



# FORGING THE

# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

Vol. 47, No. 41

Home of Heroes @ Fort Polk, LA

Oct. 16, 2020

### JRTC, Fort Polk mantle passes during CoC

By **CHRISTY GRAHAM**  
Guardian editor

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk received new leadership Oct. 13 as Brig. Gen. David S. Doyle assumed command of JRTC and Fort Polk from outgoing commander Maj. Gen. Patrick D. Frank on Warrior Field at 10 a.m.

The reviewing officer for the Change of Command ceremony was Gen. Michael X. Garrett, commanding general, United States Army Forces Command. The event was streamed live on the JRTC and Fort Polk Facebook page.

Also present at the ceremony were Command Sgt. Maj. Todd W. Sims, FORSCOM; James Hill, civilian aide to the Secretary of the Army; retired Sgt. Maj. of the Army Bill Gates; Maj. Gen. James Jerrard, commander, 25th Infantry Division; Command Sgt. Maj. William D. Pouliot, 25th Inf Div; Leesville Mayor Rick Allen; Anacoco Mayor Keith Lewing; Rosepine Mayor Donna Weeks-Duvall; Simpson Mayor Vickie Standifer and JRTC and Fort Polk unit command teams.

Garrett opened the ceremony by welcoming the guests and offering a round of applause to the commanders, command sergeants major and

noncommissioned officers that represent the Soldiers at JRTC and Fort Polk.

"I want to offer my gratitude, on behalf of the United States Army Forces Command and Command Sergeant Major Sims, to every member of Fort Polk and the surrounding communities. JRTC and Fort Polk is essential to the success of America's Army in large-scale combat operations," said Garrett.

Commenting on the particular circumstances under which Frank led, Garrett said, "Earlier in the year, the world came to a near standstill, as a global pandemic unfolded. Phrases like 'social distancing', 'flatten the curve' and 'super spreader' became a part of the daily lexicon, but the team here figured out a way for the Army to stay ready."

Garrett also focused on many of Frank's accomplishments while stationed at Fort Polk, highlighting his efforts regarding the quality of life on the installation.

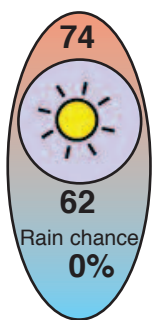
"When it comes to the Army's people-first philosophy, Patrick Frank is second to none. He worked tirelessly to improve all aspects of quality of life for Soldiers, Families and civilians," said Garrett.

Toward the end of his remarks, Please see **Ceremony**, page 5

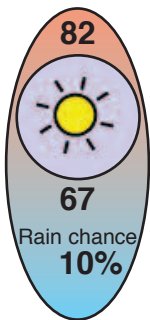


CHUCK CANNON / GUARDIAN

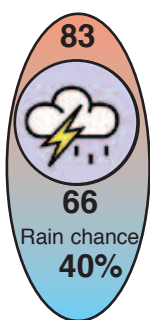
#### Weekend weather



Saturday



Sunday



Monday

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# Viewpoint

## In our view

Guardian staff asked the JRTC and Fort Polk community,  
"What is your lucky charm and why?"  
Here are their responses:



**Spc. Kayla Melson:** "I wear dog tags with my name and my boyfriends name on them all the time. I don't know if that brings me luck, but it brings me joy."



**Spc. Daren Regalado:** "I have a pocket watch that belonged to my grandfather. It makes me feel lucky."



**Spc. Hezekiah Rose:** "I used to run track in high school. I had a pair of lucky socks I wore to my track meets. I won every race, but I never washed the socks. By the end of the season, my teammates had to stay 20 feet from me. I think my mom threw them away after that season."



**Ethan Crawford:** "I had a lucky pen. I would only use it for important paperwork like job applications, final exams and my Scholastic Assessment Test. When I used it, I was a success or near success each time. I wish I hadn't lost that pen."



**Mason Hunt:** "I found a four leaf clover once. I brought it inside, and when I was using my iPad, I wished the ads would go away. Bam! They were gone."



**Spc. Nathalia Abreu:** "It's not really a lucky charm, it's more like a ritual. When things go well, I'll buy my favorite pint of ice cream to celebrate. Then again, when things go wrong I still buy a pint of ice cream to make me feel better."



## Guardian

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All editorial content of the **Guardian** is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

For more information on Fort Polk units and happenings visit the following Facebook pages: [@JRTCOperationsGrp](https://www.facebook.com/JRTCOperationsGrp), [@BayneJonesACH](https://www.facebook.com/BayneJonesACH) or [@fortpolkmwr](https://www.facebook.com/fortpolkmwr).



Briefs

Family Fall Fest

The Main Post Chapel is hosting a Family Fall Fest on Oct. 24 from 2–5 p.m., and the theme is “Heroes Unmasked,” an all-fun, no-fear Bible adventure. This will be a unique fall fest event for Families, which will include candy, costumes and a variety of carnival-type games that help participants explore famous heroes of the Bible.

ASAP talent show

The Fort Polk Army Substance Abuse Program is holding a virtual talent show that is open to all Department of Defense ID card holders 12 years old and up. All talents are welcome to be submitted, and they should be consistent with a substance abuse and alcoholism prevention theme. Submissions are limited to 2 minutes per performance and must include an introduction (including name and talent). Rank and unit references should not be included in the video, and uniforms cannot be worn during the performance. Performances will be judged on poise, confidence, appearance, stage presence and talent. Videos must also demonstrate sufficient social distancing in accordance with the JRTC and Fort Polk Emergency Plan. Acts containing profanity, sexual language, suggestive sexual themes or violence will be disqualified. Entrants must sign a consent form and still be stationed at Fort Polk until November 2020. Submissions can be made by sending a message to **Army Substance Abuse Program Facebook page** or via the Messenger app. Please call ASAP at 531-2031 for full contest details.

Vehicle release

The Directorate of Emergency Services Traffic Section will release the following vehicles to a towing company for disposal on Nov. 12, if they remain unclaimed. Vehicles are listed with the last four numbers of their VIN number.

If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Section at 531-1806 / 6675 / 2677.

1979	Chevrolet	El Camino	4767
1999	Honda	Accord	3691
2003	Subaru	Impreza	1948
1993	Chevrolet	1500	3861
2011	BMW	328i	1387
2002	Honda	Accord	1942
2007	Buick	Lucerne	9473
2015	Jeep	Renegade	5184
2000	Chevrolet	Impala	5933
2007	Chevrolet	Impala	1321
2004	Toyota	Corolla	7363



When Hurricane Delta struck the Joint Readiness Training Center and Fort Polk on Oct. 9, it caused damage to buildings already under repair from Hurricane Laura on Aug. 27.

JRTC, Fort Polk stand strong after Laura, Delta

By **CHUCK CANNON**  
Command information officer

FORT POLK, La. — On Aug. 27, Hurricane Laura made landfall on the southwestern Louisiana Gulf Coast near Cameron as a Category 4 storm, and plowed northward, following U.S. Highway 171, crossing the Joint Readiness Training Center and Fort Polk, before continuing its trek to Shreveport and beyond. At Fort Polk, the storm was still a Category 3 hurricane and left the area without power for weeks, causing destruction to homes, businesses, timber and anything else in its path. By the end of September, aerial views of Laura’s path still revealed a sea of blue, as tarps seemingly covered most homes, including many on Fort Polk. Then the unthinkable happened — another hurricane, this one with the name Delta — struck the Louisiana Gulf Coast Oct. 9 and sped north, brushing the eastern edge of Fort Polk with its eyewall, adding to Laura’s destruction and creating some of its own.

That the installation was able to recover from not one but two hurricanes in a span of less than 45 days is a testament to the forward thinking of JRTC and Fort Polk leadership and the tireless efforts of everyone from privates cleaning up debris to commanders accounting for people and property and taking care of those who needed it most. While the damage left behind by Delta was not as widespread as Laura, it was nonetheless taxing to the already strained installation work force and services. Additional trees and power lines were blown down, power lost and buildings damaged, including some that were being repaired after sustaining damage from Laura. But through it all, the dogged determination and expertise of the JRTC and Fort Polk team overcame the obstacles and in two days power was restored, services became available and training continued at the Home of Heroes, as JRTC continued in its role as the premiere training center for the U.S. Army.

Please see **Delta**, page 7



## Operation Warp Speed makes swift progress

By TERRI MOON CRONK

DoD news

WASHINGTON — Unprecedented progress has been made recently on Operation Warp Speed — the effort by the Defense Department, Health and Human Services, other federal agencies and private industry to develop a coronavirus vaccine, an HHS official said Oct. 9.

In a telephone briefing with reporters, HHS policy deputy chief of staff Paul Mango said, "We're very pleased with where we are." He was joined on the media conference call by Dr. Janet Woodcock, M.D., the director of the centers for drug evaluation research at the Food and Drug Administration, and Dr. Jay Butler, the deputy director for infectious diseases at the Centers for Disease Control and Prevention.

Mango reminded reporters that four of the six vaccine candidates are in phase III clinical trials and added that the Food and Drug Administration continues to review vaccine safety information on the candidates.

"For all of these vaccines — all six vaccine candidates — we are already manufacturing at industrial scale," he said, "Along the way, we've encountered the normal, what I would say scientific, obstacles that had to be overcome. We feel good about having done that. And now we're just waiting, particularly for those that are in phase III trials, for the appropriate number of events to occur so the FDA can evaluate those vaccines."

Progress has also been made on vaccine distribution plans, he said.

"We're in the process of actively engaging tens of thousands of provider outlets for these vaccines," Mango said. "We anticipate having collectively 65,000 (to) 75,000 points of potential vaccination. Our (information technology) system is knitting together a lot of the legacy systems that the CDC has had in place for a long time (and) we're stress testing it; we feel confident thus far about its capacity and robustness."

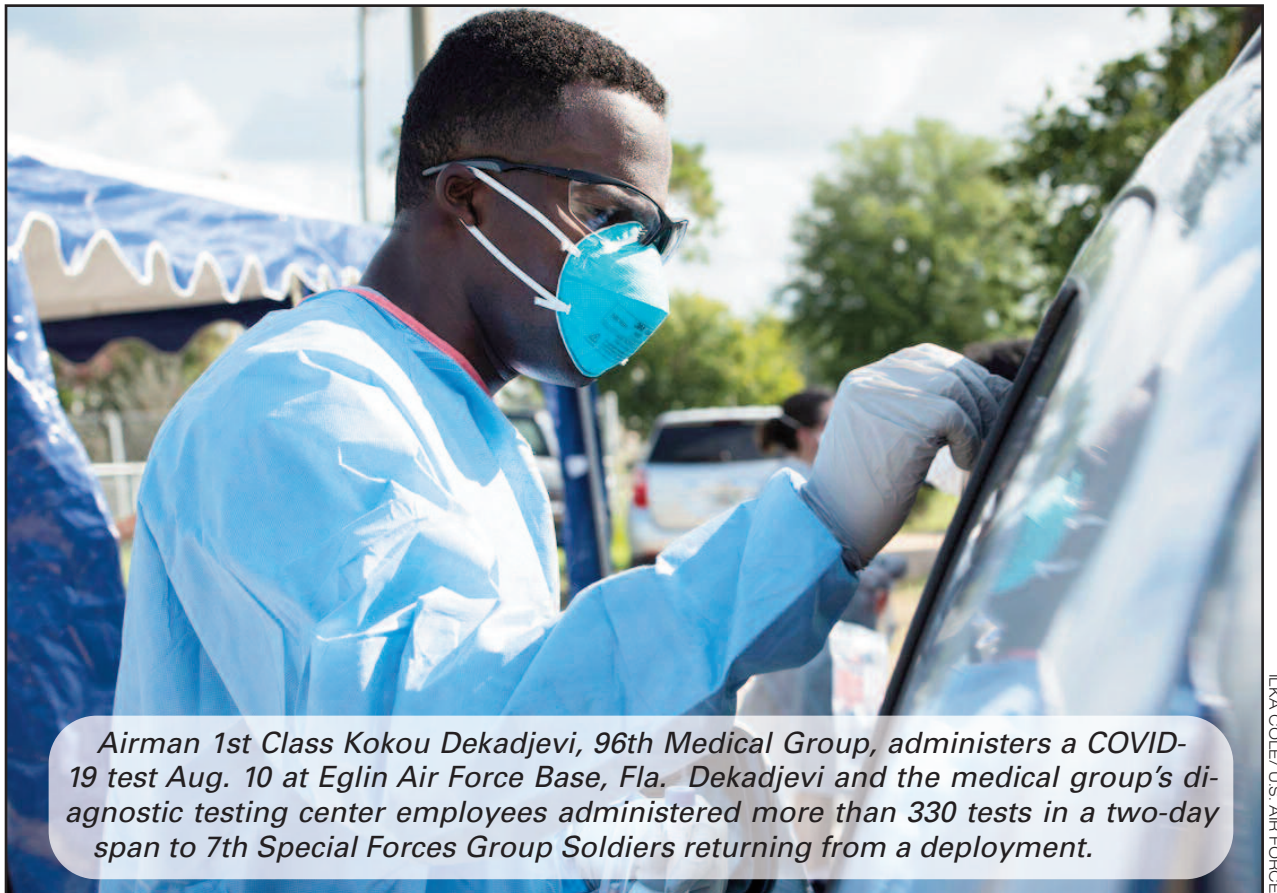
More than 40 million kits have been assembled to house the vaccines, which are in warehouses and ready to go, Mango said, adding that the undertaking was a large-scale logistical task that's also going well.

Woodcock said two drug companies — Eli Lilly and Regeneron — recently announced they had completed study findings in outpatients. Both of the firms have publicly announced they have submitted emergency-use authorizations to the FDA based on early data, she said.

"In the meantime, we continue to study the Lilly antibody in both inpatients and outpatients in OWS-supported National Institutes of Health active trials," she said. "We're also looking at a whole range of other interventions to manage complications of the infection."

Woodcock said the team feels the early indications of antiviral activity and potential impact on the clinical course of disease is promising.

"In the meantime, we continue to study these antibodies and we plan to study more of them in our master protocol."



Airman 1st Class Kokou Dekadjevi, 96th Medical Group, administers a COVID-19 test Aug. 10 at Eglin Air Force Base, Fla. Dekadjevi and the medical group's diagnostic testing center employees administered more than 330 tests in a two-day span to 7th Special Forces Group Soldiers returning from a deployment.

ILKA COLE/ U.S. AIR FORCE



AIRMAN 1ST CLASS SARA JENKINS/ U.S. AIR FORCE

Hospital corpsmen from Naval Health Clinic Charleston perform a practice COVID-19 swab test July 8 at the NHCC at Joint Base Charleston, S.C. The hospital corpsmen were tasked with learning how to administer a COVID-19 swab test. The training will be used to test symptomatic patients and seamen and asymptomatic seamen to attempt to lessen the spread of the virus.

"We've been preparing for the implementation of safe and effective COVID-19 vaccine programs," Butler said.

"Nationally, we believe it is a crucial next step

as part of our overall efforts to protect Americans, reduce the impacts of the COVID-19 pandemic and help restore some needed normalcy to lives in our country."



# Ceremony

Continued from page 1

Garrett said goodbye to Patrick and Jennifer Frank and introduced the incoming commander and his wife.

"As we bid farewell to Patrick and Jennifer Frank, we welcome another incredibly talented command team, Dave and Renee Doyle," he said.

"David and Renee are no strangers to JRTC and Fort Polk, having served as the JRTC Operations Group Commander. He is a caring, engaged leader and an expert trainer; he is the right person in the Army's inventory who is uniquely prepared to lead JRTC and Fort Polk."

The outgoing commander was the next to speak at the ceremony. Frank first thanked those in attendance at the ceremony and the viewers who watched the event online.

Frank also thanked his wife, Jennifer. "You're a professional in your own right. We both truly enjoyed serving with the Soldiers and Army Families at JRTC and Fort Polk. We will have incredible memories of being a part of this community," he said.

Regarding the incoming commander, Frank listed Doyle's many qualifications to assume the role of JRTC and Fort Polk commander.

"The Army has sent a tremendous officer back to JRTC to command, Brigadier General David Doyle. As a former CoG, he understands rotations and he appreciates the training strategy required to achieve success at JRTC. Welcome home to JRTC and Fort Polk," said Frank.

"To the Soldiers and Families, it has been my honor to serve by your side and write the next chapter of JRTC and Fort Polk history," said Frank as he finished his remarks with, "All the way!"

The ceremony's final speaker was the incoming commander. After thanking the guests, Garrett and the Franks, Doyle outlined his excitement over returning to JRTC and Fort Polk.

"Renee and I are absolutely grateful to return to the Home of Heroes and thrilled to rejoin this

Please see **Ceremony**, page 6



Gen. Michael X. Garrett, commander, Forces Command, delivers the keynote address during a JRTC and Fort Polk change of command ceremony Oct. 13.



Soldiers representing units on Fort Polk participate in a change of command ceremony on Oct. 13 as Brig. Gen. David S. Doyle, commander JRTC and Fort Polk, assumes command from Maj. Gen. Patrick D. Frank, outgoing commander.



Brig. Gen. David S. Doyle, commander, JRTC and Fort Polk, passes the unit colors to Command Sgt. Maj. Michael C. Henry, JRTC and Fort Polk command sergeant major, during a change of command ceremony Oct. 13.



Brig. Gen. David S. Doyle, commander, JRTC and Fort Polk, speaks during his change of command ceremony Oct. 13.



Maj. Gen. Patrick D. Frank, outgoing commander, delivers his farewell speech at the change of command ceremony Oct. 13.



# Ceremony

Continued from page 5

warm Louisiana community. There's no place in the Army that better exemplifies that people are first and winning matters. If you have any doubts about that, all one must do is look back at how Fort Polk's team cared for Tropic Lightning Soldiers during Hurricane Delta, and see how the Warrior Brigade is now getting ready to go out and train to win," said Doyle.

Before closing out the ceremony Doyle said, "Joining this JRTC team and the Fort Polk community to help forge the Warrior Spirit is a distinct honor."

Frank was promoted to major general and received the Distinguished Service Medal prior to the Change of Command ceremony. Over his 33 months commanding JRTC and Fort Polk, Frank prepared 27 brigade combat teams and Special Operations Forces for global deployments and secured funding for major quality of life projects in post housing, Soldiers' barracks and a green sand water filtration system, which will improve water quality on the installation. Frank will now serve as Chief of Staff for U.S. Central Command in Tampa, Florida.

Doyle received his commission in the infantry from the United States Military Academy at West Point in 1993 with a Bachelor of Science in Military History.

He is also a graduate of the Command and General Staff College, the School of Advanced Military Studies and the National War College in Washington, DC.

His first assignment was with 2nd Battalion,



*Brig. Gen. David S. Doyle, commander JRTC and Fort Polk, presents his spouse, Renee, with a bouquet of yellow roses during his change of command ceremony Oct. 13 on Warrior Field.*



*Jennifer Frank, spouse of outgoing JRTC and Fort Polk Commanding General Maj. Gen. Patrick D. Frank, looks on after her husband received his second star prior to his change of command ceremony Oct. 13.*

502nd Infantry Regiment, 101st Airborne Division (Air Assault), joining the battalion on an operational deployment to Panama. He also served with 3rd Ranger Battalion, beginning in July of 2000, as the Battalion Civil Affairs Officer, Battalion Air Operations Officer, and commander of Bravo Company deploying to combat operations in support of Operation Enduring Freedom and Operation Iraqi Freedom.



*The 519th Military Police Battalion command team participates in the change of command ceremony on Oct. 13 on Warrior Field.*

It was during Operation Iraqi Freedom that Doyle was awarded the Silver Star. Among his other awards and commendations are the Defense Superior Service Medal, Legion of Merit with three oak leaf clusters, Bronze Star Medal with three oak leaf clusters, Defense Meritorious Service Medal with oak leaf cluster, Meritorious Service Medal with three oak leaf clusters and the Joint Service Commendation Medal.



*Gen. Michael X. Garrett, commander, Forces Command, speaks with Maj. Gen. Patrick D. Frank, outgoing JRTC and Fort Polk commander, Oct. 13.*



# Delta

Continued from page 3



*Hurricane Delta brought this pine tree down on Corvias housing off Magnolia Drive on Fort Polk in the evening hours of Oct. 9.*



*Hurricane Delta damaged ongoing repairs to Corvias housing on Fort Polk on Oct. 9.*

CHUCK CANNON / GUARDIAN



*This covering on the 1st Battalion, 509th Infantry Regiment (Airborne) footprint was destroyed by Hurricane Delta Oct. 9.*



*Roofs damaged by Hurricane Laura are battered by Hurricane Delta at Fort Polk on Oct. 9.*



*A power pole was knocked down on Corps Road by a falling tree during Hurricane Delta on Oct. 9.*



*Fencing was blown over on military housing units at Fort Polk on Oct. 9.*





### Fort Polk hosts cross-country invitational

Col. Ryan Roseberry, Fort Polk garrison commander, and Command Sgt. Maj. Christopher Ausbun, garrison command sergeant major, hosted the Wampus Cat Cross-Country Invitational at Honor Field Oct. 14. Teams from Vernon Parish, Natchitoches, Many and Alexandria competed for first-and second-place team trophies and top five individual male and female winners. Roseberry provided pre-race encouragement, cheered runners and presented trophies. Rosepine High School took first place for both girls and boys varsity races with Leesville girls and Hornbeck boys trailing behind in second. Rosepine High School's boys varsity cross-country team racers pictured in the front row, from left to right, are Joseph Kennedy, Nicholas Amer, Johnny Lindsey, Jlyn Parker, Stephen Wogoman; in the back row stands Sullivan Hanna with Roseberry and Ausbun.

## Generator repairer keeps power flowing during recovery

By Staff Sgt. ASHLEY M. MORRIS

3rd BCT PAO

FORT POLK, La. — Army Spc. Siegfried R. Velarde, a tactical power generation specialist with Bravo Company, 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division, helped keep power flowing across Fort Polk, after Hurricane Laura knocked out power Aug. 27.

"It felt great knowing that I was a part of something that allowed the installation to sustain and continue its recovery mission," he said.

Hurricane Laura made landfall shortly after midnight as a Category 4 hurricane, 120 miles south of Fort Polk.

The hurricane left hundreds of thousands of people across south-central Louisiana without electricity.

"After Laura hit the base, I got called in and responded to troubleshoot and fix three generators that were mission-essential at the time," Velarde said. "The generators were at the battalion, company and Network Enterprise Center buildings."

The generator supplying power to the NEC enabled the installation to have internet and email capabilities, aiding post headquarters with the ability to have command and control over relief efforts across the installation. His battalion, 710th BSB, provided sustainment operations to the Fort Polk community during the recovery phase of the storm.

"I feel great about what I did," said Velarde. "I personally think that if I had not troubleshoot and fixed those generators, the mission would not have gone on as smoothly. We needed power and

Army Spc. Siegfried R. Velarde, a tactical power generation specialist with Bravo Company, 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division, sits on the wheel well of a 30,000-watt diesel engine generator set, inside the work bay of the brigade supply activity motor pool at Fort Polk, on Oct. 13. Velarde worked around the clock to troubleshoot and repair three mission-essential generators after Hurricane Laura knocked out power across southern and central Louisiana Aug. 27.



electricity for our equipment to run and to keep the mission going."

Originally from Manila, Philippines, Velarde immigrated to the United States in 2016. He joined the Army and attended basic combat training in February 2017. Being a dual-military member, Velarde said he understands the importance of working together as a team to ensure everyone is OK. He also went on to say that there isn't any easy job in the Army. Regardless of job or position, everyone has to do his or her part.

"When it comes to being a mechanic, stuff won't always be easy to fix," Velarde said. "As long as you don't give up, look through the technical manuals and ask for guidance from your leaders, you'll be able to fix anything."

When asked about any long-term military goals, Velarde said he plans on staying in the Army for the full 20 years. Right now, he is preparing to attend the Basic Leader Course so he can become eligible for a promotion to sergeant.



# Annual flu vaccine remains a health priority during COVID-19 era

## HEALTH.MIL

WASHINGTON — With the novel coronavirus still in circulation, “We don’t know how this flu season will impact us,” said Army Lt. Gen. Ron Place, director of the Defense Health Agency. “We do know that getting your influenza vaccine is a critical step to keep you and your family healthy.”

Influenza is a contagious respiratory illness. It can spread to others up to six feet away, according to the Centers for Disease Control and Prevention. Mainly, droplets from sick people spread the flu through cough, sneeze or talk. These droplets can land in the mouths or noses of people nearby, or they might be inhaled into the lungs.

The flu can be associated with serious illnesses, hospitalizations and deaths particularly among older adults, very young children, pregnant women and people of all ages with certain chronic medical conditions.

As the CDC notes, flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection from the viruses that are used to make the vaccine.

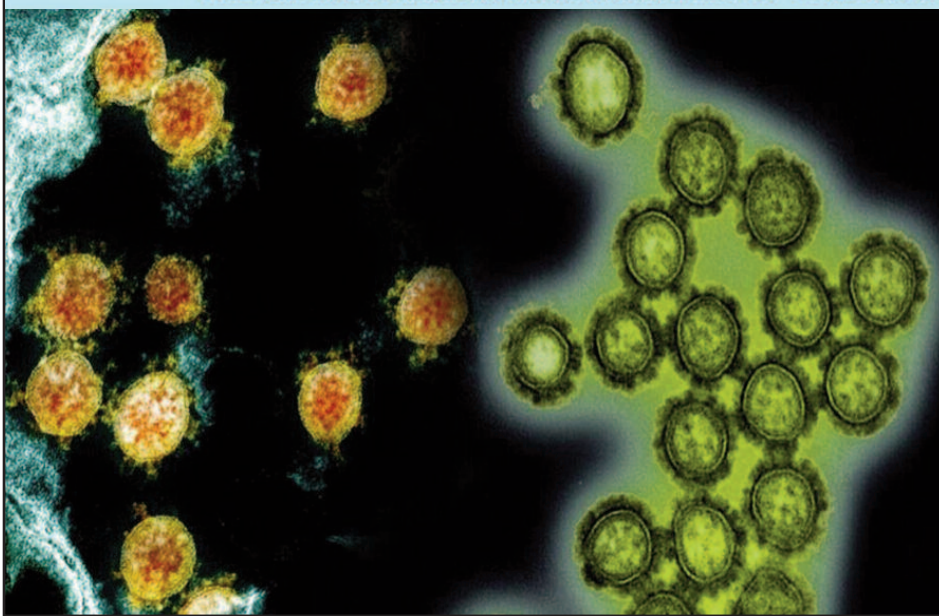
An annual flu vaccination is mandatory for active-duty service members, notes Dr. Jay Montgomery, medical director of the Defense Health Agency’s Immunization Healthcare Division North Atlantic Region Vaccine Safety Hub. He and other health care experts recommend that, generally, everyone six months and older should also get it.

“Adding influenza vaccination to social distancing and masking will lower your risk of contracting two potentially serious respiratory diseases close together — which could drastically worsen your outcome,” Montgomery said.

“Getting the vaccine also means you’re less likely to potentially expose yourself to COVID-19 by sitting in an urgent care facility or emergency

### FLU VACCINE CAMPAIGN....People 65 AND OLDER.

*Don't let the FLU and CORONAVIRUS Collide. GET YOUR FLU SHOT TODAY!*



**WHAT:** Flu Vaccine Clinic  
**WHEN:** 17 October 20  
**TIME:** 0800-1100  
**WHERE:** PCMH Clinic  
Bayne Jones Army  
Community Hospital  
2<sup>nd</sup> Floor Entrance B

**No appointments needed**

**Protect Your Health..  
Take action now!!**

**CDC also recommends  
everyone over 65y.o  
receive  
Pneumovax, Tetanus, and  
Shingrix vaccinations .**

*Come in!  
Protect your Health!  
Get vaccinated now!!!*

**\*\*Wearing a mask is Mandatory.**

room waiting to have your flu symptoms treated,” he added.

Children should be immunized even if schools don’t fully reopen, Montgomery said. “School isn’t the only place where children can come in contact with viruses and bacteria that cause them to get sick,” he said. “Playgrounds and grocery stores are also examples of exposure locations.”

In the Department of Defense, the services annually review and vote on the list for vaccine flu distribution. Priority goes to overseas locations, ships afloat and deployed personnel.

When those locations are fulfilled, distribution is prioritized by each individual service for delivery to their locations in the continental United States, in support of all active and reserve locations.

When the vaccine arrives at a military medical treatment facility, the commander of the installation has the authority to determine priority for

receiving it. Currently, Fort Polk’s Bayne-Jones Army Community Hospital is offering flu vaccinations for beneficiaries that are 36 months and under or 65 years and older.

BJACH is also hosting a flu vaccine campaign for people that are 65 years and older on Saturday from 8-11 a.m. at the BJACH Patient Centered Medical Home Clinic on the second floor on the entrance B-side of the hospital. No appointments are needed for this event. For more information, please visit **BJACH’s Facebook page**.

If you want to get a flu shot before it’s available at your MTF, the vaccine is covered by TRICARE with no cost-shares or copayments as long as it’s administered by a pharmacist at a participating network pharmacy or by a TRICARE-authorized provider. Learn more about the TRICARE benefit and the flu vaccine at the TRICARE website at [www.tricare.mil](http://www.tricare.mil).



## SAFETY CORNER

### OCTOBER IS NATIONAL PROTECT YOUR HEARING MONTH

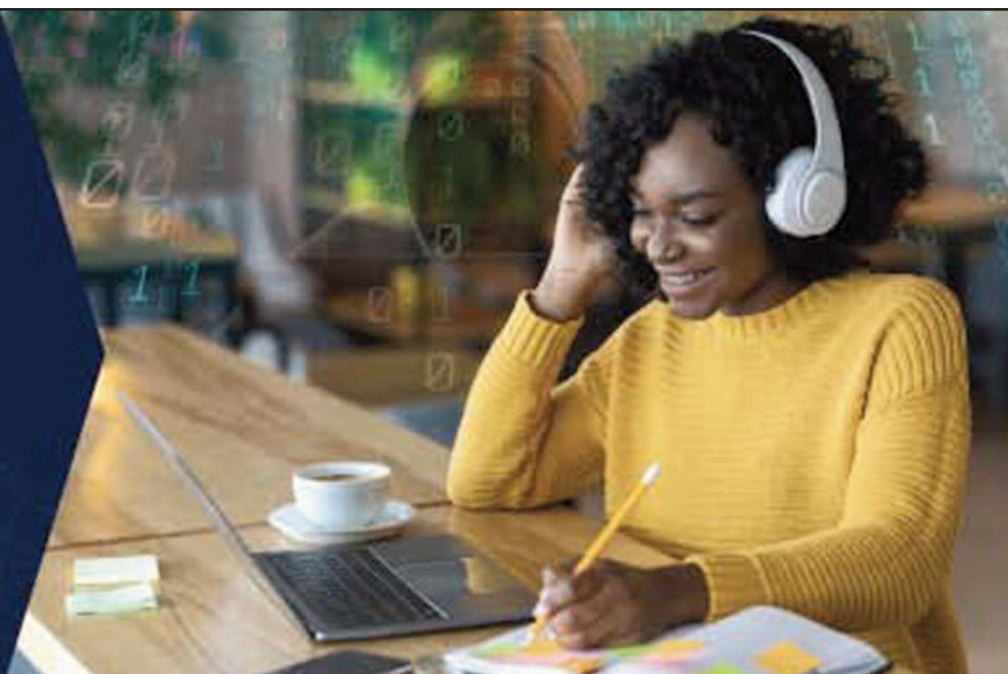
**WEAR THESE  
OR  
WEAR THIS**

According to the U.S. Bureau of Labor Statistics, more than 20,000 workplace hearing loss cases occur annually, many resulting in permanent hearing loss.



**DO YOUR PART.**  
**#BECYBERSMART**

NATIONAL  
CYBERSECURITY  
ALLIANCE



## CISA, NCSA encourage cyber safety during awareness month

By **MIKE Z. GUAJARDO**

Guardian staff writer

FORT POLK, La. — October is National Cybersecurity Awareness month and the Cybersecurity and Infrastructure Security Agency and the National Cyber Security Alliance announced that their stated theme for this year is “Do Your Part. #BeCyberSmart.”

CISA and the NCSA encourage individuals and organizations to protect their part of cyberspace and stress personal accountability and the importance of taking proactive steps to enhance cybersecurity.

One such step is maintaining vigilance with internet-connected devices. CISA and the NCSA remind people, “If you connect it, protect it.” The network of connections available to people and organizations, although helpful in many ways, also pose security risks.

One security risk of note is “Deepfake” —

an artificial—intelligence based technology used to create fake videos and audio that look and sound real. Deepfake is short for “deep learning” and “fake.” Anyone with a computer and an internet connection can create Deepfake media. Generative adversarial networks are used, which continuously learns as it runs, and can flag flaws in the forgery until it becomes undetectable.

Receiving a spam call, which uses a familiar sound, such as the AT&T Inc. chime, is one example. The user would experience something similar to an automated customer service call, except that the user received the call instead of reaching out to the company.

These spam calls can lure unsuspecting users into providing personal information through their Deepfake, automated systems to collect necessary data to breach security. The user potentially becomes the victim of a new type of social engineering attack and remains completely unaware. Today, most secu-

rity systems can’t detect this type of attack.

Once Deepfake has accomplished its mission — accessing personally identifiable information, sensitive organizational data or other user’s data — it can then exploit those sources leading to stolen identities, financial issues (extra charges), bogus loans, bad credit reports and other security risks.

To protect against this type of attack, it is important to avoid providing any information to an unknown requestor. Instead, call the company from which the spam call states and speak to a live customer representative. Confirm that the phone call was valid; otherwise, assume it is a risk, report the spam call to the stated service provider and block the number.

If a spam call is received on a government issued phone, then report the incident to a security specialist.

For additional information, please visit the CISA website at [www.cisa.gov](http://www.cisa.gov).

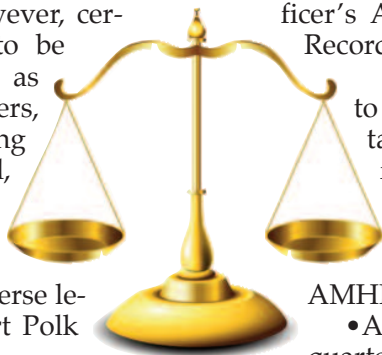
## Soldiers punished, separated for UCMJ violations, actions

### OSJA

FORT POLK, La. —At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously. However, certain disciplinary issues continue to be prevalent across Fort Polk such as breaking quarantine/isolation orders, violating General Order No. 1, driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, and sexual assault.

Below are recent examples of adverse legal actions for units within the Fort Polk jurisdiction.

- A sergeant first class, assigned to A Company, 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division (Light Infantry) was issued a General officer Memorandum of Reprimand for sexually harassing a subordinate in violation of Army Regulation 600-20, paragraph 7-7, and Article 92, Uniform Code of Military Justice. The CG directed filing the reprimand permanently in the noncommissioned officer’s Army Military Human Resources Record.



- A sergeant first class, assigned to Special Operations Training Detachment, was issued a GOMOR for sexually assaulting a family member. The CG directed filing the reprimand permanently in the noncommissioned officer’s AMHRR.

- A staff sergeant, assigned to Headquarters and Headquarters Company, Joint Readiness Training Center, Operations Group, was separated under Chapter 14-12b for driving under the influence of alcohol on two occasions and was issued a General Under Honor-

able Conditions characterization of service. Generally, this characterization of service results in the loss of a service member’s educational benefits.

- A specialist, assigned to A Battery, 5-25th Field Artillery Regiment, 3rd BCT, 10th Mtn Div (Light Infantry), was issued a GOMOR for operating a vehicle while under the influence of alcohol. The CG directed filing the reprimand permanently in the Soldier’s AMHRR.

- A private first class, assigned to Bravo Company, 2nd Battalion, 4th Infantry Regiment, 3rd BCT, 10th Mtn Div (Light Infantry), was punished under Article 15 for bringing an unregistered firearm on post, in violation of Article 92, UCMJ. The Soldier was sentenced to a reduction to E-2, suspended, to be automatically remitted if not vacated within 30 days; forfeiture of \$453, suspended, to be automatically remitted if not vacated within 30 days; extra duty for 14 days; and 45 days of restriction.



# Davidson attributes success to Army, Fort Polk upbringing

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — When Angela Davidson was 11 years old, her mother, Leah, married Davidson's stepfather, Jerome Poole, when the latter was stationed at Fort Lewis, Washington.

Shortly after the wedding, the now Army Family received orders for Fort Polk, Louisiana.

"I thought this was going to be the worst possible thing," Davidson said. "But it wound up being the best."

Davidson, who is now head coach of the Dallas Skyline men's basketball team, said everything she learned that prepared her for where she finds herself today can be traced back to Fort Polk.

"Living at Fort Polk brought a whole new level of structure to my life," Davidson said. "Since we lived on post and I had a military ID card, I could play basketball in all the gyms, where it was safe, and against Soldiers who gave me a level of toughness I would not have ordinarily had."

Davidson said she became an anomaly on Fort Polk in the early 1990s and developed a reputation as a tough player who could hold her own against older competitors.

"When I started at Leesville High School, everyone embraced me," she said. "I was the Leesville Lions Club Player of the Year in 1998, my senior year, and all-state, all-district and an all-American candidate."

With those honors came scholarship offers from schools such as Louisiana State University and the University of Mississippi's Ole Miss Athletics. Deciding she wanted to see what the world outside of Louisiana looked like, Davidson said she chose Ole Miss, in Oxford, Mississippi.

"I thought I wanted to see more and play in the Southeastern Conference, which was the best women's college conference at the time," she said. "Then, I would go on to play professional ball."

After a year in Mississippi, Davidson said she decided Louisiana was not so bad after all. She transferred to Northwestern State University, which she said was a natural choice.

"I was already familiar with NSU because of its Fort Polk campus, and a lot of my friends from high school were going there," she said.

While at NSU, the accolades poured in for the Leesville graduate. Despite missing six games as a sophomore with a foot stress fracture, she earned a spot on the All-Southland Conference second team and third-team all-Louisiana. Dur-

ing her career at NSU, she was named Southland Conference Player of the Year, All-Louisiana and All Southland Conference. She was also named to the Southland Conference All-Decade Team for 2000-2010.

Following her college career, Davidson, who earned degrees in Psychology and English at NSU, played a year in Europe, then a second year in the National Women's Basketball League.

**"Living at Fort Polk brought a whole new level of structure to my life."**

**ANGELA DAVIDSON**  
Coach, Dallas Skyline

"I then started a youth sports non-profit and began coaching," she said. "Eventually, I wound up as the director of player development for Mark Cuban's Basketball Academy."

Cuban is the owner of the Dallas Mavericks NBA team.

Her passion for coaching led to her current position as coach of a men's professional team.

"One of my former players owns the Dallas Skyline," she said. "I groomed him as a sports agent. When he bought the team, he asked if I wanted to be part owner and head coach. I jumped at the opportunity."

Davidson said she has yet to receive resistance to being a coach in a men's league.

"I think players are OK with it," she said. "But some will probably come from other coaches. That is when the hammer might come down, like, 'Who does she think she is?' But when it comes to game time, I'm going to get it done, and I will probably step on some toes."

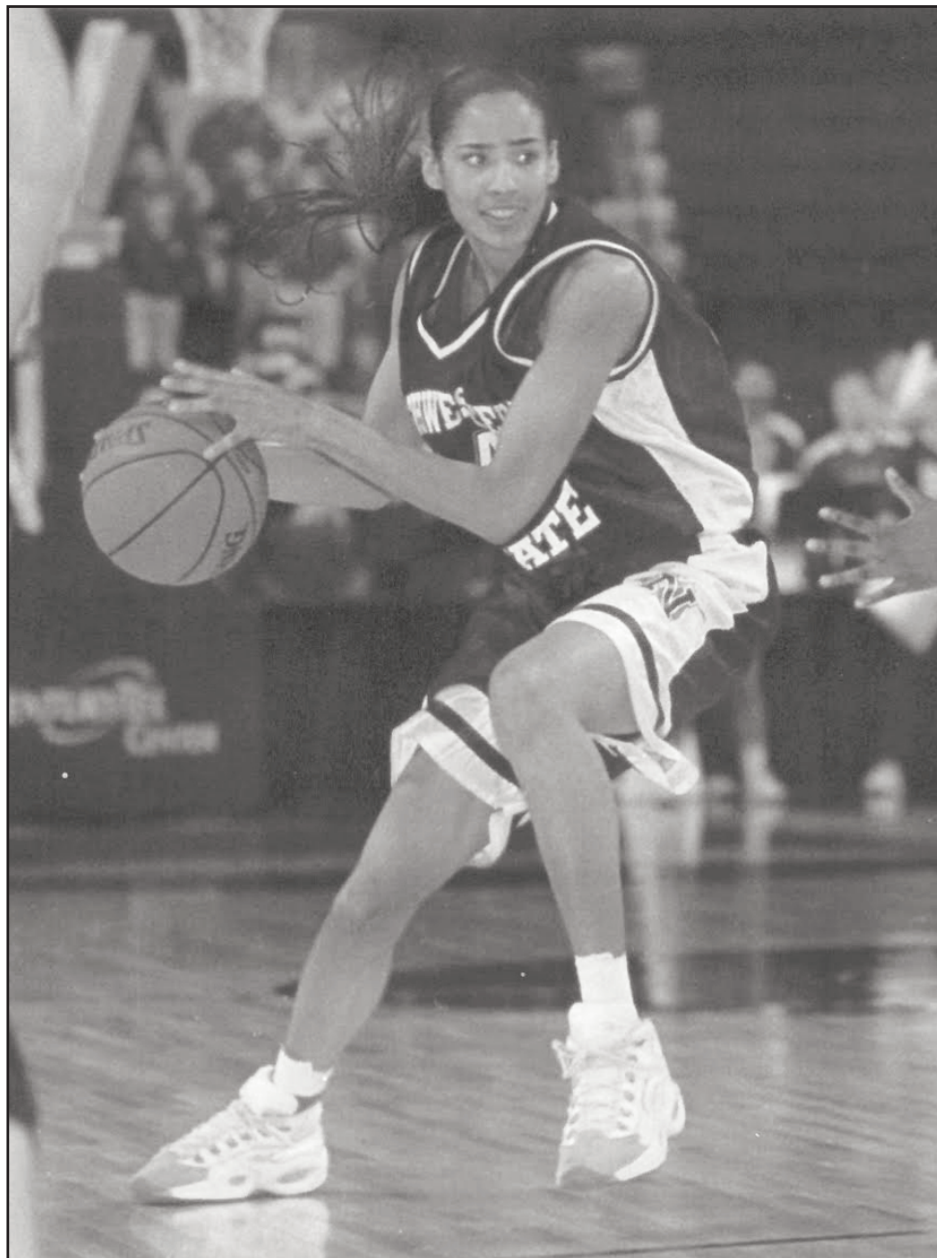
She does not see her current position as the apex of her career.

"I'm a door opener, and if a door at the next level opens, I'll go through it," she said. "But it would have to be something wise, like Dallas; I'd be open to that."

Davidson said as she thinks back on her life, it's easy to see the military — and Fort Polk — played significant roles.

"My foundation is based on my Family's military background," she said.

"The way you must conduct yourself as a military Family ingrains a strong work ethic; and I attribute my work ethic to growing up at Fort Polk with an Army background. It went a long way in determining who I am."



Angela Davidson looks for an open teammate while playing for Northwestern State University in Natchitoches, La. The Leesville High School graduate honed her hardwood skills in Fort Polk's gyms while her dad, Staff Sgt. Jerome Poole was stationed at the Joint Readiness Training Center in the 1990s.

PHOTOS PROVIDED BY ANGELA DAVIDSON



# CONSUME CAPTIVATING CLUES TO HALLOWEEN CANDY CULTURE

By **ANGIE THORNE**  
Public affairs specialist

**FORT POLK, La.** — Sweet — candy and Halloween embody that delectable word, which is synonymous with good times and sugar rushes felt by children gathering goodies all over America since the 1930s-40s. Before this, candy had nothing to do with the Halloween. It was more about making mischief and pulling harmless pranks rather than garnering treats.

The actual reason people began handing out gifts of food and treasure is historically hazy. It could have come from England during the Middle Ages when beggars would knock on doors during Allhallowtide for soul cake. Allhallowtide was the Christian season encompassing All Saints' Eve (Halloween), All Saints' Day (a day commemorating the saints of the church) and All Souls' Day (a day for commemorating the dead).

At the time, it was believed souls of the deceased weren't able to enter heaven until enough people prayed for them. Thus, children and the poor went from home to home "Souling" — offering their prayers for the household's deceased in exchange for soul cakes, money and ale.

Soul cakes were typically packed with currants and a mix of seasonal spices, like nutmeg, cinnamon and ginger.

Nobody has pinpointed an exact reason why the more secular aspect of begging at doors for treats didn't become popular again until the early part of the 20th century.

Possibly, kids wanted to enjoy some of the fare from adult Halloween parties where yummy staples included apples, pumpkins and other tasty sweets; or the treats could have been a bribe to keep kids from performing their tricks on Halloween night. What is known is that this tradition began with children gathering homemade delights such as cakes, cookies, fruits, nuts and loot like coins and toys on Oct. 31.

As the concept of gifting children on Halloween grew in popularity, candy companies jumped on the bandwagon. The new Halloween ritual took off in the 1950s. After all, candy was affordable and easy to hand out.

Halloween, as it's practiced today, didn't come about until the 70s. That's when individually wrapped candies from a factory became a more acceptable treat. This development created a safer way to hand out tiny, tasty tidbits to those



brave enough to knock on neighborhood doors on All Hallows' Eve.

Today, trick or treating is an integral part of Halloween. According to the National Retail Federation's annual survey, U.S. consumers are expected to spend \$2.6 billion on Halloween candy, averaging \$25 per person this year.

The types of candy bought are varied, but the top 25 most popular Halloween candies enjoyed by trick-or-treaters, according to [www.thedailymeal.com](http://www.thedailymeal.com), are as follows:

25. Milk Duds
24. Life Savers
23. Almond Joy
22. 3 Musketeers
21. Lemonheads
20. Blow Pop
19. Double Bubble
18. Kit Kat
17. Twix
16. Swedish Fish
15. Milky Way
14. Hershey's Mini Bars
13. Taffy
12. Butterfinger
11. Jolly Ranchers
10. Hershey Kisses
9. Sour Patch Kids
8. Tootsie Pops
7. Hot Tamales

6. Candy Corn
5. Starburst
4. Snickers
3. M&Ms
2. Reese's Cups
1. Skittles

That's a lot of sugar to spread around as kids, dressed in costumes from Frozen and Star Wars characters to witches and werewolves, beg for confectioneries of every type imaginable. Sounds like it's going to be mouthwatering fun.

Here are a few events where your goblins and ghouls can gather candy galore:

- **Army Community Service Halloween-Formation** — Explore what ACS, 7960 Mississippi Ave., bldg 924, has to offer Oct. 23 from 6-8 p.m. Kids can enjoy fun and treat bags.
- **The Hunted Circle** — This drive through Family Morale, Welfare and Recreation trick or treat event takes place Oct. 30 from 5-8 p.m. on Washington Avenue (off Mississippi Avenue between Bayou Theater and the fire station).
- **Witch Way to Main Street** — The annual Leesville trick or treating event takes place Oct. 31 from 5-7 p.m. on Front Street.
- **Trick-or-Treat on Washington** — Head to DeRidder for trick-or-treating fun Oct. 30 beginning at 5:30 p.m.

**Editor's note:** The information for this story was found at [www.history.com](http://www.history.com), [www.theatlantic.com](http://www.theatlantic.com) and [www.wjla.com](http://www.wjla.com).

**Fort Polk  
trick or treat  
takes place  
Oct. 31 from  
5-8 p.m.**

## Making *trick-or-treating*, other **Halloween** activities safe

### GUARDIAN STAFF

**FORT POLK, La.** — Trick-or-treating, like everything else, is going to be a bit different this year due to the COVID-19 pandemic. Being safe takes on a whole new perspective as parents carefully make plans to protect their children and others from getting and spreading the virus,

while still providing them the opportunity for fun on Oct. 31.

#### Steps to take when trick-or-treating

Traditional Halloween activities are fun, but some can increase the risk of getting or spreading COVID-19 or influenza. Plan alternate ways to participate in Halloween.

#### Make trick-or-treating safer

- Avoid direct contact with trick-or-treaters.
- Avoid large groups or clustering at doorsteps or anywhere else.
- Non-edible treats are a good option, especially for children who suffer from food allergies.
- Give out treats outdoors, if possible.

Please see **Safe**, page 13



- Set up a station with individually bagged treats for kids to take.

- Wash hands before handling treats.

- Wear a mask.

## Mask wearing

- Make your cloth mask part of your costume.

- A costume mask is not a substitute for a cloth face covering unless it has multiple layers of breathable fabric and covers the mouth and nose snugly.

- If children plan to use their cloth face coverings as part of their costumes, they should not paint them since some paints contain toxins.

- Do not wear a costume mask over a cloth mask. It can make breathing more difficult.

- Masks should not be worn by children under the age of 2 or anyone who has trouble breathing

## Social distancing

- Stay at least six feet away from others who do not live with you

- Indoors and outdoors, you are more likely to get or spread COVID-19 when you are in close contact with others for a long time.

- Avoid large gatherings

## Hand hygiene

- Bring hand sanitizer with you and use it after touching objects or other people.

- Use hand sanitizer with at least 60% alcohol.

- Parents should supervise young children using hand sanitizer.

- Wash hands with soap and water for at least 20 seconds when you get home and before you eat any treats.

- How much touching objects spreads the COVID-19 virus isn't clear. But if your child collects treats from a few, socially distanced neighbors, you may want to wipe the packages or let them sit for a couple days before giving them to your child.

More importantly, this is a good time to teach children the importance of protecting not just themselves but others, as well. The decisions made today can have a ripple effect beyond your own family. Finding safe ways to celebrate can still create magical memories.

Beyond COVID-19 safety tips this Halloween, you should remember the advice that makes every spooky season safer for everyone.

Here are some tips from the American Academy of Pediatrics to help ensure your children have a healthy and safe Halloween.

## Costumes

- Plan costumes that are bright and reflective. Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.

- Make sure that shoes fit well and costumes are short enough to prevent tripping, entanglement or contact with a flame.

- Look for "flame resistant" on the costume labels. Wigs and accessories should also clearly indicate this.

- Consider non-toxic makeup and decorative



hats as safer alternatives to masks. Hats should fit properly to prevent them from sliding over eyes. Makeup should be tested ahead of time on a small patch of your child's skin to ensure there are no unpleasant surprises or allergic reactions on the big day. Toxic ingredients have been found in cosmetics marketed to teens and tweens.

- Avoid any sharp or long swords, canes or sticks as a costume accessory. If a child stumbles or trips, they can easily be hurt by these accessories.

- Do not use decorative contact lenses without an eye examination and a prescription from an eye care professional. While the packaging on decorative lenses will often make claims such as "one size fits all," or "no need to see an eye specialist," obtaining decorative contact lenses without a prescription is both dangerous and illegal. This can cause pain, inflammation and serious eye disorders and infections, which may lead to permanent vision loss.

## On the trick-or-treat trail

- Know how to reduce your child's risk of a pedestrian injury — the most common injury to children on Halloween.

- Always accompany young children on their neighborhood rounds.

- Remain on well-lit streets and always use the sidewalk.

- If no sidewalk is available, walk at the far edge of the roadway facing traffic.

- Never cut across yards or use alleys.

- Only cross the street as a group in established crosswalks (as recognized by local custom). Never cross between parked cars or out of driveways.

- Don't assume the right of way — motorists may have trouble seeing trick-or-treaters. Just because one car stops, doesn't mean others will.

- Only go to homes with a porch light on.

- Never enter a home or car for a treat. Notify law enforcement authorities immediately of any suspicious or unlawful activity.

- Review with children how to call 9-1-1 (or their local emergency number) if they ever have an emergency or become lost.

- Stay in a group and communicate to parents where children will be going.

- Carry a cell phone for quick communication.

- If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home and obtain flashlights with batteries for everyone. If Halloween doesn't start until after dark where you live and you have younger children, check your local newspaper or recreation center for Halloween activities offered earlier in the day.

## Healthy Halloween

- Give your child a good meal prior to parties and trick-or-treating; this will discourage filling up on Halloween treats.

- Consider offering non-edible goodies to trick-or-treaters visiting your home. Halloween is one of the trickiest days of the year for children with food allergies. Food Allergy Research & Education's Teal Pumpkin Project, which promotes safe trick-or-treating options for food-allergic children, suggests items such as glow sticks, spider rings, vampire fangs, pencils, bubbles, bouncy balls, finger puppets, whistles, bookmarks, stickers and stencils.

- Keep an eye on what your child has in his or her mouth at all times while on the trick-or-treat trail. Wait until children are home to sort and check treats. Though tampering is rare, it can happen. A responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items. Once your child is ready to enjoy treats at home, keep in mind that babies and toddlers should not have any hard candies, caramel apples, popcorn, gum, small candies, gummy candy, pumpkin seeds or anything with whole nuts. Candy wrappers, stickers, small toys or temporary tattoos can be a choking hazard, as well. As all parents know, babies and toddlers will put just about anything into their mouths.

- Try to ration treats for the days and weeks following Halloween. If you keep candy guidelines realistic, consistent and positive, your Halloween is less likely to be about arguing or controlling candy. Make a plan together so everyone knows what to expect. It's also a great opportunity to teach your kids about moderation, balance and healthful indulging.

**Editor's note:** the information for this story was gathered from the following websites: [www.cdc.gov](http://www.cdc.gov) and <https://www.healthychildren.org>

