



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

Sept. 27, 2019

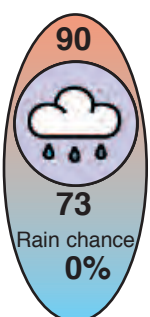


JRTC OPERATIONS GROUP

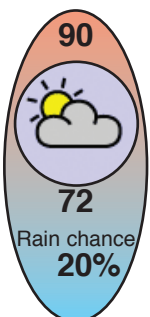
Preparing to tackle the JRTC crucible

Soldiers assigned to 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, Hawaii, arrive outside a village in the Joint Readiness Training Center via a CH-47 Chinook helicopter, September 22, 2019 during rotation 19-10 at JRTC. For more photos of the 3rd IBCT, 25th Inf Div Soldiers see page 9 of today's Guardian.

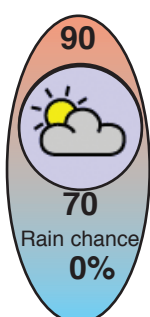
Weekend weather



Today



Saturday



Sunday

Inside the Guardian

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Viewpoint



In our view

Guardian staff asked Fort Polk community members,
"What do you like best about fall?"
Here are their responses:



Pfc. Cameron Brown: "It's the beginning of the big holidays — Halloween, Thanksgiving, Christmas — it gets cooler and it's the beginning of football season. I'm a Packers fan!"



Spc. Ishua Garcia: "The weather because you can go to more outdoor events, plus Halloween is coming up."



Jeff Lawson: "Riding my motorcycle in cooler weather."



Pfc. Adan Leon: "Cooler temperatures and all the holidays coming up. I also like the longer nights."



Tsai Tafoe: "I am looking forward to starting my adventures in hunting and football season. Go Cowboys!"



Michele Stevens: "The cooler weather and wearing sweaters and scarves. Who doesn't like wearing a nice, fuzzy scarf?"



Spc. Stephan Lewis: "The weather feels better and I like the changing colors of the leaves. It's nice, and better than looking at just green all the time."



Guardian

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Briefs

RCCC brief

A Reserve Component career counselors brief for first term Soldiers who are slated to ETS within six months is held Tuesdays at 1 p.m. in bldg 250, 1716 Third Ave., the installation In/Out Processing bldg. The brief provides professional guidance and career counseling to Soldiers leaving the active Army. For more information call 531-1850.

DFAC hours

The dinner meal hours for Patriot Inn Dining Facility will change to 5-6:30 p.m. effective Tuesday. Current hours are 4:30-6 p.m. Call 531-7540 for more information.

Branch visit

The Joint Readiness Training Center and Fort Polk hosts an infantry officer branch visit Oct. 16-17 at 9 a.m. in the Fort Polk Mission Training Center theater. Officers in the grades of second lieutenant through major will be given the opportunity to meet their branch manager, receive an informational brief and individually discuss their careers.

POC is 1st Lt. Madeline Platt, madeline.l.platt@mail.mil or 531-1107. For more information see Fort Polk OPOD 19-073.

Road repair

The contract to repair Louisiana Avenue from the Visitor Control Center to La. Hwy 467 was awarded with a required completion date of Nov. 15. Work requirements include base failure repairs, removing (milling) the asphalt and repaving with a new asphalt overlay and new pavement markings. The work is planned for a phased execution to minimize disruptions to access control point 1 operations for both inbound and outbound traffic.

The first phase of the project will require the contractor to place one lane closures at multiple locations along Louisiana Avenue to execute the base failure repairs. Motorists should expect aggregate travel surfaces at the locations the contractor has executed base failure repairs and should be aware of construction crews and equipment adjacent to travel ways.

ACP 1 will remain open for both inbound and outbound traffic for phase 1, but alternate routes are encouraged to minimize delays and traffic congestion at these sites. Updates will be provided when the Fort Polk Directorate of Public Works receives detailed schedules and traffic impacts for each phase.

Fort Polk Retiree Appreciation Day

Saturday, 19 October 2019

0900-1400

Fort Polk, La 71459

18 October 2019

0900- 1400 Soldier for Life Golf Tournament at Fort Polk Golf Course

1200-1530 Retiree Soldier for Life Skeet Tournament at Fort Polk Rec Shooting Range(23A)

19 October 2019

0900-1400 –Retiree Appreciation Day:

Post Exchange & Commissary Sales (All Day)

In and Out Processing Center (B:250)

Opening Ceremony & Cake Cutting Ceremony

Informational Briefs & Door Prizes

Veterans Services

Dental Insurance Agencies

DAV Service Officer

ID Cards / DEERS

Legal Assistance

Bayne-Jones Army Community Hospital (B:285)

Health Fair

For more information call Retirement Services: (337) 531-0363/0402

Email: usarmy.polk.rso@mail.mil

Polk sets day aside for military retirees

GUARDIAN STAFF

FORT POLK, La. — Each year the Joint Readiness Training Center and Fort Polk extends an invitation to retirees and their families to have a one-stop shop experience at the installations' annual Retiree Appreciation Day.

This year's activities kick off Oct. 18 with a Soldier For Life Golf Tournament at Warrior Hills Golf Course. The four person per team, 18-hole scramble tees off with a shotgun start at 9 a.m. Cost is \$180 per team or \$45 per individual. Participants receive greens fee, cart and lunch. The top finisher will receive prizes. Call 531-4661 for more information.

For gun enthusiasts, a skeet shooting competition is hosted by Fort Polk Soldiers for Life Transition Assistance Program at noon Oct. 18 on Range 23A, the Recreational Shooting Range,

4111 California Ave. The event is open to active duty, National Guard, Army Reserve, retirees and veterans. Cost is \$25 per shooter and covers ammunition, prizes, refreshments and clay targets. Call (225) 654-7225.

On Oct. 19, an opening ceremony, complete with cake cutting, informational briefs and door prizes begins at 9 a.m. in the In and Out Processing Center, bldg 250. Services offered include: Veterans services, dental insurance agencies, disabled veterans service officer, ID card renewals and DEERS updates and legal assistance.

Once participants have finished at the In and Out Processing Center, they can cross Third Street and visit Bayne-Jones Army Community Hospital and its annual health fair.

To learn more about Retirement Appreciation Day activities call 531-0363/0402 or email usarmy.polk.rso@mail.mil.

Army announces proposed changes for burial at ANC

By KERRY MEEKER

Army News Service

ARLINGTON, Va. — The Acting Secretary of the Army announced today proposed changes to eligibility criteria at Arlington National Cemetery. This begins the process for the federal government to prepare for the public rulemaking process that includes public feedback to the proposed changes.

The nation's premiere military cemetery is at a critical crossroads in its history. Nearly all of the 22 million living armed forces members and veterans are eligible for less than 95,000 remaining burial spaces within these hallowed grounds.

A planned Southern Expansion project will add 37 acres of additional burial space for the nation's veterans. Southern expansion includes the area nearest the Air Force Memorial and a part of the former grounds of the Navy Annex. However, expansion alone will not keep Arlington National Cemetery open to new interments well into the future. Without changes to eligibility, Arlington National Cemetery will be full for first burials by the mid-2050s.

"The hard reality is we are running out of space. To keep Arlington National Cemetery open and active well into the future means we have to make some tough decisions that restrict the eligibility," said Executive Director of Army National Military Cemeteries and Arlington National Cemetery Karen Durham-Aguilera.

The Fiscal Year 2019 National Defense Authorization Act directed the Secretary of the Army to establish revised eligibility criteria to keep the cemetery functioning as an active burial ground well into the future, defined as 150 years.

The Secretary established imperatives to recognize the individual's sacrifice, service and impact to the nation's security.

The proposed eligibility criteria honors commitment to military service and is equitable across branches and eras of service. Additionally, any change should be easily understood, fair and consistent with Arlington National Cemetery's mission.

Years of outreach have guided the decision-making process. Arlington National Cemetery and its stakeholders — military and veteran service organizations, military, government leaders, Congress, veterans, military service members and their family members — have been working this issue closely.

"This has been a lengthy and deliberate process that has been done in the public domain," said former Superintendent of Arlington National Cemetery Katharine Kelley. "We have a Federal Advisory Committee at Arlington National Cemetery, an independent body mandated by Congress to look at substantive issues related to the cemetery, and they have looked at the question of eligibility for many years."

The cemetery has maintained an active and ongoing dialogue with military and veteran service organizations over two and a half years of thoughtful deliberation and public outreach. Additionally, the cemetery has conducted public



Members of the 3d U.S. Infantry Regiment (The Old Guard) Caisson Platoon participate in the full honors service for Army Air Forces 1st Lt. Francis Pitonyak at Arlington National Cemetery, Arlington, Va., Sept. 22, 2017. Pitonyak was a member of the 36th Fighter Group, 8th Fighter Squadron and went missing in October 1943 during deteriorating weather conditions and loss of visibility near Port Moresby, Territory of Papua. His remains were identified by a DPAA recovery team in July 2016 from dental remains recovered from a crash site in Papua New Guinea.

surveys that garnered input and feedback from these important stakeholders, as well the active duty component that serves today.

The cemetery received more than 250,000 responses to these national surveys, and the results offered a compelling look at the opinions and attitudes of veterans, family members and active duty populations. Ninety-five percent of respondents want Arlington to not only remain open, but remain open and active well into the future.

"We've made extensive efforts to listen and gather input as part of this process, and that feedback we have received has been part of the Secretary's deliberations and part of our discussions going forward," said Kelley.

Now that the Secretary has established the proposed criteria, once cleared, the Department of the Army will publish a draft rule in the Federal Register for public comment, adjudicate public comments and publish the final rule. Federal rulemaking is a deliberative process and is expected to take a minimum of nine months.

"This is a lengthy process, but it's another opportunity to have a say in what the future of Arlington National Cemetery should be for our nation," said Durham-Aguilera.

In addition to preserving 1,000 gravesites for current and future Medal of Honor recipients, the proposed revised eligibility criteria for those who honorably serve the nation are as follows:

For below-ground interment:

- Killed in Action, to include repatriated remains of service members
- Award recipients of the Silver Star and above who also served in combat

- Recipients of the Purple Heart
- Combat-related service deaths while conducting uniquely military activities
- Former Prisoners of War
- Presidents and Vice Presidents of the United States

• Veterans with combat service who also served out of uniform as a government official and made significant contributions to the nation's security at the highest levels of public service

For above-ground interment:

- World War II-era veterans, to include legislated active-duty designees
- Retirees from the armed forces who are eligible to receive retired pay but are not otherwise eligible for interment
- Veterans who have served a minimum of two years on active duty and who have served in combat
- Veterans without combat service who also served out of uniform as a government official and made significant contributions to the nation's security at the highest levels of public service

Eventual implementation of revised eligibility will not affect previously scheduled services at Arlington National Cemetery. Additionally, the proposed revisions will not affect veterans' burial benefits or veteran eligibility at Department of Veterans Affairs 137 national cemeteries and 115 state veterans cemeteries.

Arlington National Cemetery will continue to actively engage stakeholders in the important decisions impacting the future of the cemetery.

Visit www.arlingtoncemetery.mil for more information.



This is the sight demonstrators saw as the 258th Military Police Company, 519th Military Police Battalion, prepared to face and disperse a protest at the Sangari mayor's residence. It was all part of a scenario cooked up to test the Soldiers' riot control skills during civil defense training Sept. 20.

258th MP Co sharpens civil disturbance response skills

By T.C. BRADFORD
Guardian staff writer

FORT POLK, La. — The sun rose over the village of Sangari Sept. 23. The weather was forecast to be sunny and beautiful. However, this day, dark clouds were building on the horizon. Not physical clouds carrying rain and lightning, but the ephemeral clouds of discontent.

Sangari, one of the myriad training villages at the Joint Readiness Training Center and Fort Polk, is a poor village that has been caught in the middle of a war that it did not ask to be involved with and, for the most part, has no stake in the outcome. Unfortunately, the village lies along a strategic route for those forces fighting that unwanted war.

Americans needed the roads to move Soldiers and equipment to the battlefield and the Taliban, al-Qaida — or whoever was opposing the Americans this week — set ambushes using roadside bombs, martyrs, rocket propelled grenades and anything else at their disposal to stop or slow their enemy.

Roads and buildings were damaged and needed to be rebuilt. Rebuilding costs were extremely high, especially after the last fighting season and as much as he didn't want to, the mayor had to levy new taxes on an already overtaxed population. For some, it was a bridge too far and by mid-morning, angry citizens began forming in front of the mayor's residence. Most came with nothing but the need to let off some steam and were peacefully demonstrating. Chants of "NO MORE TAXES!" split the air and a few rocks were thrown at the mayor's house, but there was no sense of danger.

As the morning progressed, word of the

protest got around and more people showed up to voice their displeasure. Security staff noticed that some of these new individuals were not dressed the same as the citizens that arrived earlier. They looked rougher and some were openly carrying rifles. They hung around the fringes of the demonstration, egging on the protesters. The mood seemed to be getting darker.

It was decided that the demonstration had gone on long enough and needed to be dispersed. Security staff went out to try and calm the crowd but were unsuccessful; their efforts fueled the anger in the crowd and now there were bottles being thrown in addition to the rocks and insults.

The mayor put in a call to the American military asking for assistance. Luckily, the 258th Military Police Company, 519th Military Police Battalion, was in the area and sent a rapid response force to deal with the situation. The Soldiers put on their riot gear, deployed to the mayor's residence and, after a few tense exchanges, quelled the demonstration.

The above scenario is one of the skill sets that the 258th MP Company practices year round as a part of the Homeland Defense Quick Reaction Force. Being aligned with that force means the company could be tasked on short notice to deploy anywhere. Capt. Blake Estlund is the commander of the 258th MP Co.

"We could be tasked to assist with missions inside the United States like a border support mission, guarding critical sites like an energy plant or a missile silo or anything the president deems necessary to protect," he said.

Estlund said the skills are the same for the tasks his Soldiers perform in the course of their duties as military policemen, but there is a differ-

ence in what actions are authorized on the battlefield versus a civil defense mission. He said he saw improvement being made through the course of the training.

"From the beginning to the end of the week, I think we've progressed well," he said. "We don't have it mastered because of the complexity of the homeland missions contrasted with what the typical mission you might perform in Afghanistan or Iraq."

Estlund explained there are a lot more rules and moving parts to missions involving local, state and federal agencies than there are when facing an enemy on the battlefield. He said a civil disturbance is a thorny situation to face but he thought the company performed well.

"It's a very complex, dynamic environment for Soldiers to deal with. It was a very fast, constantly changing environment," he said. "There was replicated CS gas (tear gas), smoke and locals with strong opinions about the way the village was being governed. That escalated into violence and I think my Soldiers did the best job possible considering the situation and the limited resources available."

Sgt. Louis Hart, Headquarters and Headquarters Detachment, 519th MP Bn, along with about a dozen other Soldiers from the unit, was one of the participants role-playing as a demonstrator during the exercise. He said they were there to help their brothers-and-sisters-in-arms learn the best way to respond to a riot control situation.

"I think they did well. They had an appropriate level of response, overwhelming numbers compared to the demonstrators and were able to push us back and disperse us," he said. "After that, they didn't just quit. They watched us,

Please see 258th MPs, page 6

258th MPs

Continued from page 5

tracked where we went and responded when we tried to continue the protest.”

The protesters regathered in an alleyway trying to get back and continue the protest but the riot squad was vigilant and did not let the demonstrators outflank them. They maintained control of the space in front of the mayor’s house.

Speaking as a non-commissioned officer, Hart said training is a Soldier’s best friend.

“Training and readiness go together. If you don’t train, you won’t be able to accomplish your mission,” he said.

Hart said training is the foundation of everything a Soldier does. If a Soldier doesn’t learn early on to clean his assigned weapon, he’s not going to be able to clear a jam on the battlefield. Likewise, if there is no opposing force to show what a situation will be like, they won’t perform as effectively when the scenario presents itself in the real world.

“What if a guy is 6 foot 4 inches tall and weighs 300 pounds? Some people are big. What are you going to do when a guy like that comes barreling at you? Are you going to let him run you over?” he asked. “Not if you have the right training. With the right training you will know how to manipulate him and use his body weight against him and maintain control of the situation.”

Estlund said there is a link between what they do during a war time mission conducted overseas and their missions for homeland defense.

“A lot of the tasks we complete during wartime transition (to peacetime operations). We still execute many of the same leader commands and Soldier tasks that the nation expects of its Army, but at the same time we have to be flexible,” he said. “There is an expectation of flexibility but also familiarity with whatever task we are given, at home or abroad.”

What comes next for the 258th MP Co? More training, as you might guess. Estlund said the company will refine the lessons learned during their week in the field. He said they will resume the Homeland Defense mission and move forward with a sustaining level of training.

“We’ll increase the size of the training from a squad or platoon level. We are going to amp up the training to a company-sized element dealing with larger crowds,” he said. “We’ll raise the danger level from people pushing to having objects being thrown and other elements to enhance our knowledge base.”

Estlund said his Soldiers are hard workers and ready for any task may come their way.

“Task us with a homeland defense mission, a deployment to Iraq or Afghanistan or anything else — these Soldiers are hungry,” he said. “They want to keep getting better and be prepared to protect their citizens. They know the importance of that and the impact they have by being primed for any mission, any where at any time.”



T.C. BRADFORD / GUARDIAN

Soldiers with the 258th Military Police Company, 519th Military Police Battalion, subdue a demonstrator who became violent during a protest at the Sangari mayor's residence. The Soldiers were training to sharpen their civil disturbance and riot control skills.



Clockwise from above: Protesters become violent during a civil defense exercise with the 258th MP Co. The MPs were called in to end the protest and disperse the rioters or take them into custody. The Soldiers were honing a skill set that may be needed as a part of their Homeland Defense mission.

Protesters, played by HHD, 519th MP Bn Soldiers, clash with riot control Soldiers assigned to the 258th MP Co. during civil disturbance training in the village of Sangari Sept. 20.

Soldiers with the 258th MP Co don riot gear and march out to quell a protest in front of the Sangari mayor's residence during civil disturbance training.



Fort Polk hosts Public Health Activity Soldier, NCO of Year event

By **JEAN DUBIEL**

Guardian staff writer

FORT POLK, La. — The medical field of military occupational specialties in the U.S. Army, the 68 series, covers a variety of skill sets from orthopedic care specialists (68B) to combat medics (68W).

Seven Soldiers from two particular skill sets, animal care specialists (68T) and veterinary food inspector specialists (68R), travelled to Fort Polk for the Public Health Activity-Hood Soldier of the Year competition Sept. 23 through today. They were tested on tasks like weapons proficiency, day and night land navigation, combat lifesaver skills and more.

Staff Sgt. John Cohnes is with PHA-Hood and served as the NCO in charge of the competition. He said the event is held at a different installation every year.

"Each of these competitors won their NCO or Soldier of the Quarter board from each branch of PHA-Hood," he said. "They are being challenged on their Soldier skills, physical endurance and mental aptitude."

Cohnes said one NCO and one Soldier would win the competition, then represent PHA-Hood as a team at the next higher-level board, which is held at Fort Hood (Texas).

Lt. Col. Anthony Marinos, commander, PHA-Hood, said these events are important to build morale and, "remind us of our wartime mission," he said. "These Soldiers are veterinarians and food inspectors but they also have the ability to support combat readiness."

Marino said he was happy to see the competition hosted at Fort Polk this year.

"I think we are fortunate to have this opportunity," he said. "Our command covers the entire southwest region, from Fort Polk, Louisiana to Fort Irwin, California, and I am glad we could do (the competition) here."

Command Sgt. Maj. Darryl Bogan, command sergeant major of PHA-Hood's parent command, Public Health Command-Central, visited Fort Polk Sept. 25 to observe the warfighter skills lane.

"We have a mission to ensure our tactical skills are proficient, and these competitions are a way to achieve that proficiency," he said. "It reinforces that tactical knowledge, which is just as important as our technical skills. Executing these lanes is how we validate them."

Most of the participants said the 12-mile Ruckmarch was the most difficult event.

"The obstacle course was also physically draining but it (only required) short bursts of energy," said Sgt. David Wolfington, South Texas Branch. "I'm pooped after this ruck."

Spc. Garrett Finley, Mojave Branch, agreed

"The ruck was 100% the hardest," said Finley. "I think doing all the other events before this, then tacking on the hardest thing you can do (the ruck), is a lot of work."

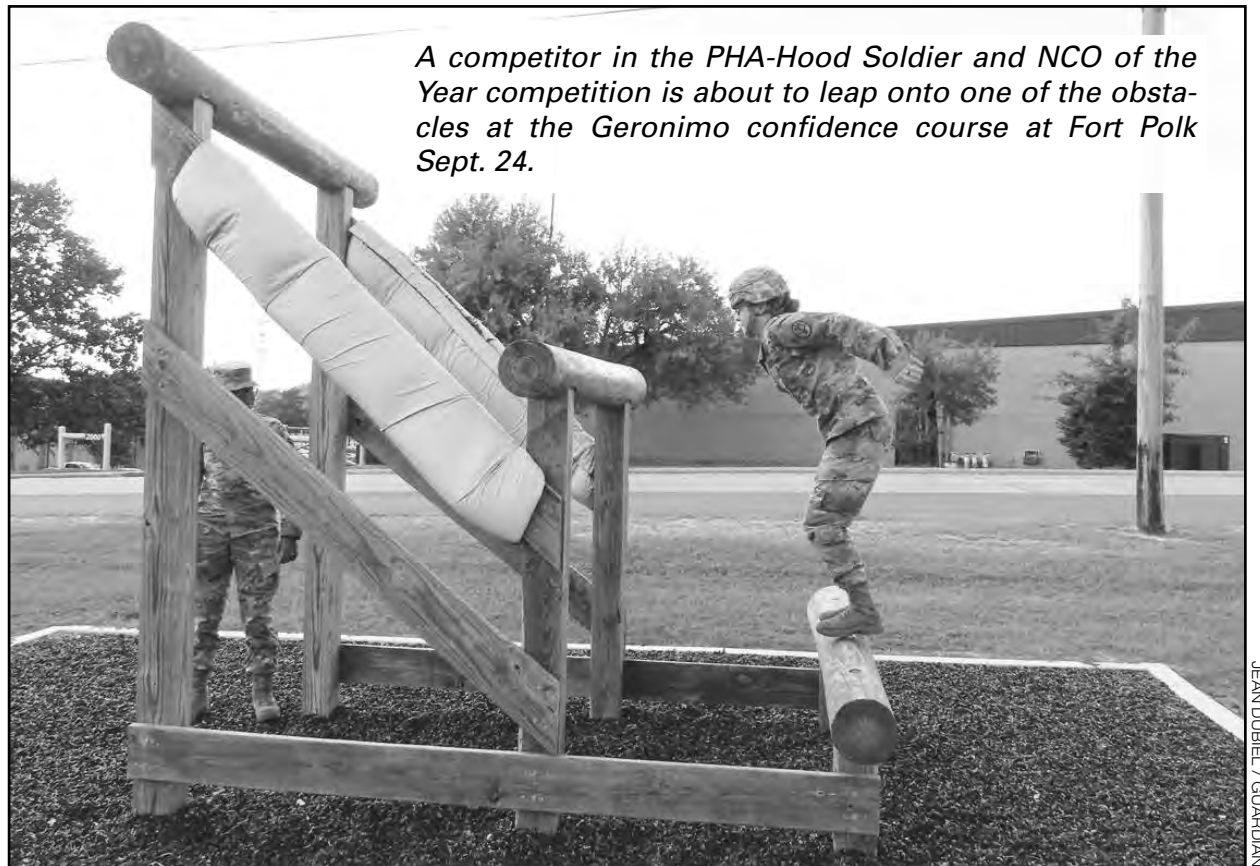
Wolfington said the event he most enjoyed was shooting targets at the engagement skills trainer.

"Clearing the rooms was great," he said. "I've never done that before, so it was quite a treat."

For Finley, the best part of the competition was esprit de corps between the candidates.

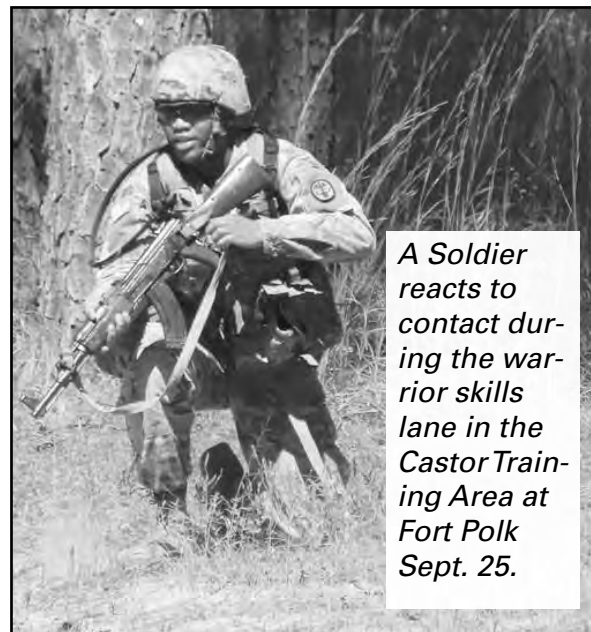
"I think being with all the other Soldiers is the most fun. We are helping each other get through everything," he said. "I've enjoyed getting to

Please see **PHA**, page 8

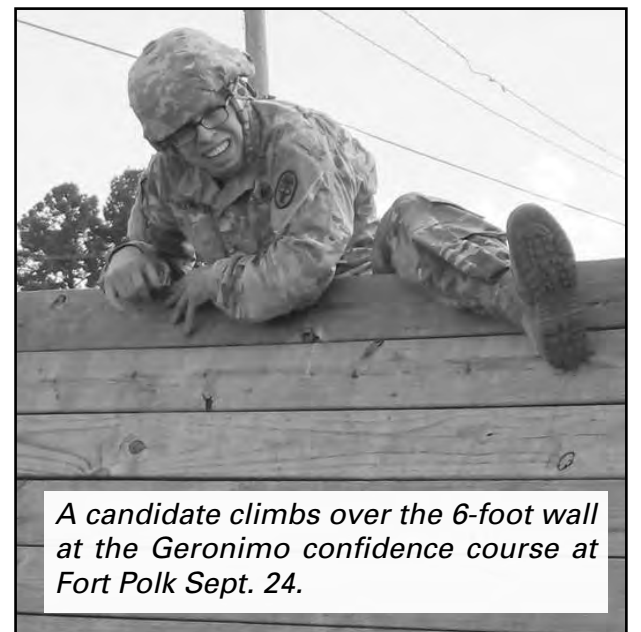


A competitor in the PHA-Hood Soldier and NCO of the Year competition is about to leap onto one of the obstacles at the Geronimo confidence course at Fort Polk Sept. 24.

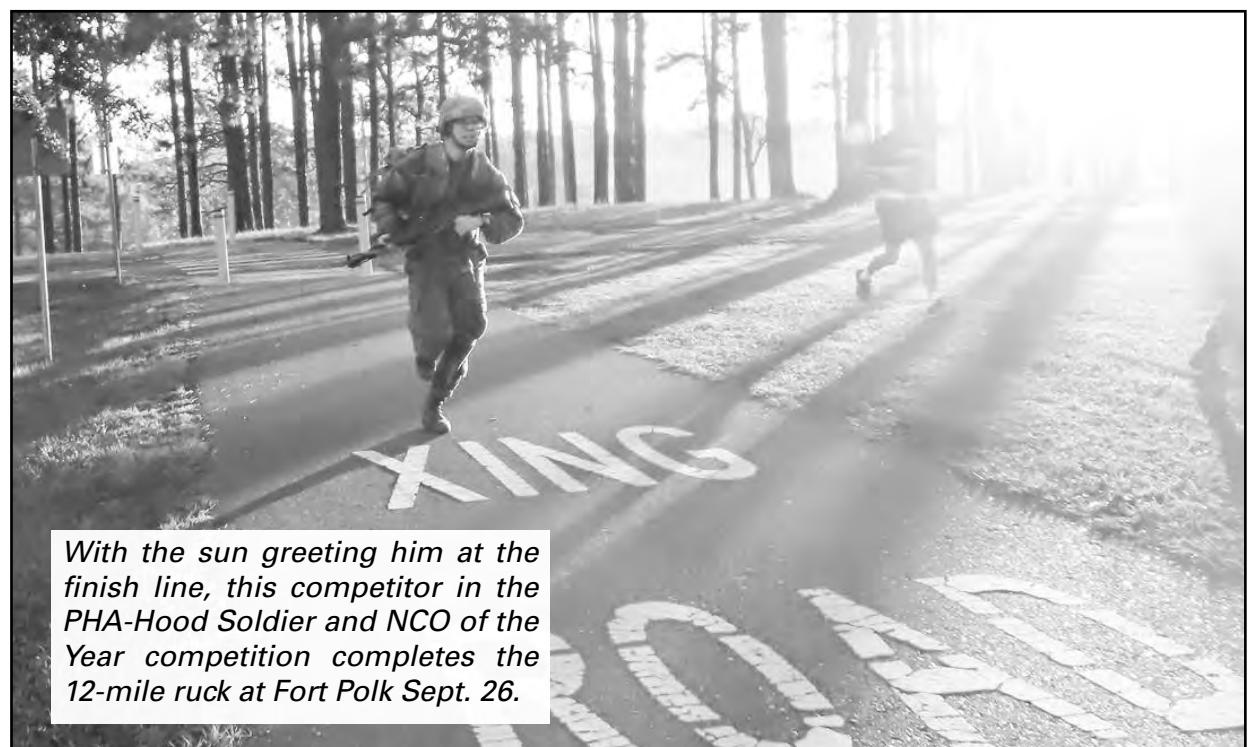
JEAN DUBIEL / GUARDIAN



A Soldier reacts to contact during the warrior skills lane in the Castor Training Area at Fort Polk Sept. 25.



A candidate climbs over the 6-foot wall at the Geronimo confidence course at Fort Polk Sept. 24.



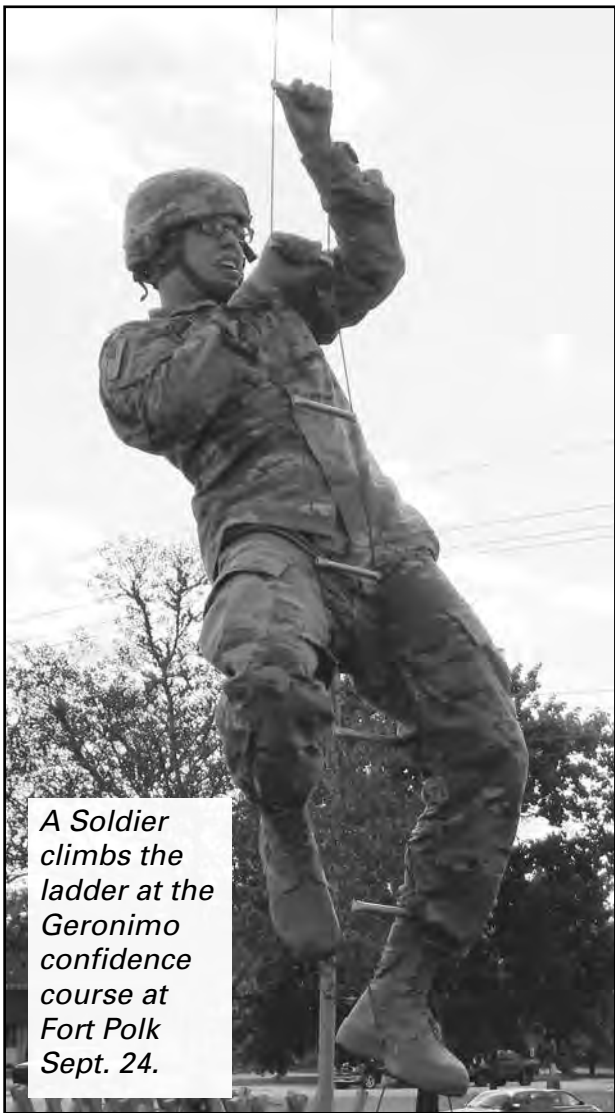
With the sun greeting him at the finish line, this competitor in the PHA-Hood Soldier and NCO of the Year competition completes the 12-mile ruck at Fort Polk Sept. 26.

Continued from page 7

know people from the other (PHA) branches.”
Candidates maintained their motivation as they persevered through each event, said Cohnes.

“They have done a great job and have exceeded my expectations,” he said. “Hopefully they will continue to do outstanding things.”

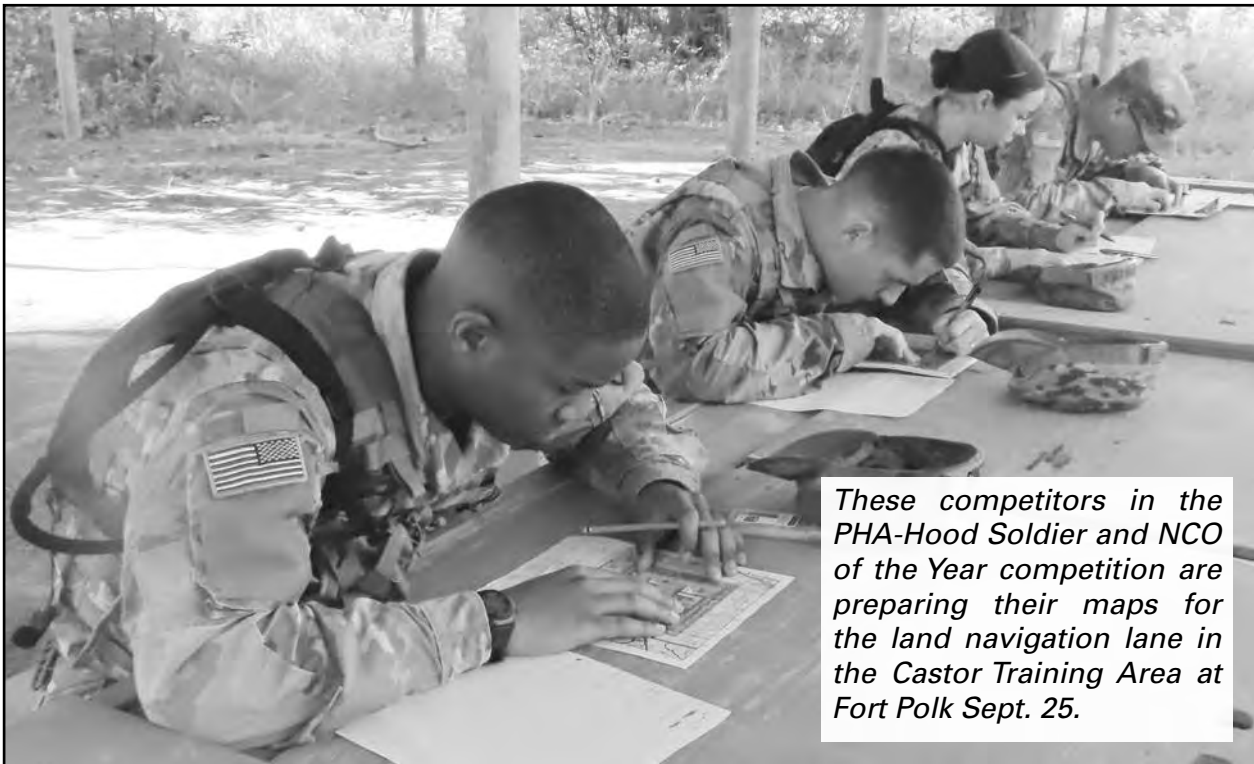
The names of the candidates are:
Sgt. Diante R. Collins, Oklahoma Branch
Spc. Garrett Finley, Mojave Branch
Sgt. Michael Harrison, Mojave Branch
Spc. Jade Baxter, South Texas Branch
Sgt. David Wolfington, South Texas Branch
Spc. Johann Gonzales, Borderland Branch
Sgt. Krista Ramirez, Louisiana Branch



A Soldier climbs the ladder at the Geronimo confidence course at Fort Polk Sept. 24.



Competitors get familiar with the employment of certain medical items before the combat lifesaver portion of the competition begins at Fort Polk Sept. 24.

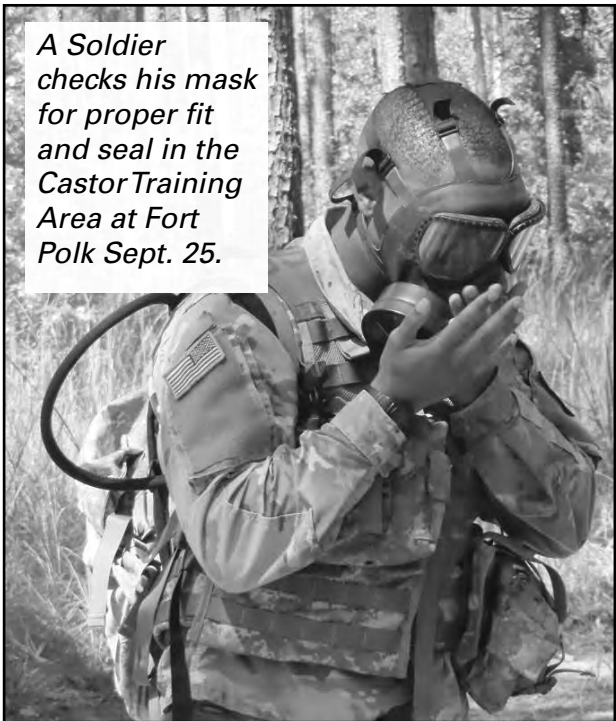


These competitors in the PHA-Hood Soldier and NCO of the Year competition are preparing their maps for the land navigation lane in the Castor Training Area at Fort Polk Sept. 25.

JEAN DUBIEL / GUARDIAN



A candidate engages targets in the engagement skills trainer at Fort Polk Sept. 24.



A Soldier checks his mask for proper fit and seal in the Castor Training Area at Fort Polk Sept. 25.



A competitor in the PHA-Hood Soldier and NCO of the Year competition shoots at targets in the engagement skills trainer at Fort Polk Sept. 24.

JRTC, Fort Polk commanding general visits rotational support units during Rotation 19-10



COURTESY



Assume networks compromised, DoD official urges

By C. TODD LOPEZ

Army News Service

WASHINGTON — No matter how secure a computer network or the environment it's used in may seem to be, users should just assume it's compromised, the deputy undersecretary of defense for research and engineering said.

"This is something I'm very much behind," Lisa Porter said during a panel discussion Sept. 24 at the Center for Strategic and International Studies in Washington.

During her time as the first director of the U.S. Intelligence Advanced Research Projects Activity, Porter said, she saw a growing emphasis on cybersecurity. The organization was created in 2008.

"At that time, cybersecurity became important," she said. "It had been important before, but people were emphasizing it. And unfortunately, there was a huge emphasis on primitive defense models."

The thinking at the time, she said, was that as long as perimeters were put in place, everything inside would be safe, including the data and the networks.

That turned out to not be true, Porter said, and security requires more than just building a barrier around the network.

"It leads you to a false sense of security. ... Think 'Edward Snowden,'" she said. "So then we said, 'Maybe this perimeter defense model has some flaws in it.'"

Instead, Porter said, users should assume the network is compromised already — either from outside or from bad actors on the inside.

"When you change your mindset to ... 'I have to assume that my networks aren't trusted — that no matter where I am, I have got to go in with an assumption that I can't trust what I am using as the backbone of my communications — it changes how you think about the technological solution,'" she said.

Now, she said, cyber professionals are think-

ing about "zero-trust architecture," which assumes that no one who uses the network can be trusted.

In such a setup, users might be allowed access only to that information and those applications that they are pre-authorized to use. Past network security might have put a wall around the whole network, and once inside, a user would have free rein to move about. A zero-trust environment uses "microsegmentation," which divides the network into smaller zones, each requiring special access.

"I think we've been lulling ourselves into a false sense of security by thinking we can build perfectly secure enclaves," Porter said. "There is no such thing as a secure system. So we have to deal with that reality whether we are doing cyber, whether we are doing supply chain, whether we are doing 5G. You will see the zero-trust reference across many of (the Defense Department research and engineering) domains, because we are trying to advocate for that perspective."

Apprenticeship program offers journeyman opportunities

By DEBRALEE BEST

Army News Service

ROCK ISLAND ARSENAL, Ill. — The Army's Rock Island Arsenal — Joint Manufacturing and Technology Center has created a legacy for training journeyman machinists for almost 110 years.

"The Apprenticeship Program is a program where a journeyman-level person in any skilled trade teaches a younger person who doesn't know anything," said Don Gordon, division chief, Tool and Gage Division, Machining Division East, RIA-JMTC. "So in the machining trades, it's taking a block of steel and using cutting tools, high precision measuring tools, files, other types of inspection equipment and creating a finished product."

This program is currently in full-swing with four classes running concurrently, comprised of 45 apprentices at various stages of the four-year program.

"The benefit for an employee is they get two years of school in a four-year apprenticeship program," said Gordon. "When they finish the program, they get a journeyman machinist card and they have zero debt. Their job is to learn and they get paid for it!"

The four-year program begins with schooling

and basic machining skills.

The first year is used to immerse apprentices in working on a shop floor for the government. The groundwork of machining is laid with apprentices using hacksaws and files to create basic projects, according to Gordon.

"They learn all manual machines first because I'm still of the mentality that if you don't know how to crank a handle on a mill, then you don't know what's going to happen when you program a CNC (computer numerical control) mill," said Gordon.

"It's grueling and it's hard work and the point of it, I'm assuming, is to build character for one, but also to give you an appreciation for the technology that we have and I'm all about it," agreed Jonathan Helms, RIA-JMTC spring maker and former apprentice in the program.

In their second year, apprentices continue their schooling while also expanding their machining skills with more precision work and hands-on in the shop environment, according to Gordon. This is also when they begin rotating through different areas within the factory.

"They get a full, rounded-out curriculum of what goes on at JMTC," said Gordon.

At RIA-JMTC apprentices are expected to be more of a jack-of-all-trades in machining so their

training is more extensive than other journeyman programs.

"Apprenticeship at the Rock Island Arsenal is not the same as an apprenticeship in a private sector tool-and-dye-job shop or a machine shop. Most of them are tailored: They want a lathe operator, they want a mill operator," said Gordon. "We want an all-around machinist so we start them from the basics and then we start rotating them around the shops."

The final two years are spent entirely on the shop floor with full hands-on training and honing their machinist skills.

"Once they start getting into third and fourth years they spend more time in the areas they're going to be assigned; we know we're going to have people in machining, grinding, small arms and field-service gages," said Gordon.

Attrition is a real concern within RIA-JMTC, with about 28-33% of personnel ready to retire or move into different positions, according to Gordon. This makes the apprentice program vital to fill those positions.

"Having 60 (apprentices) in the program at all times and 15 that are graduating soon keeps a good pool of candidates," he said.

Apprenticeship program class seats are posted on USAJOBS at www.usajob.gov.

2019 Women's Fall Conference

Thursday, Oct. 17th at the Lake Charles Civic Center

Women's
Commission
of Southwest Louisiana
INCORPORATED



FEATURING Taya Kyle
womenscommissionswla.com



Briefs

School lunch menu

The following school lunch menu is for Vernon Parish schools for Monday through Wednesday. Meals are served with salad bar and choice of milk:

Monday: Chicken shoestrings, mashed potatoes, gravy, green beans, mixed fruit, whole wheat roll.

Tuesday: Whole grain spaghetti and meat sauce, steamed corn, tossed salad cup, whole wheat garlic bread, watermelon.

Wednesday: Carnival corndog, Bush's baked beans, oven baked fries, mixed fruit.

Thursday: Staff inservice.

Oct. 4: School holiday.

DeCA WIC acceptance

The Fort Polk Commissary can now process Louisiana Women, Infants and Children (WIC) electronic benefits transfer (EBT) card purchases. For more information call 531-7678.

Traffic blockage

A building will be moved through the access control point at Mississippi Avenue and La. Hwy 10 Saturday at about 10 a.m. The building will travel up Mississippi Avenue to Third Street and delivered to Bayne-Jones Army Community Hospital. Call 531-3111 for more information.

Movie night

Fort Polk Directorate of Family Morale, Welfare and Recreation hosts an outdoor movie night featuring "The Secret Life of Pets 2" Saturday from 7-10 p.m. on Headquarters Field. Free popcorn, hot dogs and sodas are available. Bring lawn chairs or spread out a blanket and enjoy family fun.

Cancer awareness

Fort Polk's Home of Heroes Recreation Center hosts "Grace," a breast cancer awareness functional fitness competition, Oct. 5 from 9-11 a.m. There are three divisions: Male, female and masters (40 years and older). Competitors will perform 30 clean and jerks for time. Enter the day of the event or at [Eventbrite.com](https://www.eventbrite.com). Call 531-9710 for more information.

AAFES briefs

The Army and Air Force Exchange Service offers Soldiers and military families fee-free layaway. The exchange will waive its \$3 service fee for items priced at \$25 or more. Shoppers pay a layaway deposit of 15% of the purchase price. Items must be picked up by Dec. 24. For more information, visit the customer service desk.



VAP sets domestic violence awareness events

VICTIM ADVOCACY PROGRAM

FORT POLK, La. — October is recognized throughout the U.S. as National Domestic Violence Awareness Month.

Domestic Violence Awareness Month evolved from the "Day Of Unity" in October 1981 observed by the National Coalition Against Domestic Violence. The day of unity soon became an entire week devoted to a range of activities conducted at the local, state and national levels.

The activities conducted were as varied and diverse as the program sponsors but had common themes: Mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.

Domestic abuse can affect anyone — men, women and children — regardless of age, education, religion, race or income levels.

Together as a community Fort Polk can build awareness and take a stand to end domestic violence. The Fort Polk Victim Advocacy Program is sponsoring several events during the month of October to help spread awareness for the need to prevent domestic violence on all levels.

• Wednesday: Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, and his leadership staff will sign a DVAM Proclamation observing this special

themed month. The event takes place at the Community Information Forum held at the Warrior Center at 10 a.m.

• Oct. 18: "Wear Purple Day." Everyone is asked to show your support for survivors of domestic violence by wearing purple. You are also welcome to send your picture of support to gladys.m.mosby2.civ@mail.mil, for posting to the Fort Polk Family Advocacy Facebook page.

• Oct. 24: Domestic Violence Awareness Month Run/Walk. The event is open to the public, military units, family members and civilians. Children and strollers are welcome. Participants are asked to wear purple. To pre-register, call 531-1938. Participants may also sign up at the event. This event takes place at Warrior Hills Golf Course. Registration begins at 8 a.m. The DVAM Run/Walk start time is 8:30 a.m. Better Opportunities for Single Soldiers will partner with the Victim Advocacy Program for this event.

If you know or suspect domestic violence is occurring within a family, call the Fort Polk Victim Advocacy Program Hotline at (337) 424-7494 to speak with a victim advocate 24 hours a day, seven days a week.

Domestic violence has no place in the Army, the installation, or family homes. Working together, the Fort Polk community can make a difference.

**If you need help,
Call the Victim Advocacy Program Hotline
at (337) 424-7494**

Fort Polk kids have blast participating in Child, Youth Services Day for Kids national event

By **ANGIE THORNE**
Guardian staff writer

FORT POLK, La. — Fort Polk Directorate of Family Morale, Welfare and Recreation's Child and Youth Services hosted the Boys and Girls Club Day for Kids Sept. 21 at Fort Polk's Youth Gym, bldg 2070.

Day for Kids is a nationally celebrated event filled with activities, food and games. Fort Polk's Day for Kids offered arts and crafts, jewelry making, bubble blowing, inflatable horse races, gymnastics, face painting and more.

The day was a way to celebrate kids, said Paige Greathouse, CYS Middle School and Teen director. Greathouse helped organize the Day for Kids event.

"It's all about food, Family and fun," she said. "This day is vital for

kids and military Families. It gives them an opportunity to spend time together and bond, as well as meet other military Families — all while having a good time," she said.

Spc. Tyler Mitchell, 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, attended Kid's Day with his Family.

He said although the day's focus was more for his little girl's enjoyment the event was also important for him.

"We work quite a bit, so events like this give us a break and help Soldiers and Family members with morale," he said.

Soo Min Baek, a military spouse, said she and her girls were having a good time at Kid's Day.

"This event makes us happy," she said.



Gabriel Reyes-Lugo, 6, arranges Skittles on a plate with intense concentration.

Tegan Gomez, 2, watches carefully as she gets a temporary tattoo.



Zoey Dodd, 2, gets her face painted as her mom, Clare, watches at Fort Polk's Day for Kids.



Kids have fun playing a large version of Kerplunk as parents look on at Fort Polk's Youth Gym.



Michael Glass and his daughter Emilia, 3, take a ride on a pony at Fort Polk's Child and Youth Services Day for Kids held Sept. 21 at Fort Polk's Youth Gym.



These little artists — Samara Sanchez, 4, (left) and her sister Sophia, 10, — work on their masterpieces.



Matteo Martinkoski, 7, seems to be having fun as he blows a big bubble Fort Polk's Day for Kids event.



Daeleion Barbour, 11, takes a break from the action at Day for Kids as he chows down on a refreshing snow cone and a bag of popcorn.

Public health officials offer easy steps to fight the flu

By KIRK FRADY

Army News Service

SEMBACH, Germany — As the flu season rapidly approaches, there are several common sense tips to help keep you and your loved ones healthy this winter season.

Flu vaccinations are an annual requirement for Soldiers, and the Army medical community offers the vaccine to Soldiers, as well as their Family members and retirees.

According to the Centers for Disease Control and Prevention, flu activity begins to increase in October, peaking between December and February and diminishing by May.

According to Col. Kerry LeFrancis, Regional Health Command Europe Force Health Protection Officer, "The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu."

Army medical clinics will kick off their flu vaccination campaigns by the end of October, and information about vaccine availability will be provided throughout the community via web, social media and through command channels.

"Influenza vaccine is in the process of being shipped from Department of Defense logistics distribution locations to military medical treatment facilities worldwide," said LeFrancis. "As soon as it arrives at your clinic, it will be available during regularly scheduled appointments."

Each year the effectiveness of the flu vaccine varies. And while it is still too early to predict how effective this season's flu vaccine will be, the vaccination is still recommended as it may make the illness milder and prevent hospitalization if the flu is contracted.

LeFrancis said that according to a recent study, "Vaccination reduces the number of flu related deaths, the number of hospital intensive care unit admissions and the duration of hospital stay for patients who do get hospitalized."

"It's important to stay home ... to reduce the chance of spreading something potentially life threatening."

Col. KERRY LEFRANCIS
Health protection officer

"The study also found that unvaccinated adults with the flu who were admitted to the hospital were two to five times more likely to die than someone who had been vaccinated," added LeFrancis.

The following tips can help protect yourself and others from flu and help stop the spread of germs.

- Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

- Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick.



GABRIELLE WEAVER / ARMY NEWS SERVICE

Cpl. Audi Edsell, a combat medic with Ansbach Health Clinic, prepares a needle for administration at Illesheim Army Air Field, Germany. Medical readiness is an important necessity for deployed Soldiers as part of the Army's steadfast commitment to collective defense responsibilities in Europe.

- Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough and severe acute respiratory syndrome (SARS), are spread by cough, sneezing or unclean hands.

"Maybe you've heard of 'sneeze in your sleeve' to remind you to cover your mouth and nose with the inside of your elbow, not your hand, when you sneeze or cough," LeFrancis said. "That keeps the germs off of your hands."

- Clean your hands. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

- Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

Preventing flu at school

- Find out about plans your child's school, child care program or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.

- Make sure your child's school, child care program or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, al-

cohol-based hand rubs and disposable wipes on-site.

- Ask how sick students and staff are separated from others and who will care for them until they can go home.

Preventing flu at work

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.

- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards and phones to help remove germs.

- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs and disposable wipes.

- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.

- If you begin to feel sick while at work, go home as soon as possible.

"It can be tough for some of us to take some time out when we feel an illness coming on," LeFrancis said. "But it's important to stay home from school or work to reduce the chance of spreading something potentially life threatening to those people who are at a high risk for flu complications. You don't always know who those people are."

For more information on the flu vaccine or when and where you can get it, check out the Bayne-Jones Army Community Hospital Facebook page to find the latest information.

For more information on influenza and the vaccination, visit the CDC's website at <https://www.cdc.gov/flu>.

DoD, HHS implement Executive Order to modernize flu vaccines

MHS COMMUNICATIONS OFFICE

WASHINGTON — The Department of Defense and Department of Health and Human Services are implementing an Executive Order signed by President Donald Trump, aimed at increasing the manufacturing efficiency and effectiveness of flu vaccines.

The EO establishes the National Influenza Vaccine Task Force, which will include representatives from the Centers for Disease Control and Prevention as well as the departments of Justice, Agriculture, Veterans Affairs, Homeland Security and Food and Drug Administration.

The task force is co-chaired by DoD and HHS.

Modernizing flu vaccines in the United States is a matter of national security and public health, said Dr. Terry M. Rauch, acting deputy assistant secretary of Defense for Health Readiness Policy and Oversight. Rauch added that DoD is committed to collaborating with HHS and partner agencies.

“DoD acknowledges and supports the great need for flu vaccines to be rapidly responsive, flexible, scalable and more effective at preventing the spread of flu viruses,” Rauch said.

The goal of the EO is to encourage federal departments and agencies and their stakeholders to implement and support modernizing U.S. flu vaccines. That means reducing reliance on egg-based flu vaccine production; expanding domestic capacity of alternative methods to allow more agile and rapid response to emerging flu viruses; and advancing development of new, broadly pro-

tective vaccines with longer lasting immunity.

The EO directs tasks for key organizations. The DoD’s responsibilities include estimating the costs of transition to scalable, innovative technologies from domestic manufacturers; coordinating with other agencies to conduct epidemiological studies of vaccine effectiveness; identifying opportunities to use DoD’s vaccine research and development enterprise; and investigating innovative pathways to facilitate the development of next-generation flu vaccines.

Rauch said the efforts related to the EO “support the National Defense Strategy’s priority to advance readiness of the force, providing the best possible support to our warfighters on the battlefield and back home. The U.S. Congress, as well as the public, should remain confident that federal departments and agencies are working together to effectively address influenza as a threat.”

The flu virus is common; about 49 million Americans were affected during the 2017-18 season, according to the CDC. Flu infections usually happen during the fall and winter, according to the CDC, with peak activity occurring between December and February. Most flu sufferers will experience effects for a few days to up to two weeks.

Some people, however, develop complications that can become life-threatening. The CDC estimates that for the 2017-18 flu season, 959,000 hos-



pitalizations and 79,000 deaths were linked to influenza.

“Certain groups are at high risk of flu-related complications,” said Dr. Jay Montgomery, medical director of the Defense Health Agency’s North Atlantic Region Vaccine Safety Hub, Immunization Healthcare Division.

At-risk individuals include children ages 6 months to almost 5 years, adults 50 and older, people with chronic medical conditions and pregnant women, Montgomery said, citing statistics from the CDC.


Health care experts recommend that everyone 6 months and older — including the elderly, chronically ill people, and expectant mothers — receive the flu vaccine as soon as it becomes available. It’s particularly important not only for individuals in the at-risk groups, but also for people who live with or care for them. The benefits of the vaccine far outweigh the risks of contracting the virus, health care experts say.

“Influenza is a specific threat to U.S. forces,” Rauch said.

Active-duty, National Guard and Reserve members are required to get the vaccine annually, Montgomery notes. Flu vaccination is also a requirement for DoD civilian health care personnel, said Tara Reavey, chief of policy and program management for DHA’s Immunization Healthcare Division.

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Severe lung issues associated with e-cigarette use

GARRISON SAFETY OFFICE

WASHINGTON — As of Sept. 6, more than 450 possible cases of a severe lung illness associated with e-cigarette products have been reported across multiple states.

One person has died from the illness. All of the patients reported recent use of e-cigarette products, and many stated using devices containing cannabinoid products such as tetrahydrocannabinol (THC) or cannabidiol (CBD).

Symptoms of the illness appear over the course of a few days to several weeks and include difficulty breathing, coughing, shortness of breath or chest pain. Some individuals also reported mild to moderate vomiting, diarrhea and fatigue.

Although the specific cause of the illness remains unknown, all reported cases include recent e-cigarette or vaping product use. The aerosol from e-cigarettes and vaping products can contain a variety of harmful or potentially harmful ingredients. Also, the contents of e-cigarette and vaping liquids are not highly regulated and can vary from product to product.

The U.S. Food and Drug Administration is working with the Centers for Disease Control and Prevention and state health departments to collect information on products used by individuals affected by this outbreak.

Until a cause is determined, Soldiers and their Family members who do not currently use tobacco products are encouraged to avoid all e-cigarette or vaping products, particularly those sold off the street or modified to add any substances not intended by the manufacturer.

Do not use e-cigarettes in ways unintended by the makers, like dripping or dabbing. Dripping is when users drop e-cigarette solvents onto the device's hot coils, resulting in more concentrated compounds. Dabbing is when substances con-



taining high levels of THC or CBD are superheated in the device.

Adult smokers who are attempting to quit by using e-cigarettes should consult their health-care provider for consideration of evidence-based alternative methods. If you use e-cigarette

or vaping products, monitor yourself for signs of respiratory or gastrointestinal distress and seek prompt medical attention if you experience the indicators described above or any other abnormal symptoms. Additional information is available at www.emergency.cdc.gov.

Best medic competition kicks off at JBLM for first time

By FLAVIA HULSEY

Army News Service

JOINT BASE LEWIS-MCCHORD, Wash. — With a packing list in hand and inprocessing complete, 56 of the Army's top medics are prepared to compete in the Command Sgt. Maj. Jack L. Clark Jr. Army Best Medic Competition Sept. 24 through today at Joint Base Lewis-McChord, Washington.

"You know how many medics are in the Army? 15,000. Don't forget what you represent — you represent 15,000 of the Army's medics. You are trained and ready to compete," said Maj. Gen. Dennis LeMaster, commanding general, Regional Health Command-Pacific, during inprocessing remarks to the competitors. "The training you have done up to this point — the stick-to-itiveness, the tenacity, the fortitude — all to compete to see who is the toughest, the best, the strongest."

Twenty-eight two-Soldier teams from all around the world traveled to Washington state to compete in the finals to be named the Army's Best Medic, after already winning regional and command-level competitions. The competition is a 72-hour arduous test of the teams' physical and mental skills through a series of hands-on tasks

in a simulated operational environment.

This is the first time the Army Best Medic Competition is at JBLM. In year's past, it has taken place at Camp Bullis, Texas. RHC-P is the host unit for the Army Medical Command event.

The competition will also focus on the changing battlefield — one where Soldiers may face "near-peer" enemies and be asked to operate in austere combat environments where a medic may have to care for injured Soldiers for longer periods of time in a multi-domain battlefield.

"This year is going to be a little bit different, not only are we testing the physical but also your cognitive acumen, not only on medical treatment but also across the broad spectrum of being a health care professional assigned to the opera-



tional force or assigned to the generating force," said Regional Health Command-Pacific Command Sgt. Maj. Clark Charpentier.

"Hopefully over the next three or four days and nights, you have the opportunity to learn something about yourself, learn something about your competitors, and really have an

opportunity to think about why we're here."

Both the RHC-P commanding general and command sergeant major reminded the competitors the importance of the competition - to test their readiness as medics and as Soldiers.

"All of you are who our Soldiers are looking for if someone goes down on the battlefield — they're looking for one of you to take care of them," LeMaster said to the medics.

The competition ends today with a culminating awards ceremony.

Take advantage of fall fairs, festivals in Fort Polk's backyard

By KEITH HOUIN
Guardian staff writer

FORT POLK, La. — Fall is fair and festival season. Carnival rides, arts and crafts, food, music, livestock shows, agricultural exhibits and more will fill the fairgrounds of Vernon and Beauregard parishes the first week of October as the 91st Annual Beauregard Parish Fair and 113th annual West Louisiana Forestry Festival take place.

Both events offer free admission to the military and their families with proper identification.

The Beauregard Parish Fair kicks off with a parade through downtown Deridder at 5 p.m. Tuesday. The fair itself will be at the Beauregard Parish Fairgrounds, 506 West Drive, Deridder.

"The Beauregard Parish Fair began in 1928 when the Beauregard Parish Fair Association was started by local farmers. These farmers wanted to show off the hard work they had put into their property and animals. We are one of only a handful of agricultural fairs left in Louisiana," said Kay Allen, Beauregard Parish Fair manager.

"Today we offer a safe, family-fun and entertainment environment. Local nonprofit organizations bring their own food creations and Gold Star Amusements brings the thrill rides," she said. Admission price is \$5.

The West Louisiana Forestry Festival and Fair is held Wednesday through Oct. 6 at the Vernon Parish Fairgrounds, 276 H M Stevens Blvd., Leesville.

"This festival is a long-standing tradition in the area offering everything from pageants and parades to rodeo and fair fun," said Tonya Tilley, West Louisiana Forestry Festival Association president.

"We want children and families to have a good time. The fair gives Soldiers and Families a chance to discover some of the local culture and history of the area by learning about the logging and forestry industries that forged this part of Louisiana while having a good time at the festival," she said.

Admission price is \$3 per adult and \$2 for children 12 years of age and under.

Below are a few of the scheduled events for



the fair and festival:

Beauregard Parish Fair

- Tuesday — parade starts at 5 p.m. The 91st Queen Beaufair Pageant starts at 8 p.m.

- Wednesday — gates open at 4 p.m.

- Thursday — senior citizens day begins at 9 a.m., Ron Yule Country All-stars perform from 10 a.m. to noon, Chloe Smith and Brian Phelps perform from 6 to 8 p.m. and Trace Johnson performs from 8 to 9 p.m.

- Oct. 4 — the fair opens at 10 a.m. on "kids day" (all students get in free). Sonny the Birdman Exotic Wings Productions performs at 11 a.m., and 1 and 3 p.m.

- Oct. 5 — the livestock show begins at 8 a.m., the Front Porch Pick'n Talents Show is from noon to 1:30 p.m.

West Louisiana Forestry Festival

- Wednesday — senior citizens day begins at 11 a.m. The fair grounds open at 3 p.m. The car-

nival opens at 4 p.m. and it's buddy night (armbands are two for one).

- Thursday — the fair opens at 3 p.m. for Fort Polk appreciation day. The carnival opens at 4 p.m. (ride tickets are half price with a military ID). The rodeo parade also takes place at 4 p.m. in downtown Leesville. The Lions Club Rodeo opens at 7:30 p.m. at the covered arena.

- Oct. 4 — the fair opens at 9 a.m. on "school day" for kids (children get the day off to have fun at the fair). The Old Man Band plays from 5-7 p.m. and the rodeo takes place at the covered arena at 7:30 p.m.

- Oct. 5 — the fair and carnival opens at noon. The Old Man Band plays from 5-7 p.m. and the rodeo takes place at 7:30 p.m.

- Oct. 6 — the fair opens at noon. The carnival opens at 1 p.m. For more information check out the West Louisiana Forestry Festival Fairground Facebook page or call (337) 238-0647.

Exchange shoppers save by opening new Military Star account

MAIN EXCHANGE

FORT POLK, La. — Fort Polk Exchange and commissary shoppers can get more bang for their buck by opening a new Military Star card account.

From Oct. 10 to 24, Fort Polk Soldiers and their Families who apply and are approved for a new Military Star card will save 15% on first-day purchases instead of the 10% discount regularly offered. The discount will appear as a credit on the first monthly billing statement.

"The Military Star card is a benefit the military community has earned," said Ronald McDuffie, general manager. "The cardholder-friendly terms and everyday discounts help save money year-round."

New Military Star account holders will receive the discount on purchases at military exchanges and commissaries.

Cardholders receive two points for every dollar spent with Military Star and

automatically earn a \$20 rewards card every 2,000 points. In 2018, shoppers earned \$34.6 million in Military Star rewards cards.

Other benefits of the Military Star card include:

- The lowest flat-rate APR (11.99%) among store cards — rate is offered to all cardholders upon account approval.

- No annual, late or over-limit fees.

- Reduced-interest deployment plan with no payments required for eligible customers.

The Military Star program generated \$471 million in value for cardholders in 2018 through savings, discounts, financing offers and cardholder-friendly terms and conditions.

The Military Star card is administered by the Army and Air Force Exchange Service and is accepted at all military exchanges and commissaries. For more information, visit MyECP.com.



Department of Defense kicks off 'Own Your Limits' ASAP program

By **AMELIA CONNOR**

ASAP prevention coordinator

FORT POLK, La. — For several years the Department of Defense campaign for high-risk use of alcohol has been the "That Guy" campaign. You have probably seen posters, coasters and other items with "Don't be That Guy" pictures and quotes around Fort Polk.

It's said that all good things must come to an end, and the same can be said about the "That Guy" campaign. The DoD has adopted a new campaign to remind service members to drink responsibly.

"Own Your Limits" is an educational program the DoD is using for the U.S. military. The mission of the campaign is to help service members learn to drink responsibly, if they choose to drink alcohol. If you have attended a Fort Polk Army Substance Abuse Program (ASAP) training event over the last few months, you have probably heard the trainers use the phrase "Know Your Limits ... Drink Responsibly."

The Fort Polk ASAP team makes it a point to state that if you make the



choice to consume alcohol, please do so responsibly. The new DoD campaign "Own Your Limits" correlates perfectly with what is already being taught at Fort Polk and will provide the ASAP team with new and fresh resources to get the message to our Soldiers.

For more information and resources about the "Own Your Limits" campaign, follow it on Facebook or check out the website at www.ownyourlimits.org. More resources and information to follow, but remember to serve honorably; drink responsibly.

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(verb)

Knowing your **alcohol limits** and sticking to them.
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with valid Military IDs

WEDNESDAY, OCTOBER 2
FREE admission for Senior Citizens
Buddy Night, 2-for-1 admissions

FRIDAY, OCTOBER 4
FREE admission for all K-12
students from 9:00a - 4:00p

FESTIVAL EVENT SCHEDULE

SATURDAY, SEP. 28

7:00p Miss W.L. Forestry Festival Pageant
All pageants held at the Fairgrounds Auditorium

SUNDAY, SEP. 29

1:00p 4-H Horse Show (Rodeo Arena)

MONDAY, SEP. 30

5:30p Pine Straw Bale Stacking Contest
(Livestock Barn)

TUESDAY, OCT. 1

5:30p 4-H Woodsman Skill Contest
(Rodeo Arena)

WEDNESDAY, OCT. 2

SENIOR CITIZEN DAY

11:00a Senior Citizen Dinner @
Fairgrounds Auditorium
3:00p Fair Gates Open
4:00p Carnival Rides Open

THURSDAY, OCT. 3

MILITARY DAY

3:00p Fair Gates Open
4:00p Carnival Rides Open
4:00p Rodeo Parade Begins Downtown
7:30p Leesville Lions Club PRCA Rodeo
Big Dog Bull Roping Contest
Sponsored by Country 105.7 & WLFF Board

FRIDAY, OCT. 4

SCHOOL DAY

9:00a Fair Gates & Carnival Rides Open
9:00a 4-H Pet Show (Livestock Barn)
11:00a 4-H Rabbit Show (Livestock Barn)
2:00p 4-H Poultry Show (Livestock Barn)
7:30p Leesville Lions Club PRCA Rodeo

SATURDAY, OCT. 5

10:00a 4-H Livestock Show (Livestock Barn)
12:00p Fair Gates & Carnival Rides Open
7:15p Parade of Champions (Rodeo Arena)
7:30p Leesville Lions Club PRCA Rodeo
Big Dog Bull Roping Contest
Sponsored by Country 105.7 & WLFF Board

SUNDAY, OCT. 6

12:00p Fair Gates Open
1:00p Carnival Rides Open
6:00p Festival, Fair & Carnival Ends



CARNIVAL SPECIALS

WEDNESDAY, OCT 2: BUDDY NIGHT

2-for-1 gate admission
2 armbands for \$22 from 4p - 10p

THURSDAY, OCT 3: MILITARY DAY

1/2 price on 30 tickets with military ID
\$22 armband from 4p - 11p
Get \$2 off armband with canned food

FRIDAY, OCT 4: SCHOOL DAY

\$22 armband from 9a - 4p
\$22 armband from 6p - 11p

SATURDAY, OCTOBER 5

Rides reduced 1 ticket from 12p - 6p
\$22 armband from 6p - 11p

SUNDAY, OCTOBER 6

\$22 armband from 1p - 6p
Get \$2 off armband with canned food

RODEO TICKETS

ADULT: \$12 Advance / \$15 Gate
STUDENT: \$10 Advance / \$12 Gate

Rodeo tickets are separate from festival
admissions, and may be purchased from any
Leesville Lions Club member in advance or
at the gate prior to rodeo performance.

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Follow your taste buds to Zwolle for Tamale Fiesta

ZWOLLE TAMALE FIESTA

ZWOLLE, La. — If you love unwrapping the deliciousness of authentic, homemade tamales, then you don't want to miss the 44th annual Zwolle Tamale Fiesta, held Oct. 10-12.

The fiesta celebrates the rich Spanish and Indian heritage of the people of Zwolle. Held each year at the Zwolle Festival Grounds, the fiesta offers a fun-filled weekend of reliving the area's heritage with plenty of delicious hot tamales, entertainment, arts and crafts, dancing, parades and children's activities. The fiesta is fun for the entire family.

To fully appreciate the tamale fiesta, a little background is in order: Zwolle was originally an Indian village. It was occupied for many years by the Spanish Province of Texas, and settled by the descendants of French and Spanish adventurers, who intermarried with the friendly Indians as well as English-speaking settlers from Mississippi, Alabama, Georgia and the Carolinas.

In the late 1800s, the area that is now Zwolle was turned into a whistle stop along the Kansas City Southern Railroad.

The town was named for a town in Holland, in honor of a prominent Dutch visitor.

The fiesta itself stems from a combination of the Indian and Spanish culinary efforts to produce one of the most delectable



hot tamales in the country.

In 1975, the idea for a festival was suggested and the Tamale Fiesta was born.

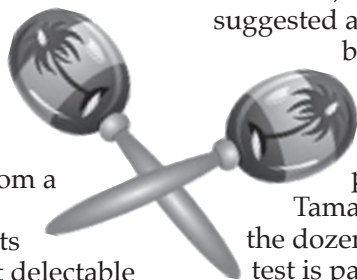
No fiesta is complete without delicious tamales. Each year, tamales can be purchased at the Zwolle

Tamale Fiesta, one at a time or by the dozen. Also, a tamale-making contest is part of the fiesta.

The fiesta also offers live entertainment by artists such as Southern Outlaws, Johnny Earthquake & the Moon-dogs, Tyler Mitchell and more.

You'll be able to enjoy events like the Spanish costume contest, tamale eating contest, arm wrestling, carnival rides and more.

Admission to the fiesta is \$5 per person. For more information visit www.zwolletamalefiesta.com.



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For more information call 531-1948.

Festivals

• Fall festival

The First United Methodist Church of Leesville, 202 North Fifth St., hosts a Fall Festival Saturday from 9 a.m.-2 p.m. There will

be food, face painting, games, crafts and tons of fun. For more information about the festival or being a vendor, call (337) 239-3828.

• Arts festival

Sample a variety of local food and art during the Red River Revel Arts Festival, Saturday-Oct. 6 in downtown Shreveport's Festival Plaza, 101 Crockett Street. This enormous, family-friendly festival features more than 100 visual artists, music from every genre, food and drink vendors, and more.

For more information call (318) 424-4000.

• Rougarou Fest

If Halloween is your favorite

holiday you won't want to miss the Rougarou Fest, held in downtown Houma Oct. 26-27. Enjoy live entertainment, spooky parade, costume contest, pumpkin lighting and more. For more information visit www.rougaroufest.org.

Miscellaneous

• Quilt show

The Annual Red River Quilt show takes place Saturday and Sunday at the Louisiana State Fairgrounds, 3701 Hudson Ave., Shreveport. The quilt show displays more than 200 quilts to be enjoyed and judged.

While there, you can enjoy special exhibits, a silent auction of quilted items, vendor mall, product and technique demonstrations, door prizes and more.

Admission is \$8 per person. The show is held from 10 a.m.-6 p.m. in conjunction with the opening weekend of Red River Revel Arts Festival. For more information visit www.redriverquilters.com.

• Butterfly blast

Visit Allen Acres, 5070 La. Hwy 399, Pitkin, for its annual Butterfly Blast today through Sunday. You will enjoy watching butterflies in all their stages from caterpillar to chrysalis and adulthood. You'll see monarchs, skippers, large swallowtails and more. Photography is encouraged. For more information call (337) 328-2252.

• Film fest

Visit the eighth annual Lake Charles Film Festival Oct. 4-5 in various venues in Lake Charles and Sulphur. The festival is a fun weekend of independent film screenings, seminars, premieres, parties, networking, and a celebrity guest. There is also an awards ceremony where trophies are given to the top films and scripts in each category. This year, meet the

cast of the hit CBS TV series "Shazam!" Actors Michael Gray (Billy Batson) and John Davey (Captain Marvel) will both be in attendance as guests of honor. Hang out, get a photo or autograph and listen as they share stories about their acting careers, how to audition, work with an agent and other tips to help aspiring actors break into the business. For more information visit <http://lakecharlesfilmfestival.com>.

Gothic Jail

Experience the haunting and historic Gothic Jail After Dark, 205 West First St., DeRidder, this Halloween season. Paranormal activity runs rampant in the jail and the walls hold secrets of a brutal murder, suicide and a double hanging. It's not for the faint of heart. Dates for the event are Oct. 11-12, 18-19 and 25-26 from 7:30-11:30 p.m. Halloween (Oct. 31) the jail is open from 6-10 p.m. For more information call (337) 375-4000.

Clubs/groups

• Bass Masters

Join the Fort Polk Community Bass Masters. The club meets monthly on the Tuesday before each tournament. Meetings are held at 6 p.m. at the New Llano American Legion, Post 387, 500 Vernon St. The next meeting is Oct. 8.

The October tournament takes place at Toledo Bend, Oct. 12. The entry fee is \$40. For more information visit www.fortpolkcommunitybassmasters.com.

• Lose weight

Join Take Off Pounds Sensibly (TOPS) every Thursday at the Vernon Parish Library meeting room. Weigh in is from 5-5:50 p.m. The meeting starts at 5:50 p.m. For more information call (337) 208-0896.



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1. Monthly Contest
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NOTICE: All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination. The Guardian will not knowingly accept any advertisement for real estate, which is in violation of the law. All dwellings advertised in this newspaper are available on an equal opportunity basis.

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www.thefortpolkguardian.com

Tradin' Post Ads

Published for the community of Fort Polk, La.

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* Businesses will not receive free advertising. All business ads must be prepaid. We accept Visa and Mastercard. (This includes child care, quarters-cleaning, or the sale and/or breeding of multiple pedigreed/registered animals)

* Only single soldiers living in barracks may list numbers with 531 prefixes.

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Deadline for FREE ads is NOON Tuesday.

Category: ☐ Household Appliances ☐ Furniture ☐ Sporting goods ☐ TV/Radio/Stereo
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Advertisement: In 25 words or less (one word per block) give description, price, telephone number and other pertinent information. For garage sales, list time, date and location.

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2. Example stk#30027. MSRP \$20,185. Includes \$1,000 customer cash and \$1000 bonus cash from KMF, and \$1,285 dealer discount. All purchase payments based at 4.69% APR, based on \$13.99/\$1000 borrowed with approved credit through KMF. Excludes TT&L, registration, insurance & \$150 dealer fee. Ends 9/30/19.

3. Example stk#39233. MSRP \$29,050. Includes \$2,000 customer cash and \$1000 bonus cash from KMF, and \$2,150 dealer discount. All purchase payments based at 4.69% APR, based on \$13.99/\$1000 borrowed with approved credit through KMF. Excludes TT&L, registration, insurance & \$150 dealer fee. Ends 9/30/19.

4. Example stk#39226. MSRP \$24,190. Includes \$2,000 customer cash and \$1000 bonus cash from KMF, and \$1,290 dealer discount. All purchase payments based at 4.69% APR, based on \$13.99/\$1000 borrowed with approved credit through KMF. Excludes TT&L, registration, insurance & \$150 dealer fee. Ends 9/30/19.