annie Hamilton, business operations branch chief, said FMWR’s food truck, “The Outpost,” in its previous life, served premade food to Soldiers during rotations and the community during events.

“It is a massive truck now with a fully equipped kitchen; ovens, grills, sandwich presses, and an air fryer,” said Hamilton.

Mindy Celestine, assistant business manager, prepared the entire burger menu for the soft launch.

“We’re going to start with burgers and build a variety of seasonal menus,” Celestine said. “We will



change our menus according to the upcoming FMWR activities, such as Forge Fest and Independence Day.” A crowd of Soldiers, with their families and Department of War civilians ordered and stood to wait for their orders under a blue tent blocking the



noon-day sun. “I ordered the French Onion Burger with fries and a water,” said Matt West, a civilian of the Department of War. “The service was quick and the food was exceptional.”



What you can do as a family member or friend

By Angelica Paga
Family Advocacy Program divisional support

FORT POLK, La. — Suspecting or knowing someone you love could be a victim of domestic violence can be extremely difficult, especially when you want to approach them to offer help.

Knowing the key signs of domestic violence to look for and understanding the abuse from the victim’s point of view can potentially help you to help them navigate this difficult time.

- A loved one, who was once a vibrant and happy person, that becomes distant and quiet after entering a new relationship could be experiencing domestic abuse.

A study showed that female victims — 77% from ages 18-24, 76% from ages 25-34 and 81% from ages 35-49 — have been previously abused by the same intimate partner.

- Victims wearing baggy clothes, even in hot weather, to cover bruises or scars.

Most victims feel ashamed, manipulated and traumatized, so they will do everything they can to hide the abuse and protect their abuser. Through the victim’s eyes, the gravity of the situation may not seem as bad as it really is. Sometimes people who grew up in abusive homes gravitate toward abusive partners subconsciously. 51% of adults who were abused as children experience domestic abuse in later life.

- They make excuses for their partner because they truly love them and are often being manipulated.

There’s a saying that goes, “When it’s bad, it’s bad, but when it’s good, it’s really good.” The offender will go to any extreme to convince the victim it will never happen again, giving them false hope for change. Things may even remain good for a bit, but then one day the cycle repeats. In more dangerous situations, the abuser will threaten to take the victim’s life or their own. Unfortunately, they may also threaten the children in the home if the victim attempts to leave.

- A victim will often lie to those close to them when asked about abuse, so it’s important to use a gentle approach.

Avoid forcefully encouraging them to leave and never confront the abuser as this can heavily escalate the depravity of the situation.

Instead, check in on your loved one frequently, consistently letting them know you’re there for them. Offer to pick them up and make plans with them that focus on getting them away from the abusive environment.

Try going to their home if they are unable to leave for any reason. If they’re comfortable with it, create code words to use to indicate they are in danger.

It can be exhausting and overwhelming hav-



ing a close friend or relative who stays with their abuser, but it’s important to never give up on them because one day it could be too late. If you know someone on post who needs help, the Victim Advocacy Program — located at the Army Community Service and Prevention Center — is specifically designed to help victims in trouble. When it comes to violence in the home, the program offers a number of classes focusing

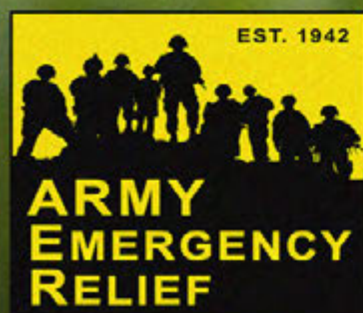
on education to help prevent abuse, clinical counselors and victim advocates for one-on-one engagement for victims and many opportunities and events specializing in family advocacy. If you or someone you know is experiencing any form of abuse, please report it by calling: The Child Abuse Hope line at 726-780-2615, Family Advocacy at 726-780-1072 or Victim Advocacy at 337-718-8837.

ARMY EMERGENCY RELIEF

OFFICIAL NONPROFIT OF THE U.S. ARMY



Empowering Soldiers, Enhancing Lives
2026 Annual Campaign



March 1 - June 14



MY STRENGTH IS NOT FOR HURTING



REAL STRENGTH IS KNOWING WHEN TO LIFT.

The mission is each other:

- Alcohol does not erase your **DUTY** to **PROTECT**.
- **ACTIVE INTERVENTION** saves lives.
- **SPEAK UP!** Stop harmful behaviors that hurt our profession.
- Consent is **CONTINUOUS** and can be **WITHDRAWN** at any time.



SHARP
SEXUAL HARASSMENT/ASSAULT
RESPONSE AND PREVENTION

**If They're Too Far Gone to Walk,
Then They're Too Far Gone To
Consent To **ANY** Sexual Activities.**

JRTC & Fort Johnson SHARP 24/7 Hotline: 337-718-7272

Army, Air Force Exchange Service prepared to respond to severe weather

By Zach Wright
AAFES Public Affairs

FORT POLK, La. — As hurricane season approaches, the Army & Air Force Exchange Service is ramping up efforts to ensure military communities stay supplied and prepared during severe weather.

The Department of War's largest retailer is boosting inventory of essential supplies including batteries, flashlights, generators and bottled water at its distribution centers to ensure high-demand products can be deployed to PXs and BXs quickly.

"The Exchange has powerful infrastructure that allows the organization to act quickly when hazardous weather strikes," said Air Force Chief Master Sgt. Rich Martinez, the Exchange's senior enlisted advisor. "From emergency supplies to mobile field Exchanges that can be deployed wherever they're needed most, the Exchange is fully committed to well-being of military communities in their most critical moments."

At installations vulnerable to hazardous weather, managers monitor forecasts and



work with command groups to ensure PXs and BXs are ready for major storms. Stores also prepare list of items to be shipped in advance.

The Atlantic hurricane season runs from June 1 to Nov. 30. To prepare across the organization, the Exchange's Disaster Support Group — made up of a team of leaders from around the globe — keeps a close watch on weather developments to effectively respond to storms.

The Exchange's Waco Distribution Center

also stands ready with mobile field Exchanges, which can be stocked with snacks, beverages and hygiene items. These 53-foot-trailers can be quickly deployed to communities in the aftermath of severe weather, ensuring military communities can receive support they need upon command request.

The Exchange has long supported military communities after severe weather, such as hurricanes Helene and Milton in 2024 and Hurricane Michael in 2018.

Army & Air Force Exchange Service Launches Telecom Hub

By Teonja Tatum
AAFES Public Affairs

DALLAS – The Army & Air Force Exchange Service is giving the military community a one-stop shop for telecommunications needs, improving quality of life through connectivity.

With the new Telecom Hub, part of the community Hub, Warfighters and families can see what cellular/mobile, TV and Internet services

are available through the Exchange in CONUS and OCONUS locations. The resource is especially valuable during PCS season as service members move and need to reestablish telecom service.

Soldiers, Airmen, Guardians and families can explore providers by region and secure exclusive military savings from AT&T, Allied Telesis, X Mobile, SoftBank and more.

"Every initiative the Exchange launches be-

gins with our nation's heroes and their families at the forefront," said Air Force Chief Master Sgt. Rich Martinez, the Exchange's senior enlisted advisor. "The Telecom Hub serves as a one-stop shop for military families, taking some of the stress and uncertainty out of PCS moves."

Shoppers can visit <https://publicaffairs-sme.com/Community/telecom/> for the latest on telecom deals and promotions.

Exchange Wellness Hub connects military community to healthcare services

By Chris Ward
AAFES Public Affairs

DALLAS – The Army & Air Force Exchange Service is helping the military community take charge of their health by providing a one-stop shop for information about on-installation healthcare services.

The Exchange Wellness Hub connects shoppers with health and wellness providers on installations worldwide.

"The Exchange is committed to improving quality of life and access to quality healthcare is a key part of that mission," said Air Force Chief Master Sgt. Rich Martinez, the Exchange's senior enlisted advisor. "From dental offices to durable medical equipment and nutrition, this one-stop Hub has everything the military community needs to find the care they need close to home."



Prospective patients can select their location on the site, where a drop-down menu highlights the wellness services available at each installation.

For locations featuring a DOCS Dental, us-

ers can conveniently schedule appointments directly through the site. For more information or to find health and wellness services at a nearby installation, visit publicaffairs-sme.com/Community/wellness.

Check this out at your

CARRY ON
SMARTLY

DeCA will no longer
charge for single-use
plastic or paper bags.



Reusable bags are still
available for purchase.
Enjoy easy, affordable
shopping with us.

Fort Polk Commissary!

5 THINGS TO KNOW ABOUT BEING PREPARED FOR A HURRICANE



1 Writing down your plan will ensure you don't make mistakes when faced with an emergency.

2 Document all of your valuables and possessions with a camera or video camera well before the storm.

3 Gather all vital documents, like passports and medical records, and put them somewhere that you can quickly access.

4 Make planning and preparedness a family affair to ensure everyone knows what to do.

5 It does NOT matter how many hurricanes are forecast for this year. It only takes one storm.

Are you receiving Fort Polk Alerts?

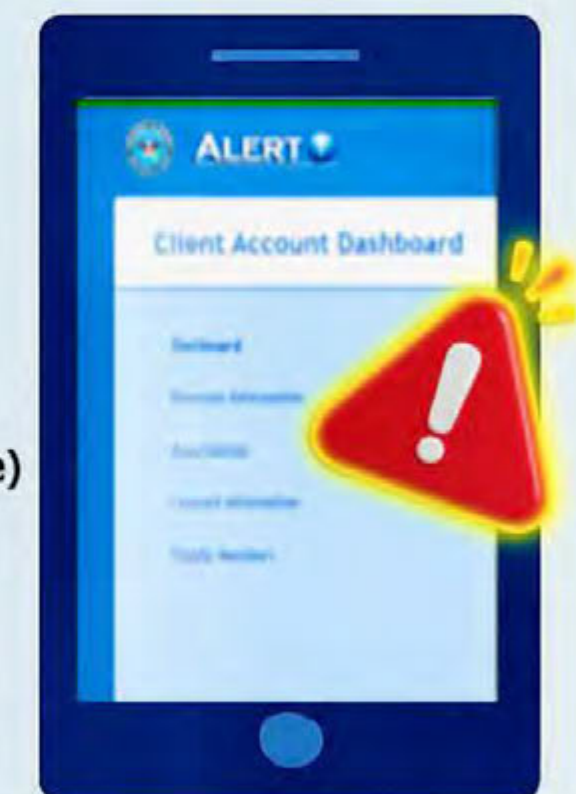


When Soldiers and Civilians (with a CAC) change duty stations, they must make the update in the system themselves.

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

It's easy to set up!

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



RECYCLING CENTER

Recycling at Fort Polk

Recycling supports the Army mission. Fort Polk strives to make reducing, reusing and recycling simple by offering an array of programs at the Recycling Center. To view a full list of recyclable materials and more information on additional programs at the JRTC & Fort Polk Recycling Center, visit the At the Recycling Center page.

Beyond the environmental benefits, recycling on post can also provide a financial benefit to military units. Military units on the installation have the opportunity to earn cash at their Battalion level from recycling materials at the JRTC and Fort Polk Recycling Center. To contribute towards unit funds, units and their families should:

- Recycle cardboard and paper (mixed or white) at the Recycling Center's Bay #2 during business hours.
- Request that the weight of the recyclable materials be tracked and delegated to the unit upon drop off.

A QRP employee will be available to assist in weighing the materials and ensuring it is correctly recorded for the unit.

Follow the Recycling Center on Facebook by searching for "Fort Polk Environmental Management Division" for tips on recycling and reducing waste and additional information.

**Fort Polk Recycling Center's
hours of operation
8:30 a.m.-3:30 p.m.**

**For more information call
337-531-7556**

Construction is done: Drop off your recycling just inside the front gate on Georgia Avenue or, once through the gate, in bldg 3622



Fort Polk's Warrior Information Exchange

Takes place the first Wednesday of
each month at 10 a.m.

The next WIE is June 3
at the Warrior Center.

Attend to get the latest information
about whats happening at Fort Polk
and beyond.

Agenda

Opening remarks
G3
JRTC Innovation Lab
Better Opportunities for Single Soldiers
Directorate of Family Morale, Welfare and Recreation -
Events
Directorate of Family and Morale, Welfare and Recreation -
Child and Youth Services
Directorate of Family Morale, Welfare and Recreation -
Army Emergency Relief
Army Community Service and Prevention Center
Religious Support Office
Bayne-Jones Army Community Hospital
Army Air Force Exchange Service
United Services Organization (USO)
Directorate of Emergency Services
Directorate of Plans, Training, Mobilization and Security
Corvias
Directorate of Public Works - Recycling update
Directorate of Public Works - Engineering
Ready and Resilient Performance Center
Public Affairs Office
Installation Safety
Question and Answer segment
Commanding General closing remarks

MOLD MITIGATION

TIP
#4

Clean and repair roof
gutters regularly.

Guidelines on RESPONSIBLE DRINKING

USEFUL INFORMATION

THE BODY CAN PROCESS ONLY **ONE UNIT**
OF ALCOHOL **EACH HOUR**



**ALCOHOL UNITS
PER DRINK TYPE:**
25ML SHOT OF SPIRITS = 1 UNIT
75ML WINE = 1 UNIT
1 BEER = 1.5 UNITS

USEFUL TIPS



EAT BEFORE AND WHILE YOU ARE DRINKING
Eating slows down the absorption of alcohol into your system.



DESIGNATE A NON DRINKING DRIVER
Make sure you have safe transportation home after the party.



KEEP YOURSELF HYDRATED
Drink lots of water in between alcoholic drinks.



TRACK YOUR ALCOHOL CONSUMPTION
Determine in advance not to exceed a set number of drinks.



CONSUME ONE UNIT OF ALCOHOL PER HOUR
Alternate non-alcoholic with alcoholic beverages

Lastly

BE RESPONSIBLE, KNOW YOUR LIMITS AND BE SAFE

Stay in the know
at Fort Polk with

MY ARMY POST APP

- ✓ Upcoming events
- ✓ Weather alerts
- ✓ Gate hours and information
- ✓ Maintenance orders
- ✓ Fitness facilities
- ✓ Dining and more!

GET IT ON
Google Play

Download on the
App Store

