

THE JRTC AND FORT POLK

GUARDIAN

Thursday, Sept. 23, 2021 Vol. 48. No. 38



Inside:

- Change in weather brings hazards...page 2
- Health Promotions Program...page 3
- Engineers come home ...page 4
- POW/MIA Ceremony ...page 5

Fall: change in weather brings change in hazards

DPTMS

FORT POLK, La. – Fall officially began Sept. 22 and ends Dec. 21. It's a wonderful time of year, leaves are changing, the kids are back to school, there's lower humidity and fewer bugs. But fall is not without its share of hazards. Here are some tips to be prepared for whatever weather challenges may come your way this fall season.

Floodwaters

Never drive through floodwaters. Fall can often bring with it rainy weather. Heavy rains can be a common occurrence as September and October are still part of hurricane season. If you encounter fast-moving water or a flooded roadway as you are driving or walking, it's best to turn around and find another route. Abide by the "turn around, don't drown" adage. You do not know the conditions under the water. All it takes is 6 inches of moving water to make you fall. Also keep children and pets from playing in floodwater.

Leaf hazards

Leaves can pose hazards for motorists. Fallen leaves can gather on roadways and when they become wet, they may create slick conditions. Add freezing temperatures to the mix and your vehicle will have zero tracking, similar to driving on an icy road. In addition, leaves can cover important road markings (double yellow lines, for example) or deep pot holes. It's important to slow down when driving on a leaf-covered roadway, and always give yourself plenty of room between you and the cars around you in case anyone has to stop short or suddenly.

Children often play in leaf piles so be alert! Never drive through a pile of leaves.

Keep your windshield free of leaves so as not to obstruct your



view. If you see dried leaves peeking out from under the hood of your car, take a moment to pop it and clear them away before you take your trip as they can obstruct ventilation holes and overheat your vehicle.

Reduced visibility

With the days getting shorter, visibility when driving in the fall can be a challenge. Many people walk along the side of the road at dusk with dogs or riding bicycles, and they can be difficult to see. School is also in session so kids are out playing.

Mornings tend to be foggy. Additionally, fall is a time when wildlife is more active and on the move. Slow down when driving, especially on curvy or narrow roads where visibility around corners is difficult, and pay attention to postings for animal crossings, and obey school zone speed limits.

Driving in fog

- Slow down when you encounter fog
- Use your low beam headlights
- Do not change lanes or pass other vehicles unless absolutely necessary
- If you must pull off on the side of the road, turn off your lights and use your parking brake to avoid being hit by cars who may not realize you've pulled over

Water safety

Many people like to take fall boat rides. Even if things seem calm on the water, everyone on board should wear a life jacket. Being submerged in water of any temperature for any length of time can cause hypothermia and even the strongest swimmer can be weakened.

Fall maintenance for safety

-Get your furnace serviced. Before winter arrives, it's a good idea to call a professional to do your annual furnace servicing and have the filters cleaned or replaced

-Fire safety. When the clocks fall back, it's a good time to replace the batteries in smoke alarms and carbon monoxide detectors. It's also a good idea to have a working fire extinguisher in the house, and everyone who lives there should be familiar with how it works. Do not do any outdoor burning when fire dangers are high

-Fireplaces. Get your chimney inspected every fall. Hire a chimney sweep to clean out your chimney of debris and nests before you light your first fire. Use the fireplace screens to protect from flying sparks and embers. Never pour lighter fluid, kerosene or gasoline on a fireplace, and never leave a fireplace unattended

For more information on how to plan and prepare for all disasters or hazards, contact Tommy J. Morris, Emergency Manager at (337) 531.4875 or tommy.j.morris2.civ@mail.mil



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Fort Polk Homepage

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The Guardian is published by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

The Guardian can be found on the JRTC and Fort Polk web site at home.army.mil/polok/ and the JRTC and Fort Polk Facebook page at [@JRTCandFortPolk/](https://www.facebook.com/JRTCandFortPolk/). Guardian archives can also be found on the JRTC and Fort Polk website.

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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).



Cover photo: Joint Readiness Training Center and Fort Polk Commanding General, David S. Doyle, (center) and Fort Polk Garrison Commander Col. Samuel Smith Jr. (Right) escort Gen. Edward Daly, U.S. Army Materiel Command commander on a tour of the Toledo Bend Recreation Area. See more photos on page 6 (Photo by Chuck Cannon, Public Affairs and Communication)

Physical activity critical to long-term health, mission readiness

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — The Civilian Fitness and Health Promotions Program hosted an education and information fair at the Joint Readiness Training Center and Fort Polk Army Community Service, Sept. 20.

The CIVFIT-HP2 allows Department of the Army civilian employees the opportunity to participate in physical fitness activities as part of their duty day.

Brig. Gen. David Doyle, JRTC and Fort Polk commander, outlines the program in Command Policy Memorandum 20 and encourages commanders and supervisors to implement and administer the program within their organizations.

Luewana Hannon, community ready and resilient integrator for the installation, coordinated the event to educate civilians about the program and familiarize them with other agencies available to support their health and fitness goals.

“The civilian health and fitness program is for civilian employees to participate in up to three hours of physical fitness or health and wellness programs during their normal work day each week,” she said. “Regular physical activity is critical to preserving long-term health and optimizing mission readiness.”

Hannon said this is a command-sponsored program that will give civilians the opportunity to address any fitness or health education activities during their duty hours.

Civilians must get prior approval from their supervisors, discuss their goals and ensure they understand the parameters of the program as outlined in the policy. She said this allows supervisors to help employees make a



Luewana Hannon (left), community ready and resilient integrator, provides information to Department of the Army civilians during the education and information fair at the Joint Readiness Training Center and Fort Polk Army Community Service, Sept. 20.

JEAN GRAVES/BJACH

plan that will not impact the organization’s mission while still encouraging civilian staff members to get after their health and fitness goals.

“The program is designed to enhance employees over all wellness. We have coordinated monthly classes in stress and weight management, nutrition, alcohol awareness, tobacco cessation and more,” Hannon said. “I think allowing employees to enroll in this program and encouraging them to meet their health and fitness goals will enhance our organization as a whole. By staying healthy and fit, employees will be less likely to need extended periods of time off due to chronic health-related issues.”

The information fair included representatives from the Army Substance Abuse Program, the Army Wellness Center, and Bayne-Jones Army Community Hospital’s nutrition care and health promotions programs.

Lt. Col. Nichelle Johnson, deputy commander for quality and safety at BJACH, is a dietician and was on hand to provide information on the importance of nutrition in a well-rounded health and wellness program.

“I think nutrition is an important part of everyone’s life, eating with a purpose is necessary to reach our health and fitness goals,” she said. “Meeting with a dietician can provide in-depth nutritional information for anyone dealing with hypertension, high cholesterol or diabetes.”

Johnson said anyone interested in enrolling in this program should consult a dietician or visit the Army Wellness Center because physical activity and nutrition are necessary for overall wellness.

“If you are just exercising and not changing your eating habits you will not be successful,” she said. “If you are only watching what you eat you may see limited results; but if you are exercising and eating right you have an 80 percent chance of reaching your goals.”

Amelia Connor, prevention and employee assistance program coordinator for the Fort Polk Army Substance Abuse Program, had an information table to educate fair goers on the negative effects of high risk behaviors on overall health.

“Our goal is to give the civilian workforce information about high risk choices related to alcohol and drugs and provide them with resources and tips for making lower risk choices,” she said. “EAP is here to help any DA ci-

JRTC & FORT POLK

CIVILIAN FITNESS

HEALTH PROMOTION PROGRAM

Enhancing the health, fitness and quality of life for our DA Civilian community, while increasing organizational wellness and mission productivity.

- ★ NUTRITION INFORMATION
- ★ MIND OVER BODY (MOB) CLASS
- ★ WELLNESS CENTER
- ★ TOBACCO CESSATION PROGRAM
- ★ ALCOHOL AWARENESS
- ★ DIABETES EDUCATION
- ★ WEIGHT MANAGEMENT

FORT POLK 80
#FortPolkStrong

For more information contact Mrs. Hannon @ 337.531.1191 / 337.353.5382 or Luewana.I.Hannon.civ@mail.mil

Please see **BJACH**, page XX

More than war fighters: Engineers play key role in Hurricane Ida recovery

By **CHUCK CANNON**
Public Affairs and Communication

Fort Polk's 46th Engineer Battalion deployed 153 Soldiers and 70 pieces of equipment Aug. 31 to southeastern Louisiana in support of recovery operations following Hurricane Ida's devastation.

Soldiers from 687th Engineer Construction Company, 573rd Clearance Company, Forward Support Company and 46th Eng Bn staff joined Louisiana Army National Guard Soldiers and Seabees from the Naval Construction Battalion in Gulfport, Mississippi. The 46th Engineer Soldiers were the first active-Army unit deployed in the recovery effort.

They redeployed to Fort Polk on Sept. 20.

Maj. Maria Carver Frishman, 46 Eng Bn, said operations spanned a 3,170 square mile area and covered three Louisiana Parishes: Terrebonne, Lafourche and Jefferson. She said the battalion was tasked with conducting debris clearance in support of Northern Command and Joint Task Force-Louisiana, working in coordination with the Louisiana National Guard and other supporting Title-10 Units.

"Missions included route clearance on Grand Isle, Louisiana, levee clearance in Terrebonne and Lafourche parishes, and canal clearance in Terrebonne Parish," she said. "In total, the battalion cleared 78 miles and removed 20,602 cubic yards (2,085 dump truck loads) of debris."

Frishman said sustainment was limited during the first week of operations.

"The battalion's base of operations was established at the Fletcher Technical Community College parking lot, running off of internal power generation and supported by MREs, water and fuel deployed from Fort Polk," she said. "Within a week, sustainment networks were established for all classes of supply. Additionally, the Terrebonne Parish Sheriff's Office established a life support camp with sleeping areas, showers, hot chow and laundry services, and invited the battalion's Soldiers to bivouac at their camp."

Frishman said area residents were quick to show their appreciation for the work done by the 46th Eng Bn Soldiers

"The people of southeastern Louisiana were extremely welcoming and grateful for our work," she said. "Soldiers were greeted with 'thank you,' honks, waves and a lot of good food. The Fletcher Technical Community College and the Grand Isle community showed their appreciation with a catered farewell dinner on one of our last evenings."

Upon the Soldiers' return, they went through a COVID-19 protocol said Capt. Sara Hoyt, S-3, 46th Eng Bn Current Ops Officer.

"We're testing everyone, whether vaccinated or unvaccinated," she said. "When we get the

results, the unvaccinated Soldiers who test positive will be isolated."

She said unvaccinated Soldiers who test negative would be placed on quarantine and vaccinated Soldiers who test negative would be returned to duty.

"As of now, we have a COVID rodeo scheduled for September 28 for all unvaccinated Soldiers in the battalion," she said.

Pvt. Madison Vallecillo, 573rd CC, has only been at Fort Polk four months.

"We were clearing levees and cutting down trees," she said. "It was the first time I was able to use my MOS training."

Vallecillo said the deployment was not what she expected.

"But it was a great experience and I learned

a lot about our equipment," she said. "I wasn't expecting to use a chain saw; didn't know I'd have that opportunity. I have more confidence in my ability now."

Staff Sgt. Leonard Love, 687th, said local residents constantly supported the work done by the Soldiers.

"The residents brought us water and Gatorade," he said. "They would stop us on the road to make sure we had what we needed."

Carver said morale remained high during the deployment and the battalion's Soldiers were proud of the work they completed.

"Our Soldiers were eager to deploy and put their training to use in support of a 'real world' mission," she said. "A true sense of accomplishment is felt across the entire battalion."



CHUCK CANNON/GUARDIAN

They are not forgotten; Anacoco, Fort Polk remember

ANACOCO, La. — Garrison Commander Col. Sam Smith Jr., participated in a POW/MIA ceremony hosted by Village of Anacoco Mayor Keith Lewing.

Also participating was Col. Steven Rivera, Deputy Commander of the 3rd Brigade Combat Team, 10th Mountain Division and Chap. (Col). Scott Hammond, installation chaplain. The 3rd BCT also provided a Color Guard.

During the ceremony, Jesse Campos, Vietnam Veteran and Purple Heart recipient, along with Rivera, read and enacted the poignant symbolism of the "Missing Man's Table."

A moving rendition of the national anthem was performed by Sydney Williams. Shane Freeman read the POW/MIA Poem and Rev. Chad King offered the benediction.



KIMBERLY REISCHLING/GUARDIAN

October 7th
0900 – 1100
BLDG 2380
8148 Alabama Ave.

Compartmentalizing:

Organizing Your Life and Thought Processes
Mental Management Class

Compartmentalizing is one strategy to organize our lives and thought processes. Frequently we are bombarded with mass amounts of information, data, and stressors that can mentally distract us from the present and negatively impact our performances. Hence, compartmentalizing helps us categorize aspects of our lives to appropriately direct our efforts and focus our attention on what matters most. Come join us for this month's Mental Management class to learn more about how to increase your ability to successfully compartmentalize!

All Soldiers, Family Members, DoD Civilians, & Contractors Welcome!

If you are interested in enrolling for this course, please contact caitlyn.p.jennings.ctr@mail.mil or call (337) 531-2427 by October 5th with the following: Rank, First & Last Name, Email, Phone Number, & Organization.

**R2 PERFORMANCE CENTER'S
OCTOBER LUNCH & LEARN CLASS**
Presents

Increasing Motivation Through Autonomy

Autonomy, or having agency and personal choice in the matter, has been directly linked to increased motivation and performance.

In keeping with the spirit of celebrating our country's freedom, come enjoy a learning opportunity where we will discuss how our independence and freedom from external influence and control can fuel our drive to achieve and effectively direct our daily efforts.

PLEASE BRING YOUR OWN LUNCH!

When: Tuesday October 5th, 1200 - 1300

Where: 8148 Alabama Ave, BLDG 2380

Who: All Soldiers, Leaders, DOD Civilians, Family Members, & Contractors Welcome! (WE DO NOT PROVIDE LUNCH)



Please RSVP by October 1st, contact by email caitlyn.p.jennings.ctr@mail.mil or call (337) 531-2427.
Information needed: Name, Rank (if applicable), Unit, & Contact#

Daly visits Toledo Bend Military Recreation Area

FORT POLK, La. — Gen. Edward Daly, U.S. Army Materiel Command commander visited Fort Polk Morale, Welfare and Recreation's Toledo Bend Recreation site Wednesday as part of a quality of life tour.



CHUCK CANNON/GUARDIAN

Help keep watershed healthy Keep debris from street and gutters

By EMILY MCGRUDER
ENRMD

FORT POLK, La. — Fall is finally here! This is a great time to remember the importance of preventing storm water pollution while you make the most of the season. Storm water is formed when rainwater makes its way into storm drains or runs off properties directly into streams. On its way to the lakes, streams and other waterways, it collects dangerous substances and other waste that pollute waterways.

There are many sources of storm water pollution unique to fall, and your help is needed to control them. The leaves are falling, and their improper disposal poses a threat to waterways. Leaf litter and any yard waste dumped into a storm water inlet or nearby waterway can cause harmful nutrient accumulation. Leaves swept into the street can easily enter storm drains and make their way into the nearest waterway.

Dispose of leaf litter and yard waste in an appropriate manner; never in the street or



stream! You can compost or mulch leaf waste to use as fertilizer for your yard and garden, or bag your yard waste for collection. Do not use fertilizers immediately before a rainstorm, and do not apply them in excess. Always fol-

low the directions for safe application and disposal whenever you use a chemical product. A little extra caution, while you keep up with your fall to-do list, can make a big difference for the health of the watershed.

Briefs

Visitor Center hours

Effective Oct. 21, the Directorate of Emergency Services will reduce the hours of operations of the Visitors Control Center from 24 hours a day to 5 a.m.-9 p.m. hours daily (Monday through Sunday).

The DES performed a workload demand study and found that between 9 p.m. and 5 a.m., the VCC issues on average two passes per hour. The DES found that the demand for access passes was not great enough to commit two personnel for that time frame and would ensure that qualified personnel were always present at the VCC.

Personnel need to plan ahead when having guests arrive after 9 p.m. Also, please plan ahead if you are hosting special events, and arrange for early access. Those that require access to the installation can pick up passes at the VCC prior to closure. Personnel are encouraged to meet their guests at the VCC after 9 p.m. and escort them onto the installation when picking up a pass early is not an option.

Changes in VCC hours of operation do not affect personnel that are being escorted by authorized sponsors or personnel that already have an access control pass or card.

General questions about access control should be directed to the VCC staff at

531.0830. Special access control situations can be addressed by the Chief of Guards at 531.1159.

Breast Cancer Run/Walk

The Fort Polk Department of Public Health is hosting a fun run/walk at 6:30 p.m. Oct. 1 at Alligator Lake. This is a free family friendly event open to all. Registration begins at 6 p.m. (Please no pets)

COVID vaccines

Bayne-Jones Army Community Hospital Immunization Clinic has COVID-19 vaccines available by appointment every Tuesday through Thursday. The Moderna COVID-19 vaccine is authorized for Soldiers, Family members and retirees 18 years and older. The Pfizer COVID-19 vaccine is available for beneficiaries who are 12 years and older. Call 531.3011 to schedule your appointment or schedule online at tricareonline.com.

Additional dose

BJACH is now offering an additional dose of the vaccine for moderately to severely immunocompromised beneficiaries in accordance with Centers for Disease Control and Prevention Guidelines. If you answer yes to any of the following questions you may qualify for a third COVID-19 vaccine shot at this time:

- Have you been receiving active cancer treatment for tumors or cancers of the blood?
- Have you received an organ transplant and are taking medicine to suppress

the immune system?

- Have you received a stem cell transplant within the last two years or are taking medicine to suppress the immune system?
- Do you have moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)?
- Do you have advanced or untreated HIV infection?
- Are you currently on an active treatment with high-dose corticosteroids or other drugs that may suppress your immune response?

To get an additional dose of the COVID-19 vaccine, call 531.3011 for a telehealth appointment to discuss whether getting an additional dose is appropriate for you.

24/7 prescription center

The Script Center machine located at Bayne-Jones Army Community Hospital's Entrance A, is available 24/7 for non-refrigerated prescription refills. It's quick, easy and hassle free: Call in a prescription refill to 531.3785. Select Option 2 or request a refill at tricareonline.com.

Prescriptions will be available after noon the next business day. For first time users, bring your Department of Defense ID card and prescription number to register with the Script Center machine.

Once registered, the Script Center can be used 24/7 to pick up refill prescriptions with ID card, username and password or fingerprint login. For more information visit <https://bayne-jones.tricare.mil/Health-Services/Pharmacy>

WARRIOR MUD RUN 5K

@ Alligator Lake

Saturday October 9



polk.armymwr.com

337-531-7669





Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to the Directorate of Family Morale, Welfare and Recreation 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. You may also report in person to the traffic division at 1668 22nd St., bldg 2396. Office hours are Monday through Thursday from 8 a.m.-4 p.m.

2006	Ford	Mustang	2407
2011	Toyota	Prius	9170
2011	Chevrolet	Cruz	7126
2011	BMW	4DSD	3071
2002	Chevrolet	Tahoe	0440
1977	GMC	K2500	1813
1998	Toyota	Avalon	1668
2001	Buick	Park Ave	7941
2004	Cadillac	CTS	2634
1998	Ford	Taurus	8440
2017	Nissan	Versa	1496
2004	Infinity	G35	4539
UNK	Sportrailer	trailer	UNK
1991	Tidecraft	V15	F191
2011	Chevrolet	Impala	0135
2002	Ford	Escape	5409
1999	Chevrolet	Suburban	3573
1996	Ford	F150	6750
1996	Acura	4dr	3406
1984	Chevrolet	Corvette	9704
2000	Chevrolet	2500	0222
2005	Honda	Civic	2048
2000	Toyota	Tacoma	0294
2005	Toyota	4dr	8911
1993	Honda	2dr	0478
2017	Ford	Fiesta	9660
2009	Chevrolet	Equinox	7783
2002	Honda	CR-V	7722
2014	Nissan	Maxima	0131
1988	Chevrolet	3500	4195
2005	Mercury	Sable	9544
2011	Chevrolet	Equinox	3730
2014	Chevrolet	Malibu	9771
2009	Chevrolet	Cobalt	8756
2006	Hyundai	Elantra	4769
2019	KIA	Forte	0634



Fort Polk Soldiers charged with violations

OSJA

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, “the purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States.” At the Joint Readiness Training Center and Fort Polk, the Commanding General and subordinate commanders take good order and discipline seriously.

• Across Fort Polk, the following disciplinary issues continue to be prevalent: Driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, sexual assault, and underage drinking. Below are recent examples of adverse legal actions

for units within the Fort Polk jurisdiction.

• A private, assigned to 2d Battalion, 2d Infantry Regiment, 3d Combat Team, 10th Mountain Division (Light Division), was punished under Article 15 for failing to report, in violation of Article 86, Uniform Code of Military Justice (UCMJ). The Soldier was sentenced to extra duty for 7 days and restriction for 7 days.

• A specialist, assigned to 5th Battalion, 25th Field Artillery Regiment, 3d Combat Team, 10th Mountain Division (Light Division), was punished under Article 15 for wrongful use of tetrahydrocannabinol, in violation of Article 112a, UCMJ. The Soldier was sentenced to reduction to private (E-1); forfeiture of \$892 pay per month for two months; extra duty for 45 days; restriction for 45 days; and an oral reprimand.

BJACH

Continued from page 3

vilian, active duty Soldier, retiree or Family member with work/life balance assistance. We can help with stress management, grief and any substance abuse related issues. Our philosophy is a whole healthy employee is a more productive employee.”

Connor said she encourages managers to refer employees to EAP if they know their employee is having issues outside of the organization that are affecting their work and productivity.

Geneva Meridith, health promotion technician for BJACH’s Department of Public Health, said her department is available to conduct classes and educational programs about a variety of health related topics for Soldiers, Family members, civilian employees and retirees.

“Weight management, diabetes and tobacco cessation are just a few of the courses we teach,” she said. “Our role with the civilian fitness program is to help implement the performance triad: Making sure participants are getting enough sleep, eating right and exercising. We collaborate with

the Army Wellness Center, the health promotions officer and CR2 to work as a cohesive team. People may want to get fit and healthy but don’t know where to start. That’s where we come in.”

Aeriell Blais, health educator with the Army Wellness Center, said she can help participants in the CIVFIT-HP2 with their health and wellness goals.

“We offer health and wellness classes and one-on-one appointments that include weight and stress management, and nutrition education,” she said. “We also have several assessment tools we can use to help clients determine overall body composition, so they know where they are starting. Every month we can help track their progress by reassessing them against their baseline. We can personalize a program for each client with a metabolic analysis to make calorie recommendations based on their individual goals.”

Editor’s note: For more information on CIVFIT-HP2 email CR2 at luewana.l.hannon.civ@mail.mil or call 531.1191 or 353.5382. The policy and program application can also be found at home.army.mil/polk/index.php/my-Fort-Polk/employees/CIVFIT-HP2



FALL PREVENTION AWARENESS

September 2021

DID YOU KNOW...the third leading cause of unintentional injury-related death is falls. In 2015, nearly 33,381 people died in falls at home and at work – and for working adults, depending on the industry, falls can be the leading cause of death

Falls are 100% Preventable



Three simple steps to preventing falls:

- Plan** ahead to get the job done safely
- Provide** the right equipment
- Train** everyone to use the equipment safely

Resources can be found at: <https://www.osha.gov/stopfalls/mediareources.html>

GARRISON SAFETY OFFICE / 337-531-SAFE / usarmy.polk.imcom.mbx.garrison-safety@mail.mil



Toledo Bend Recreation Park



Rental Pricing

Rental Pricing & Availability subject to change without notice

For Reservations, Please Call 318-565-4484

Be the first on the water! Early morning boat rental now available! For an additional \$20 pick up your boat keys the night before. Keys are available 30 minutes before closing on the day prior. By appointment only.

Pontoon Boat: \$180 Per Day • \$450 Two Day Overnight Rental

Bass Boat: \$65 Half Day • \$95 Full Day • \$250 Two Day Overnight Rental

Canoes, Kayaks and Paddle Boards: \$10 Half Day • \$20 Full Day

Dry Boat Storage: \$50 Per Month • \$500 Per Year

Boat Slip (On The Water): \$10 Per Day • \$50 Per Week

Boat Launch: \$5 Daily • \$125 Year Pass



*Louisiana State Boaters Licenses & MWR Boater Safety Course Required to Rent Boats. Boater Safety Course: Tuesday, 4 p.m. & Saturday, 9 a.m. - \$15 (No Cost for Active Duty) \$25 Fee to Conduct Safety Course Outside Designated Times

FAMILY AND MWR PRESENTS

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OCTOBER 2ND | 11 AM-4PM

HOME OF HEROES PARKING LOT

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28 SEPTEMBER 2021
 Session 1: 1000 Session 2: 1300
 Bayou Theater
 Only attend one session

SUICIDE PREVENTION PROGRAM PRESENTS:

TY HOWARD



- ✓ Best-Selling Author
- ✓ Entrepreneur & Business Leader
- ✓ Motivational Speaker
- ✓ Veteran
- ✓ Community Humanitarian

This presentation is one of hope, optimism, and strength. Mr. Howard will provide simple, yet powerful tools to help you bounce back from life's roadblocks.



Masks required upon entry

For More Information Call 337-531-6187



Presentation meets AR 350-1 requirement for Suicide Prevention

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