FORGING THE



WARRIOR SPIRIT

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Home of Heroes @ Fort Polk, LA

June 21, 2019

Welcome to your newly renovated pharmacy at Bayne-Jones Army Community Hospital

By KATHY PORTS

Bayne-Jones Army Community Hospital

FORT POLK, La. — The Bayne-Jones Army Community Hospital pharmacy officially reopened June 18 in its newly renovated, state-ofthe-art location at Entrance B.

The six million dollar investment and 18month construction project resulted in upgrades including modern technology systems, increased space to provide enhanced work flow and efficiency in filling customer prescriptions, and additional service windows (one with handicap accessibility). Additional features include a private consultation room for customers to speak with a pharmacist, and a renovated waiting area.

A new, tech-friendly QFlow system kiosk will provide customers the option to receive a text message, notifying them that their prescription is ready, thereby reducing wait times in the pharmacy lobby. Customers must have a cellular phone that can receive text messages to utilize the text message application. Furthermore, the kiosk provides an option for customers to input other health insurance information if they have supplementary health insurance.

BJACH's pharmacy processes and fills over 220,000 prescriptions annually. The renovated pharmacy is equipped with two ScriptPro automation devices, a robotic pill dispensing machine where prescriptions entered into the pharmacy computer system are filled, thus promoting patient safety. The ScriptPro device has the ability to determine the correct medication container size, find specific drugs, individually count med-



ications, fill containers, and place medications on a conveyor belt to be labeled, complete with prescription warning markers. Before dispensing to customers, each prescription is verified by a licensed pharmacist. The ScriptPro devices can



Col. Marco Ochoa, Windows 1 and 2 of the pharmacy are for refills and dispensing medications. For call-in refills, customers can scan their identification cards at one of the three QFlow system kiosks. Customers will wait for their number to be called and pick up their completed prescriptions at the designated window.

process up to 150 prescriptions per hour. According to BJACH's chief of pharmacy, Lt. New prescriptions will be processed, filled, Please see **Pharmacy**, page 5



Viewpoint

In our víew

Guardian staff asked Fort Polk Soldiers, "If you could trade lives with anyone for a day, who would it be and why? " Here are their responses:



Eric Crimi: "Bill Gates (computer wiz/ businessman). It would be nice having all of that money at my finger tips."



Pvt. Luke Hafey: "My wife. I just want to see how bad I really am."



Carlos Hohimer: "I wouldn't want to be anyone but me. I think God put me here and I like what I do at Fort Polk.

Jonathan Benavides: "Floyd Mayweather (boxer). First, I would love to have his boxing moves, but he also has money and goes to a lot of different places.





Tristan Coldwell: "President Donald J. Trump. I think it would be interesting to see behind the scenes. He is the ultimate leader and has a lot of power. I'm just curious."



Sgt. Frances Brumbaugh: "Jennifer Doudna (genome — DNA — engineer). I would like to have her knowledge and understand how she thinks."



Staff Sgt. Taryn Chisolm: "My children. They have it good. Being a military kid can be tough, but I try to make it an adventure. I think they are a little spoiled."



Spc. Tyrus Glover: "Samuel L. Jackson (actor). He is a funny guy. I'd like to know more about him and his money doesn't hurt."



Editorial Staff

Brig. Gen. Patrick D. Frank Joint Readiness Training Center and Fort Polk commanding general

Col. Ryan K. Roseberry Garrison commander

Kim Reischling Public affairs officer Chuck Cannon Command information officer

Jean Dubiel

Angie Thorne Staff writers Editorial Offices Building 4919, Magnolia Street Fort Polk, LA 71459-5060 Voice (337) 531-4033 Fax (337) 531-1401

Email: Kimberly.Reischling@us.army.mil Trading post ads: tradingpostads@yahoo.com Fort Polk Homepage http://www.jrtc-polk.army.mil

> Advertising For advertising contact Theresa Larue (337) 404-7242

Email: sales@thefortpolkguardian.com

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Newscope

Briefs

Correction

The June 14 edition of the Guardian misspelled the incoming Fort Polk garrison commander's last name in the top line on page 1. Col. Ryan K. Roseberry is the Fort Polk garrison commander.

Post exercise

To ensure the highest possible standard of safety for the Fort Polk community, Fort Polk will conduct a full-scale exercise Tuesday and Wednesday.

The exercise will provide participants with a realistic training environment, assess the readiness and capabilities of the installation and provide an opportunity for units, agencies and directorates throughout the installation to collaborate in a training environment.

During the exercise, Fort Polk will remain fully mission capable. There will be no change to standard access control point operations or other services.

The safety of Fort Polk's service members, Families, civilian employees and visitors to the installation remain a top priority.

Do not attempt to assist or participate in the exercise unless directed by the garrison command.

Corvias portal

The Corvias Resident Portal, available in a mobile app and web browser, enables Fort Polk housing residents to issue and track maintenance requests, upload photos and provide feedback on service performance. The portal is accessible via the Corvias installation page, while the app is available to both Apple and Android users. Visit **www.fortpolkcorvias.residentportal.com/** to sign up.

Road closure

La. Hwy 467, both northbound and southbound lanes, is closed today through Sunday at 6 p.m. from Third Street to Corps Road for FreedomFest. The Headquarters bldg 350 parking lot and the lot adjacent to Warrior Field are also closed today through Sunday. Call 531-01860 for more information.

LGBT observance

An Lesbian, Gay, Bisexual and Transgender pride month observance hosted by Fort Polk's Installation Equal Opportunity Office and the 32nd Hospital Center is held Thursday from noon-1 p.m. at the Warrior Center. Call 531-1911 for more information.

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Lady Antebellum headlines this year's FreedomFest Saturday at Headquarters Field.

FreedomFest features fabulous music

GUARDIAN STAFF

FORT POLK, La. — Don't miss Fort Polk's biggest entertainment event of the year — FreedomFest — Saturday at 5 p.m. at Headquarters Field.

The event is free and open to the public and features fireworks, food vendors, a salute to the nation, static displays and musical guests Lady Antebellum and Everette.

Since teaming up in 2006, Lady Antebellum has had nine No. 1 singles on the country charts. They have won seven Grammy awards including both Record and Song of the Year in 2010.

There is no on-site parking, but shuttles begin running at 4:30 p.m.

Parking for those without Department of Defense ID cards will be at Honor Field along La. Hwy 10. Directional signs on both north and south U.S. Hwy 171 will direct you to designated shuttle bus parking. From U.S. Hwy 171, turn on La. Hwy 10 — Honor Field is about two miles after the turn.

At Honor Field, military police will be on-site to assist you with parking and catching the correct shuttle bus. Shuttle buses are air-conditioned.

When you arrive at Honor Field, please have a government/state issued ID card for anyone over the age of 16.

Please remember that all persons entering a federal installation are subject to search.

If you need handicapped parking, please use Fort Polk's main gate off U.S. Hwy. 171. Limited handicapped parking will be available on-site at Headquarters Field.

All shuttle bus locations will have handicapped parking. DoD ID card holders can access Fort Polk from any gate. You will be directed to the nearest shuttle bus parking lots. Parking is located at:

- Bayne-Jones Army Community Hospital
- Allen Memorial Library/Education Center
 - Fort Polk Commissary and Exchange
 - Mission Training Center

What you can bring

Blankets, lawn chairs, cash (ATM will be onsite), sunscreen, strollers and small insulated coolers for infant formula or water and diaper bags.

What not to bring

Pets, tents, canopies, coolers, outside food or beverages, alcohol, glass bottles, weapons, video cameras, backpacks or large bags, professional cameras with telephoto lenses and personal fireworks.

For more information, to include maps of parking areas and biographies on Lady Antebellum and Everette, visit the JRTC and Fort Polk website at **https://home.army.mil/polk/** and click on the blue banner announcing FreedomFest 2019 or call 531-1959.

Recycle guidelines

At Saturday's FreedomFest, ensure you place recyclables in the correct container: Aluminum, plastic or cardboard. There are no liquids, food or trash allowed in recycling containers. Fort Polk recycling dollars help pay and support annual FreedomFest events and other Directorate of Family Morale, Welfare and Recreation activities.

Army news

Medic from 'Band of Brothers' Battalion honored at funeral service

By Sgt. DAVID LIETZ

Army News Service

EVANSTON, Ill. — Legendary World War II Soldier Al Mampre, one of the featured Soldiers in the 2001 HBO series "Band of Brothers" was honored during funeral services June 15 at St. Luke's Episcopal Church in Evanston, Illinois.

Staff Sgt. Albert Leon Mampre served as a medic with Easy Company, 2nd Battalion "Currahee," 506th Parachute Infantry Regiment, 101st Airborne Division. He was wounded twice and saw action in some of the fiercest fighting of World War II including the Battle of the Bulge and Operation Market Garden in Holland.

Mampre joined the paratroopers and volunteered to serve as a medic after enlisting in the Army in 1942.

Upon hearing of Mampre's death on May 31, Soldiers assigned to the same unit Mampre served in volunteered to travel to Illinois to provide an honor guard for his funeral service.

"The minute we heard about this we were going to support this (funeral) 100 percent," explained Maj. Scott Krasko, operations officer, 3rd Brigade, 101st Airborne Division, Fort Campbell, Kentucky.

"We wanted to respectfully honor the legacy of Al Mampre. The current Soldiers draw strength from those who went before," he said.

Brig. Gen. Kris A. Belanger, commanding general, 85th U.S. Army Reserve Support Command, developed a strong bond with Mampre after meeting him at a Memorial Day commemoration last year.

"It only took one time to meet him to realize what a special person he was. It was because he made everyone feel special," explained Belanger. "He loved people. He gave so much of himself to other people. Everybody experienced his charisma, his wit, his humor and his charm and overall kindness."

Staff Sgt. Paul Mampreian, a medic assigned to 2nd Infantry Division, Fort Lewis, Washington is Mampre's great nephew and also attended the service for his great uncle.

"He was always humble. He never talked about himself. Absolutely a down to earth man," explained Mampreian. "He definitely influenced me to become a medic."

The influence of Mampre and his "Band of Brothers" Soldiers still carries an impact on Soldiers serving in today's Army.

"I really wish I had the chance to meet him. I would have listened to his stories all day long," explained Staff Sgt. John Saxby, Reconnaissance Team leader, 3rd Bde, 2-506th Inf Reg, 101st Abn Div.

"It's such a big part of our Army history. Those guys in World War II were trained to fight and sustain themselves with the bare minimum. You never knew when your equipment would fail. The Soldiers from World War II went days on end without food or bullets. It's something to really be proud of."

Mampre was a religious man and attended services at St. Luke's Episcopal Church. That's where church parishioner Tim O'Brien met him



Pallbearers carry the casket of Staff Sgt. Al Mampre to a waiting hearse following a funeral service on June 15 at St. Luke's Episcopal Church in Evanston, III. Mampre enlisted in the Army in 1942 and served as a medic with Easy Company; 2nd Battalion, 506th Parachute Infantry Regiment, 101st Airborne Division during World War II.



eight years ago.

"Our pastor introduced us and we became friends. Al would come by my church pew and crack jokes. He was hilarious and corny," explained O'Brien, a Vietnam veteran. "He was from my father's generation but he had great respect for Vietnam veterans."

Church parishioners also remembered Mampre and shared that he had a special place he liked to sit during mass.

"Al would come to early mass at 8 o'clock," explained church parishioner Marcia Lauf. "The second pew was Al's pew. No one else could sit there."

After church she would go out for breakfast

with Mampre at Bakers Square, a local area restaurant.

At the conclusion of the mass, a police escort led the funeral motorcade that carried Mampre's body to Memorial Park Cemetery in Skokie, Illinois. The Soldier was laid to rest under a gentle rain.

A folded American flag was presented Mampre's daughter, Virginia Mampre.

Retired reverend Larry Handwerk spoke about Mampre during the mas homily.

"He had, as they say, true grit," said Handwerk. "He was the most generous of men. Wherever he went he was like the sun. His ability to connect with all was like sunshine."

Understand factors of PTSD: June 27 is PTSD Awareness Day

U.S. DEPT OF VETERAN AFFAIRS

WASHINGTON — PTSD, or posttraumatic stress disorder, is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, car accident or sexual assault.

It's normal to have upsetting memories, feel on edge, or have trouble sleeping after a traumatic event. At first, it may be hard to do normal daily activities like go to work or school, or spend time with people you care about. But most people start to feel better after a few weeks or months.

If it's been longer than a few months and you're still having symptoms, you may have PTSD. For some people, PTSD symptoms may start later on or they may come and go over time.

Anyone can develop PTSD at any age. A number of factors can increase the chance that someone will have PTSD, many of which are not under that person's control.

For example, having an intense or long-lasting traumatic event or getting injured during the event can

Pharmacy -

verified and dispensed at appropriate windows. Window 7 is specifically designed with easier access for customers with wheelchairs, walkers or crutches. Each window is also equipped with a barrier for the customers' privacy.

"The process for requesting over-the-counter medications will not change," Ochoa said. "Patients will scan their ID, fill out the request form and if they have not previously done so, com-

plete a brief OTC review provided by the pharmacy team to ensure our patients receive safe, appropriate medication."

To assist with the process of dispensing medications, customers will need to select the correct tab on the QFlow kiosk.

"Our patients sometimes get confused between a medication refill and a medication renewal," said Ochoa. "If a patient has a current filled prescription which needs to be refilled, the request must be called in to the pharmacy refill hotline at 531-3784, or their medication can be refilled online through the BJACH pharmacy website, which will redirect customers to the Tricare Online Portal. The automated system will notify the patient when the prescription will be available for pick up.

"Special order medications

make it more likely that a person will develop PTSD. PTSD is also more common after certain types of trauma, like combat and sexual assault.

Personal factors, like previous traumatic exposure, age and gender, can affect whether or not a person will develop PTSD. What happens after the traumatic event is also important. Stress can make PTSD more likely, while social support can make it less likely.

During war or conflict, military service members and civilians are exposed to a number of potentially traumatic events. This exposure can increase their chances of having PTSD or other mental health problems.

To develop PTSD, a person must have gone through a trauma. Almost all people who go through trauma have some symptoms for a short time afterward. Yet most people do not get PTSD. A certain pattern of symptoms is involved in PTSD.

When you are in the military, you may see combat. You may have been on missions that exposed you to horrible and life-threatening experiences. These types of events can lead to PTSD.

The number of veterans with PTSD varies by service era:

Operations Iraqi Freedom and Enduring Freedom: About 11-20 out of every 100 veterans (or between 11-20 percent) who served in OIF or OEF have PTSD in a given year.

Gulf War (Desert Storm): About 12 out of every 100 Gulf War veterans (or 12 percent) have PTSD in a given year.

Vietnam War: About 15 out of every 100 Vietnam veterans (or 15 percent) were diagnosed with PTSD at the time of the most recent study in the late 1980s — the National Vietnam Veterans Readjustment Study. It is estimated that about 30 out of every 100 (or 30 percent) of Vietnam veterans have had PTSD in their lifetime.

Other factors in a combat situation can add more stress to an already stressful situation. This may contribute to PTSD and other mental health problems. These factors include what you do in the war, the politics around the war, where the war is fought, and the type of enemy you face. Another cause of PTSD in the military can be military sexual trauma. This is any sexual harassment or sexual assault that occurs while you are in the military. MST can happen to both men and women and can occur during peacetime, training or war.

Among veterans who use VA health care, about:

• 23 out of 100 women (or 23 percent) reported sexual assault when in the military.

• 55 out of 100 women (or 55 percent) and 38 out of 100 men (or 38 percent) have experienced sexual harassment when in the military.

Find more information about PTSD, screening, help and support online at www.ptsd.va.gov

Are you are in crisis? You have options:

• Call 911

• Go to the nearest emergency room

• Call the Suicide Prevention Lifeline: (800) 273-8255

• Contact the Veterans Crisis Line: (800) 273-8255, press 1

• Send a text to 838255

Candace Hamblin uses the kiosk to initiate her pharage

Candace Hamblin uses the kiosk to initiate her pharmacy visit at Bayne-Jones Army Community Hospital.

will require additional days for processing and availability.

Renewals are generally when a patient has been on a medication and there are no more refills allowed, and a renewed prescription from the physician is submitted to the pharmacy which still needs to be processed, filled and checked," Ochoa said.

Pharmacy peak hours are typically between 11

a.m. and 2 p.m. During peak hours, customers may expect longer wait times for their prescription to be filled. The BJACH ScriptCenter kiosk, located inside BJACH Entrance A is another option for customers wanting to avoid wait times.

The ScriptCenter is open 24 hours a day, seven days a week. To use the ScriptCenter service, customers must be preregistered with the ScriptCenter device and select ScriptCenter as their pick up location when calling in refill medications. Assistance with ScriptCenter registration is generally available at the information desk at Entrance A.

BJACH welcomes customer feedback via the Joint Outpatient Experience Survey, or JOES, which is either mailed or emailed to you after your visit. You can also use the Interactive Customer Evaluation, or ICE, to comment on your experience at BJACH. Visit **www.ice.disa.mil** to leave your feedback.

Briefs

Continued from page 3

Road repairs

The contract to repair Fourth Street and Mississippi Avenue has a required completion date of July 29. Work requirements include shoulder repairs, removing (milling) the asphalt and repaving with a new asphalt overlay and pavement markings. Construction continues on Fourth Street and Mississippi Avenue to repair base failures, diamond grinding and spall repairs. These are required prior to the mobilization of the milling and paving equipment for the repaving operations.

The contractor is scheduled to mobilize milling and paving equipment today and begin these efforts starting on Fourth Street. The asphalt placement (paving) operations are projected to start Wednesday at Fourth Street and Colorado Avene and will progress towards Mississippi and Louisiana avenues. The work will require closures, detours and flagging operations to complete the repairs while ensuring safety for motorists and construction crews. Alternate routes are encouraged to minimize delays and traffic congestion.

Louisiana governor, legislator visit LANG Soldiers at JRTC

By CHUCK CANNON

Command information officer

FORT POLK, La. — Louisiana Gov. John Bel Edwards and Louisiana Fourth District Congressman Mike Johnson observed Soldiers with the Louisiana National Guard's 256th Infantry Brigade Combat Team during Rotation 19-08 at the Joint Readiness Training Center and Fort Polk June 14.

"I was here 26 years ago working in a tactical operations center as a battle captain," Edwards, a graduate of the U.S. Military Academy, said. "The terminology has changed a little bit, but overall, it's very similar. It brought back good memories. I did three JRTC rotations — two as a company commander — and all three were right here at JRTC. The mission that our Soldiers are training for now is similar to the mission we were training for back then. Instead of training for the war on terrorism, we're now training for decisive action."

"This is the best training in the Army to make sure the units are proficient..." Gov. JOHN BEL EDWARDS Louisiana governor

Edwards said he was impressed by what he saw from Louisiana's Soldiers during the visit.

"There are only about 11 rotations at JRTC each year and to have the 256th Infantry Brigade Combat Team from the Louisiana National Guard get one of those rotations is a spectacular opportunity," Edwards, a former Ranger, said.

"I believe we have the best war fighting Guard in the country and I know we have the best disaster response. But to be able to see these Soldiers and commanders, that I personally know, out in the field, I'm really proud of them."

Edwards said he's sure the Soldiers are taking advantage of the training they're receiving during Rotation 19-08.

"I know they're learning a lot," he said.

"This is the most difficult training the Army has for units and they're going to get better as a result of the training they're getting here. I'm proud of the effort they're putting forth. This is the best training in the Army to make sure the units are proficient, and give Soldiers the opportunity to experience as much as possible before they actually go into battle. That way they'll perform better and more will return home safely, so it's critically important."

Johnson, who said he brought his family to JRTC for a "box" tour in 2018, said it's impressive to see what goes into a JRTC rotation.

"Seeing the individual Soldiers has been an incredible experience," he said. "I wish we could get more people from North Louisiana and other parts of the state to come down and experience this."

The opportunity to see Soldiers who live in Louisiana train "has been fantastic," Johnson said. "These are the greatest men and

"These are the greatest men and women in the state. They serve selflessly, they are out here suffering in the heat and doing it for all of us. They deserve our respect."

Johnson said it was important for him to see the Soldiers going through the crucible that is a JRTC rotation up close — to gain a new perspective.

"I can take that perspective back to Congress and advocate for the needs of the military installations in our state," he said.

"It's a big thing for the state, the region and the nation. And everything we do here is bragging rights for us on Capitol Hill."

Maj. Gen. Glenn Curtis, adjutant general for the Louisiana National Guard, explained the importance of the visit by Edwards and Johnson.

"The governor provides funding for the Louisiana National Guard to help us maintain our readiness, and Congress provides funding and equipment for us," he said. "It's important they see how hard

"It's important they see how hard our Soldiers train, and how difficult and tough they are."

As for his Soldiers, Glenn said the JRTC rotation is a golden opportunity.

"The JRTC and National Training Center are the premiere training centers in the world for an Army or brigade combat team," he said.

"So the experience for the 256th to come here and train is important. The leadership development across the brigade has grown tremendously and will serve us well into the future."

It's difficult for a National Guard unit to maintain its readiness when they drill one weekend a month and two weeks annual training, Glenn said.

"We must maintain squad and platoon level efficiency until we get a rotation like this to work the entire unit together," he said.

"This place is not designed to be

Please see **LANG**, page 7



Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk (right) speaks with Louisiana Governor John Bel Edwards (middle) and Louisiana Fourth District Congressman Mike Johnson during a visit with Soldiers of the Louisiana Army National Guard's 256th Infantry Brigade Combat Team at the JRTC June 14.



Louisiana Governor John Bel Edwards (left) shares an MRE with Maj. Gen. Glenn Curtis, adjutant general, Louisiana Army National Guard, during a visit to the Joint Readiness Training Center and Fort Polk June 14.



LANG Continued from page 6

easy — it's tough as nails out here. But what I like is that I've seen the (majority) of this brigade stay positive and that's good.

"They're dirty, they're nasty, they haven't slept, they've been doing a lot, and training hard, so the fact their morale is high is great."

Brig. Gen. Patrick D. Frank, commanding general, JRTC and Fort Polk, said he appreciated the time Edwards and Johnson took to visit their Soldiers.

"It's important for the governor and the congressman to be here today to see their Soldiers, Louisiana's 256th IBCT, here at JRTC training in a decisive action environment, and see the investment they have in these Soldiers, the resources and time the state's provided to them for training," Frank said.

"Last year they were at Camp Shelby (Mississippi), this year they are at the pinnacle, JRTC, against a world-class opposing force.

"It's great for the governor and congressman to actually see how well the brigade is performing out here in the box," said Frank.

Of the 11 rotations slated for JRTC in fiscal year 2019, two are for National Guard units.

"The last time this brigade was at a (combat training center) was (the National Training Center in Fort Irwin, California) when they were a heavy unit in 2001," Frank said.

"So, 18 years later, they are back at a combat training center. It shows you the value of driving your training strategy towards a training center rotation. You get that peak readiness inside of a brigade combat team.

"I think the governor was very proud of that — he saw readiness being built inside his Louisiana formations," he said.

As for as his JRTC team, Frank

shared his pride in his Soldiers' work. "I'm exceptionally proud of our entire team at JRTC and Fort Polk," he said.

"What all of these professionals do for the United States Army, for fellow Soldiers in formations across the Army — building combat readiness so that when the nation calls, those units will be ready — that's what the JRTC does for our Army. And that is especially important here today on the 244th birthday of the U.S. Army."



Louisiana Fourth District Congressman Mike Johnson (right) visits with a member of the Louisiana National Guard's 256th Infantry Brigade Combat Team over an MRE lunch during Rotation 19-08 at the Joint Readiness Training Center June 14.



Maj. Gen. Glenn Curtis, adjutant general of the Louisiana National Guard (second from left) speaks with members of the LARNG's 256th Infantry Brigade Combat Team as Louisiana Governor John Bel Edwards (second from right) and Louisiana Fourth District Congressman Mike Johnson (right) look on during a visit to the Joint Readiness Training Center during Rotation 19-08 June 14.



Louisiana Governor John Bel Edwards (left) and Fourth District Congressman Mike Johnson visit with Soldiers assigned to the Louisiana National Guard's 256th Infantry Brigade Combat Team June 14 during Rotation 19-08 at the Joint Readiness Training Center.







Clockwise from top left: The Army birthday cake is cut by the oldest and youngest Soldiers on Fort Polk, Col. Margaret Collier (left) and Pvt. David Sand (right), assisted by retired Sgt. Maj. of the Army Julius Gates.

Retired Sgt. Maj. of the Army Julius Gates speaks during the 244th Army Birthday celebration June 14 at Fort Polk's Warrior Field.

From left: At the 244th birthday celebration of the U.S. Army at Warrior Field June 14, World War II veterans retired Maj. Gen. Erbon Wise, Johnny Davis and Jack Jones sit next to 1st Battalion (Airborne), 509th Infantry Regiment Soldiers Capt. Robert Doyle and Sgt. 1st Class Jerrod Choate, who represented the Joint Readiness Training Center and Fort Polk at 75th D-Day anniversary ceremonies in Normandy, France.

JRTC, Fort Polk celebrate 244th Army birthday

By CHUCK CANNON

Command information officer

FORT POLK, La. — A celebration recognizing the 244th birthday of the U.S. Army was held June 14 on Fort Polk's Warrior Field.

The event was complete with a birthday cake and special guests representing Army service from World War II to today's Middle East conflicts.

Included were Maj. Gen. retired Erbon Wise, Army Air Corp Soldier Johnny Davis and Navy veteran Jack Jones.

Wise landed at Utah Beach in an assault craft during the invasion of Normandy, France on D-Day and fought to the Ardennes Forest.

"The fighting was tough and there were times when you didn't know if you were going to make it," Wise said. "You just stayed focused on the task at hand." After World War II, Wise would return to his native Louisiana and serve in the National Guard, eventually holding the top spot as adjutant general before retiring.

Davis served with the 385th Bombardment Group of the Eighth Army Air Corps in England and took part in operations between Normandy and the Ardennes Forest.

"What I remember most about those operations were the antiaircraft fire when we flew," Davis said. "It would get dicey at times, but we had a job to do."

Jones was stationed on Battleship USS Tennessee in Pearl Harbor, Hawaii when Japanese attacked on Dec. 7, 1941. The Tennessee was the only battleship that wasn't sunk that day.

Jones said when the call for general quarters sounded that fateful morning he was confused.

"I wondered why in the world general

quarters was being sounded on a Sunda morning," he said. "This was time for everyone to hit the beaches and relax."

Jones said he heard a rattling sound coming from outside of the ship so he moved to a porthole to take a look.

"As I looked out, the first thing I saw was a Japanese aircraft flying down the middle of the harbor," he said.

During a general quarters call, Jones' mission was to report below deck to help shuttle ammunition to the Tennessee's guns.

"I missed the whole battle," he said. "I spent the entire time at my station handling ammo. It was nerve-wracking to be in the ship while all of the fighting was going on around us."

Also in attendance were Soldiers from Fort Polk's 1st Battalion (Airborne), 509th Infantry

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Army -Continued from page 8

Regiment, who represented the installation at the 75th Anniversary of D-Day in Normandy, France, June 6. They included: Capt. Robert Doyle, Sgt. 1st Class Jerrod Choate, Sgt. 1st Class Ivan Krestyn, Staff Sgt. Joseph Sinicropi and Sgt. Paris Reynolds.

Brig. Gen. Patrick D. Frank, commanding

general, Joint Readiness Training Center and Fort Polk, welcomed those in attendance and introduced the event's guest speaker, retired Sgt. Maj. of the Army Julius "Bill" Gates, a Vietnam veteran and eighth command sergeant major of the Army.

"I asked an Army legend who lives and



works here among us to speak, retired Sergeant Major of the Army Julius Gates," Frank said.

Frank listed Gates' accomplishments, assignments and awards.

"Sgt. Maj. of the Army was a force for professionalizing our Army and focusing formations on the importance of training, exactly what we do here at JRTC," Frank said. "He's one of our foundational heroes."

Gates thanked those in attendance for their service to the nation, and recognized the Color Guard on Warrior Field. He spoke about the different wars the Army has fought for the United States during the past 244 years, earning 190 battle streamers.

"Our Army is an all volunteer force," he said. "More than one million men and women have volunteered to defend our nation, against all enemies, foreign and domestic."

Gates then shared a couple of war stories before joining Wise, Davis and Jones in placing a World War II/European-African-Middle Eastern/Normandy-1944 battle streamer on the Army colors.

After the streamer was attached, the Army birthday cake was cut by Gates and the oldest and youngest Soldiers on Fort Polk, Col. Margaret Collier and Pvt. David Sand, respectively.

World War II veteran and D-Day participant Maj. Gen. retired Erbon Wise (civilian clothes) places the D-Day streamer on the Army colors during the 244th Army Birthday celebration held June 14 at Fort Polk's Warrior Field.



Standing on Warrior Field before the cutting of the Army birthday are (from left) Sgt. 1st Class Ivan Krestyn, 1st Bn (Abn), 509th Inf Reg; Jack Jones, WWII veteran; Col. Margaret Collier, oldest Soldier in attendance; retired Sgt. Maj. of the Army Julius Gates, guest speaker; Pvt. David Sand, youngest Soldier in attendance; Capt. Robert Doyle, 1st Bn (Abn), 509th Inf Reg; retired Maj. Gen. Erbon Wise; Sgt. 1st Class Jerrod Choate, 1st Bn (Abn), 509th Inf Reg; and Johnny Davis, WWII veteran.

Community



Road repair

From left to right: Rob Miller, Fort Polk's Directorate of Public Works, engineering tech; Nathan Pearson, DPW engineering tech; Greg Prudhomme, director of Public Works; Col. Ryan K. Roseberry, Fort Polk garrison commander, and Russell Castillo, DPW, chief engineering division, stand in front of equipment as asphalt is layed behind them on Fort Polk's Fourth Street. For more information about road repairs see briefs on page 5.

Changes make spousal job hunting easier

By STACEY DELGADO

Employment Readiness Program

FORT POLK, La. — Changes for military spouses in the last year have been exciting. So much has changed for spouses not only at Fort Polk, but across the Army.

Fort Polk has made great strides with identifying and removing barriers to employment since 2014 with the institution of the Military Spouse Employment and Education Initiative.

À few of the initiative successes are: Better education about military spouse preference; hiring events with closer partnerships with Military Spouse Employment Partnership partners; and reduced child care costs which were part of the original initiative but are being phased out.

The Employment Readiness Program has been instrumental in assisting leadership at Fort Polk in gathering information from military spouses on barriers and challenges for employment.

Law makers and senior leadership at the Department of the Army and Department of Defense have identified similar barriers and pushed for new legislation and regulations to help reduce some of the stressors due to constant relocation and a spouse's career.

In the John S. McCain National Defense Authorization Act for Fiscal Year 2019, Priority Placement Program changes were instituted with additions favorable to military spouses. The changes included new wording: "Spouses who were married prior to arriving at the new duty station" to "Spouses who are married to active duty members," also the two-year limitation at the new duty station was removed, and spouse preference was expanded to all federal agencies not just DoD.

Also, spouses are no longer required to regis-

ter with their local Civilian Personnel Advisory Center to obtain PPP when applying for federal positions.

The spouse now applies for federal vacancies and provides the self-certification checklist and other supporting documentation in order to claim PPP during the application process.

The My Career Advancement Account MY-CAA scholarship updates were added to the John S. McCain National Defense Authorization Act with an increase in marketing and training of installation staff of the program to better service spouses who are interested in pursuing an education. MYCAA provides up to \$4,000 tuition assistance to eligible military spouses. The scholarship assists military spouses in pursuing licenses, certificates, certifications or associate degrees necessary to gain employment in high-demand, high-growth portable career fields and occupations.

The state of Louisiana signed two bills into law making Louisiana a compact state for registered nurses and physical therapy.

In addition to PPP changes for federal jobs, a new Army Directive 2019-18 allows for reimbursement of state licensure/certification costs of up to \$500 to spouses who currently hold a state license/certificate in another state.

Both changes made it easier for spouses to gain employment in these fields with no out of pocket costs. This new addition was signed May 1 but was made retroactive to December 2017.

The horizon has started to look brighter for military spouses.

Your voices have been heard and changes that are beneficial to military spouses' careers have been enacted. For more information call the Employment Readiness Program office at 531-6922 or email **Stacey.r.delgado.civ@mail.mil**.

Briefs

Hiring fair

A Military Community and Spouse Hiring Fair takes place July 25 from 10 a.m.-1 p.m. at Fort Polk's Youth Services Gym, 1882 16th St., bldg 2070. Attendees can network with vetted employers, community leaders, senior military spouses and other job seekers. Take free professional head shots for your Linkedin profile and discover the best websites to work on your resume. For more information or to register visit **hiringourheroes.org/events**.

Cafeteria conversation

The sixth annual Back to School Cafeteria Conversation and Resource Fair is held Aug. 1 from 5-7 p.m. at Parkway Elementary School, 3585 University Parkway, Leesville. Vernon Parish School District and local agencies will present their resources, special programs and educational opportunities. Participants can visit with Vernon Parish Schools principals and counselors. For more information call 531-1617.

The Back to School Brigade will offer eligible Families free school supplies during the event, to include post 9/11 wounded, ill or injured service members of any rank, either currently serving or no longer serving, as well as active-duty E-1 through E-6. Register at

OperationHomefront.org/event.list during the third week of June.

Essay contest

The DeRidder Police Department hosts an essay contest for junior high and high school students in honor of National Night Out, an annual community-building campaign that promotes strong police-community partnerships. Essays must be submitted by June 30.

Junior high winners receive \$50 for first place, \$30 for second place and \$15 for third place. High school winners receive \$75 for first place, \$50 for second place and \$30 for third place. Finalists will be notified by Aug. 1 and winners receive their prize at National Night Out activities Aug. 6 at the DeRidder Fairgrounds.

For more information and rules call (337) 462-8914 or email **jherrington@city-ofderidder.org**.





Facts to help you better understand Alzheimer's disease

By GENEVA MERIDITH

BJACH Preventive Medicine

FORT POLK, La. — According to the Centers for Disease Control and Prevention, Alzheimer's disease is the most common type of dementia. It is a progressive disease that begins with mild memory loss which could possibly lead to loss of the ability to carry on a conversation and respond to the environment.

It also involves parts of the brain that control thought, memory and language that could seriously affect a person's ability to carry out daily activities. Although scientists are learning more every day, they still do not know what causes Alzheimer's.

In 2014, as many as 5 million Americans were living with Alzheimer's disease. The symptoms of the disease can first appear after age 60 and the risk increases with age. Younger people may get Alzheimer's disease, but it is less common.

The number of people living with the disease doubles every 5 years beyond age 65. This number is projected to nearly triple to 14 million people by 2060.

What is known about Alzheimer's disease?

Scientists do not yet fully understand what causes Alzheimer's disease. There probably is not one single cause, but several factors that affect each person differently.

• Age is the best-known risk factor for Alzheimer's disease.

• Family history — researchers believe that genetics may play a role in developing Alzheimer's disease.

• Changes in the brain can begin years before the first symptoms appear.

• Researchers are studying whether education,

diet and environment play a role.

• Scientists are finding more evidence that some of the risk factors for heart disease and stroke, such as high blood pressure and high cholesterol may also increase the risk of Alzheimer's.

• There is growing evidence that physical, mental and social activities may reduce the risk of Alzheimer's disease.

How do I know if it's Alzheimer's disease?

Alzheimer's disease is not a normal part of aging. Memory problems are typically one of the first warning signs of cognitive loss. According to the National Institute on Aging, in addition to memory problems, someone with Alzheimer's disease may experience one or more of the following signs:

• Memory loss that disrupts daily life, such as getting lost in a familiar place or repeating questions.

Trouble handling money and paying bills.Difficulty completing familiar tasks at home,

at work or at leisure.

• Decreased or poor judgment.

• Misplaces things and being unable to retrace steps to find them.

• Changes in mood, personality, or behavior.

If you or someone you know has the signs listed above, it does not mean that you or they have Alzheimer's disease. It is important to consult a health care provider when you or someone you know has concerns about memory loss, thinking skills or behavioral changes.

Some causes for symptoms, such as depression and drug interactions are reversible. However, they can be serious and should be identified and treated by a health care provider as soon as possible. Early and accurate diagnosis provides opportunities for you and your family to consider a caregiver for em avoid burnout. For more inform er mental health Army Communit Clinic at 531-3118.

or review financial planning, develop advance directives, enroll in clinical trials and anticipate care needs.

How is Alzheimer's disease treated?

Medical management can improve the quality of life for individuals living with Alzheimer's disease and their caregivers. There is currently no known cure for Alzheimer's disease.

- Treatment addresses several different areas:
- Helping people maintain mental function.
- Managing behavioral symptoms.

• Slowing or delaying the symptoms of the disease.

Support for family and friends

Many people living with Alzheimer's disease are cared for at home by family members. Caregiving can have positive aspects for the caregiver as well as the person being cared for. It may bring personal fulfillment to the caregiver, such as satisfaction from helping a family member or friend, and lead to the development of new skills and improved family relationships.

Although most people willingly provide care to their loved ones and friends, caring for a person with Alzheimer's disease at home can be a difficult task and might become overwhelming at times. Each day brings new challenges as the caregiver copes with changing levels of ability and new patterns of behavior.

As the disease gets worse, people living with Alzheimer's disease often need more intensive care. Never be afraid to seek help for yourself as a caregiver for emotional and mental support to avoid burnout.

For more information on Alzheimer's and other mental health issues contact the Bayne-Jones Army Community Hospital Behavior Health Clinic at 531-3118.

Experts explain carbs are not enemy in health, wellness battle

MILITARY HEALTH SYSTEM COMMUNICATIONS OFFICE

WASHINGTON — Diets that restrict carbohydrates have their share of followers looking to lose weight. The ketogenic diet, for example, calls for slashing carbs to about 5 percent of calories consumed daily, with fats comprising at least 75 percent and proteins about 15-20 percent. In comparison, the National Academies guidelines recommend carbohydrates comprise 45-65 percent of the daily diet, with fats at 20-35 percent, and proteins 10-35 percent.

Health care experts agree that cutting carbs may lead to initial weight loss. However, it's not necessarily an effective or wise long-term solution for losing and maintaining weight, they say. Indeed, when it comes to overall health and wellness, carbs are not the enemy.

"I think carbohydrates have gotten a bad name because people tend to lump them all together," said Jonathan Scott, Ph.D., a registered dietitian and certified specialist in sports dietetics. "But not all carbs are created equal," said Scott, who's also an assistant professor in the department of military and emergency medicine at Uniformed Services University of the Health Sciences in Bethesda, Maryland.

Scott said carbs are equal when it comes to calorie count. No matter the source, carbs contain four calories per gram. (Proteins also are four calories per gram; fats are nine calories per gram.) However, carbs vary when it comes to nutrition density, or the amount of vitamins including B6, C and K; and minerals such as calcium,



magnesium and potassium.

Nutrient-poor "bad" carbs include processed foods, white bread, sugary beverages and baked goods. Nutrient-rich "good" carbs include whole grains, beans, dairy, fruits and vegetables. "Carbs are the primary source of fiber in our diet," Scott said. Studies have found that fiber lowers the risk of heart disease, stroke, high blood pressure, diabetes and some gastrointestinal illnesses.

Limiting intake of even "good" carbs can lead to an initial rapid weight loss, Scott and other health care experts agree. However, they add, the pounds shed initially are mainly water weight. Further weight loss is linked to an overall decrease in actual calories consumed, not the diet itself.

Navy Ensign Ted Johnson, a USU medical student interested in emergency medicine, followed a ketogenic diet for six months as an experiment, even running the Marine Corps Marathon while following it. Johnson said he lost 10 pounds he really didn't need to lose, with the initial five coming off within the first week or two and the rest over the next few months.

"I was eating at a calorie deficit," Johnson said. "With the keto diet, it's easy to do because the fat and protein make you feel full longer."

Johnson said his experiment with keto ended mainly because "I missed getting to enjoy some of my favorite foods." He says he's back on carbs, but not the standard American diet, or SAD. "It's called that for a reason," he said, laughing. "I've given up foods with added sugar. I eat a lot of sweet potatoes, whole grains and a ton of vegetables. In fact, I eat way more vegetables than I ever have before, because all that fiber keeps me full."

Scott said a low-carb diet may help to control blood sugar in patients with diabetes. However, he recommends people focus on the overall quality of what they eat and not a specific macronutrient, such as carbohydrates.

"It's important to be mindful of the types and amounts of carbs we're eating, rather than eliminating an entire group that provides a wide variety of benefits to health," he said. "This helps to foster a healthier relationship with food."

Opioids in workforce: Epidemic increases need for training, policies

GARRISON SAFETY OFFICE

FORT POLK, La. — "Epidemic" and "crisis" are two of the words used to describe the current state of opioid addiction in the United States.

Overdoses related to opioids — drugs such as oxycodone and morphine that doctors prescribe to help relieve pain — claimed the lives of 33,000 Americans in 2015, the Centers for Disease Control and Prevention reports.

A national survey on drug use and health conducted in 2015 by the Substance Abuse and Mental Health Services Administration revealed that 75 percent of adults ages 18 to 64 with substance misuse disorders are in the workforce.

As the struggles of addiction continue to affect worker safety and health, advocates such as Gary Mendell of New York-based Shatterproof are urging employers to take action.

"If you're an employer, you care because of the cost to your business, and you care because you care about the health of your employees and their dependents and families," Mendell said.

Mendell founded Shatterproof in October 2011 in response to his son, Brian, committing suicide after suffering from an opioid addiction. He stresses the importance of shifting cultural attitudes toward addiction.

"How many employees work for a company have asthma or heart disease, and they're not afraid to tell people they have it? They're not ashamed about it. They get treated for it and they become healthy," Mendell said. "But if you have an addiction to opioids, there's a stigma, and you are reluctant to say it."

The National Safety Council, as part of its initiative to prevent prescription drug overdoses and deaths, released the results of a nationwide poll of 501 human resources officials in 2017. Seven out of 10 reported that their organizations felt the effects of opioid usage — including absenteeism, decreased productivity or safety incidents — yet only 19 percent felt "extremely prepared" to handle opioid misuse.

Further, only 13 percent felt "very confident" that employees can recognize the signs of opioid misuse, and 76 percent don't provide related training.

"We know that these substances — even when used legitimately as recommended or prescribed by a physician — can cause impairment or lead to errors or issues in the workplace that can impair safety," said Tess Benham, senior program manager for the NSC initiative.

"Today, we have a complicated landscape for employers so I think that poses challenges for HR professionals and safety professionals to rethink, 'Do I have the right things in place for my company?"

Survey results suggest that answer is "no," as 81 percent of respondents' drug policies lacked "at least one critical element of an effective drugfree workplace program," according to NSC.

Substance misuse rates differ by industry. According to research from the National Safety Council, Shatterproof and the National Opinion Research Center, pain medication and heroin use disorders among working adults occurred at a rate of 0.8 percent from 2012 to 2014. The construction (1.3) and mining (1.0) industries experienced higher-than-average opioid disorder levels, while agriculture (0.4) and finance, insurance, and real estate (0.3) were among the lowest.

Bonnie Rack-Wildner is manager of the Back



On Track employee assistance program at Moon Township, Pennsylvania-based Gateway Rehab. Rack-Wildner said safety professionals can look for a number of outward warning signs of possible addiction. These range from personality shifts and missed deadlines to inconsistent eye/motor coordination and incoherence. Workers who frequently are part of safety violations or incidents also may be battling opioid misuse, she said.

Detecting patterns is important, Rack-Wildner added, especially because addiction can occur at an escalated pace.

A worker who routinely is absent on Mondays and Fridays or who consistently calls in on the same day of the week may be displaying signs of substance misuse.

She also cautioned about workers who mix and match substances to create what she calls a "functional high."

"They're smart, and they are hard workers initially, and part of what makes them compulsive about their use used to make them compulsive about their work," she said.

Benham said employers and workers should be educated about opioid risks and hazards, as well as the effect addiction to these drugs can have on the mind, body and beyond.

Rack-Wildner advocates "training all the way to the top" — from entry level to executive level.

"We understand two hours off the job is a lot," Rack-Wildner said, "but it will pay you back many, many, many times over."

The NSC survey results show that 43 percent of employers don't drug test employees, and 41 percent of that group doesn't test for synthetic opioids.

"Employers should be demanding that their (employee assistance programs) be screening for and treating or referring employees who have a substance abuse issue, and they should be doing that on a routine basis," said Eric Goplerud, Ph.D., a clinical psychologist and vice president of the National Opinion Research Center's Public Health Department.

The Substance Abuse and Mental Health Services Administration offers a checklist to help employers with workplace drug testing. Guidelines include:

• Identify any federal or state laws with which you must comply.

• Consult union officials, if applicable.

• Identify and contact a laboratory certified by the Department of Health and Human Services.

• Create a system that maintains and protects the confidentiality of employee drug testing records.

Designate an employee who will receive test results from the lab and keep results confidential.
Develop a clear, consistent and fair policy

before reviewing it with legal counsel.Notify employees 30 to 60 days before im-

plementing the testing program.

• Contract with a medical review officer.

• Inform employees that organization leadership will comply with the policy.

Please see **Opioids**, page 13



Read opioid facts

OPIOIDS.THE TRUTH.COM

The following facts were found at https://opioids.thetruth.com.

• There were 1.68 million potential years of life lost to opioids in the United States in 2016.

• The opioid mortality rate increased as the U.S. life expectancy rate decreased.

• 68 percent of the people who died from opioid overdoses in 2017 were men.

• The number of women who used opioids during pregnancy increased nearly 70 percent between 2015 and 2017.



Opioids

Continued from page 12

Benham said employers should create a policy defining which drugs are prohibited and outline the consequences of using them.

The policy should establish that workers must inform supervisors if they are using a prescription drug that could cause impairment or affect work.

However, because of privacy concerns, an employer should not ask a worker why he or she is taking the medication.

"There's some definite incentives for employers to invest in wellness and substance use prevention and treatment programs ... for their workplaces," Benham said.

Added Mendell: "The return on the investment is exponential."

The National Safety Council, Shatterproof and the National Opinion Research Center at the University of Chicago recent-

^{opioid} epidemic ly developed a tool to help employers determine the financial impact of substance misuse on an

organization.

The Substance Use Cost Calculator — available at www.nsc.org/drugsatwork — asks users to input their industry, location and company size.

The tool accounts for lost time, job turnover, retraining and health care, among other variables. It then computes potential annual costs to the organization.

"Companies underestimate what it is actually costing them for untreated substance abuse in the workplace," said Tess Benham, senior program manager of the NSC initiative to prevent prescription drug overdose and death. "This includes alcohol, opioid and heroin use, marijuana use and other illicit drugs.'

For example, the calculator estimates an annual cost of \$76,280 for an Illinois construction company with 200 employees.

agricul-An tural business in the same state with the same number of employees carries an estimated cost of \$28,124

Eric Goplerud, Ph.D., vice president of public development at NORC, said workers in recovery from addiction use less health care and take less unscheduled leave than co-workers without substance misuse disorders. According to organizational research, an employee recovering from a substance misuse disorder saves a company more than \$3,200 annually.

The Department of Labor Office of Workers' Compensation Programs recently took steps to begin monitoring federal employees' opioid use under the Federal Employees' Compensation Act.

The office's Division of Federal Employees' Compensation enacted a standard requiring any physician who prescribes a compounded opioid medication to submit a Letter of Medical Necessity.

The letter should state that the physician has considered alternative treatment options and will sufficiently monitor the patient's opioid use.

"When prescribed and used appropriately, opioid drugs can provide necessary and safe pain relief to injured workers," OWCP Deputy Director Gary Steinberg said. "However, opioids carry a risk of substance abuse disorder and accidental overdose. Due to these safety concerns, we believe these additional monitoring steps are necessary and appropriate."



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Denise Jackson jacksond@nsula.edu 337-653-0812 nsufortpolk.com



Housing Health Registry added to installation resource guides

By DOUGLAS HOLL Army News Service

PROVING ABERDEEN GROUND, Md. - Residents with housing-related health and safety concerns can now find information about the Housing Environmental Health Response Registry, including how to enroll, in every Army installation community resource guide, or CRG.

The HEHRR was launched in April by the U.S. Army Medical Command to address housing health or safety concerns of current or former Army housing residents.

"Housing is one of those topics that is often searched for in the CRG," said Anna Courie, Army Public Health Center Health Promotion Policy and Evaluation project officer. "If Army Families have health issues surrounding their military housing, they can search for the HEHRR in the CRG to register their concerns and problems."

The CRG digitally connects service members and Families to available resources based on their identified need. Courie says the CRG is better than a Google search, because it has been configured so that the service member, Family member or civilian can search based on need category, provider, A-Z index or by key word search term.

'The military has its own language," said Courie. "We've tried to think like a Soldier or spouse coming to a new duty station and used terms that are familiar to them.'

By linking the HEHRR to the CRG, APHC is hoping to leverage this resource to make sure all housing residents are getting the word about the Registry.

Residents who enroll in the registry will receive information about any environmental health hazards they may be concerned with, including water quality, lead, mold or mildew, dampness or asbestos. They can also use the registry to report a health concern.

"The HEHRR is an opportunity for Families to engage in a dialogue with Army professionals related to housing and health concerns," said John Resta, director of the U.S. Army Public Health Center and acting deputy chief of staff of Public Health for the U.S. Army Medical Command. "The Army wants everyone's voice to be heard and is committing great resources to improve the quality of life for its Families.'

If a resident has successfully addressed their needs with their local housing office and healthcare team, they need not enroll in the registry, but they may, said Ginn White, project manager, Army Public Health Response Team.

"The Army is using the registry to understand where and what types of housing concerns are impacting Families," said White. "Your voice helps us accurately measure and shape the response.'

Weekly golf tip

Warm up before round

To prepare well for a round of golf you should arrive at the golf course at least an hour before your tee time. Start on the practice green where you can establish a smooth, deliberate tempo. Don't putt at the cup, but at tees, or coins,

or just a spot on the green. Focus on speed control and tempo. Then spend a few minutes chipping to a tee on the practice green. Walk to the practice range and stretch; once you feel loose, start hitting balls. Use your wedges first, then move to the middle irons, then the long irons and finally the woods. Finish your warm-up with the



club you intend to use on the first tee, making slow, rhythmic swings. And time your warm-up to end so that you can stroll to the first tee and tee off within a few minutes. Call 531-4661 to check on the special rates for semi-annual and annual Warrior Hills Golf Course memberships.



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14/**Guardian** June 21, 2019

Head to Shreveport to experience magic of hot air balloons

RED RIVER BALLOON RALLY

FORT POLK, La. —Hot air balloons are a beautiful sight to behold as they float through the air.

Since your feet are firmly planted on the ground while attending most Louisiana festivals, it's nice that the Louisiana Red River Balloon Rally encourages you to look to the skies and sometimes rise above the clouds as you not only watch these large, colorful balloons as they glide across the sky, but possibly participate by taking a ride on one yourself.

The 2019 Red River Balloon Rally, held at Louisiana State University Shreveport, One University Place, in conjunction with the National Hot Air Balloon Championship, takes place July 12-13 at 5 p.m.

Mornings are all about the competition part of the U.S. South East Regional Hot Air Balloon Championships as 40 balloons attempt to hit a target on the campus of LSUS without ever touching the ground. In addition, you can see the balloons flying in their daily competitions around the community from July 9-15.

Admission begins at \$10. The Red River Balloon Rally is the home of the U.S. Southeast Regional Balloon Championship Race. Drawing more than 20,000 attendees annually, this hot air balloon smack down is accompanied by live music from a list of regional and nationally acclaimed musicians, food and specialty vendors,



children's rides, tethered balloon rides (weather permitting begin at 5 p.m.), a kite flying demonstration, skydiving demonstration, the wellknown Kidz Fun Zone (open from 5-11 p.m.) and the sight of scores of delightfully designed hot air balloons dotting the Southern landscape. The specially shaped balloons this year are out of this world, so don't miss seeing Yoda, Darth Vader, a pirate ship, Rocket the Flying Squirrel and Yellow Bird.

Enjoy live performances by Neon Circus, Lance Thompson Dillan Cate, Los B-Ok, The

Molly Ringwalds and more.

The highlight of each night's events is a spectacular balloon glow — the amazing sight of 30 or more hot air balloons all glowing at one time in the night sky — is accompanied by a fabulous fireworks display to celebrate the winner of the race and the wonderful class of aviation that is the hot air balloon.

General parking is \$5 at paved lots and grass lots off of East Kings Highway.

For more information and to buy tickets visit http://redriverballoonrally.com.

Ruston offers taste of juicy peaches at Louisiana Peach Fest

LOUISIANA PEACH FESTIVAL

FORT POLK, La. — Learn a little agricultural history while enjoying one of Louisiana's sweetest summer fruits at the Louisiana Peach Festival held today and Saturday.

Back in the early 1950s, peach growers and businessmen put their heads together to come up with a way to boost the summer economy and draw crowds into downtown Ruston, La.

Now, each fourth weekend in June, fun, food and festivities take place as both spectators and vendors come from throughout South the to be part of Louisiana's oldest agriculture-based festival.

The festival's infancy was born in the late 1930s when several commercial peach orchards were located in Lincoln Parish.

In 1947, area peach growers organized the Louisiana Fruit Growers Association.

In 1951, the decision was made to promote their industry by spreading word throughout Louisiana and surrounding states of the excellent taste of Lincoln Parish peaches.

The first peach festival was held on June 27-28, 1951, and achieved far greater success than any of the sponsors expected.

The event consisted of "Peaches and Posies" flower show, a peach cookery contest, an art show, several athletic tournaments, and the crowning of the First Queen Dixie Gem and Princess Peach.

It was no surprise that the Louisiana Peach festival grew in size and popularity. In 1952, its activities doubled in attendance.

In its third year, the festival won national attention when Queen Dixie Gem III, Dorothy Elta Goff, traveled to Washington D.C to Vice President Richard

present then Vice President Richard Nixon a box of peaches.

Events include arts and crafts, food, live music nightly in Ruston's historic Railroad Park, a parade, antique car show, 5K run, children's day in the park, fishing tournaments for both kids and adults, a treasure hunt, tennis tournament, pet show, petting zoo, pony rides, rock wall, peach-eating contest, cookery contest, and an invitational golf tournament at the Tom Faziodesigned Squire Creek Country Club course.

This year's featured musicians are Jelly, Joe Haydel Band, Jordan Sheppard and the Cypress Knees, North Louisiana Gris Gris and others.

Admission on June 21 is free from noon-5 p.m. and \$10 from 5-10 p.m. On June 22, all-day admission from 8 a.m.-10 p.m. is \$10.

A weekend pass that covers both days is \$15. Children ages 11 and under get in free.

Tickets to the concert are available now by contacting the Ruston-Lincoln Chamber of Commerce at (318) 255-2031 or emailing peach@rustonlincoln.org.

In addition to music, the festival features two venues for arts and crafts.

One is exclusively for handmade items, and the other open to handmade or resale items.

Items range from candles and soaps to woodworking, metal work, paintings and photographs, children's toys, clothing, home décor, and knickknacks.

And there are always fresh peaches and peach ice cream. This year's food menu will also feature peach tea and other peach-theme items.

For more information visit **www.louisianapeachfestival.org**.



Lagniappe

BOSS

• Lemon lot

Trying to sell your vehicle? Bring it to the Better Opportunities for Single Soldiers Lemon Lot. Registration is \$5 for 30 days. Cars that are not registered will be towed. Register at the Home of Heroes Recreation Center, 2165 Ninth St.

For more information call 531-1948.

• Volunteer opportunity

The BOSS program encourages you to donate your time to those in need. BOSS lends a helping hand at the DeRidder Soup Kitchen each Monday and Wednesday. Departure time is 4 p.m. from the Home of Heroes Recreation Center. For more information call 531-1948.

Festivals

Watermelon Fest

The Beauregard Watermelon Festival, De-Ridder, celebrates the harvest of local Sugartown Watermelons June 28-29.

The festival, held at the Beauregard Parish Fairgrounds — 506 West Drive — offers carnival rides, jackpot livestock show, retail and craft vendors, watermelon eating and seed spitting contests, Watermelon Idol talent competition, watermelon carving contest, food booths and more.

Bring your dancing shoes and sway the night away to some of Louisiana's best entertainers. Plan to attend the Beauregard Watermelon Festival for Louisiana fun and sweet melons.

For more information visit **www.beaure**gardwatermelonfestival.com.

• Watermelon 5K

In conjunction with the Watermelon Festival, registration is open for the 14th annual Watermelon 5K run/walk. The event takes place at 7 a.m. June 29.

Those who register by June 14 will receive a T-shirt. Participants can also register the morning of the 5K from 6-6:45 a.m., but won't get a T-shirt. The 5K begins at the Beauregard Baptist Association office, 735 West Drive, DeRidder.

Registration forms are available at

www.beauregardwatermelonfestival.com. For more information call (337) 463-4451.
Shrimp/jazz fest

If you're looking for a celebration of Louisiana food, jazz music and culture, you'll find it at the Gulf Coast Shrimp and Jazz Festival, Lake Charles Civic Center, 900 Lakeshore Drive, Saturday. Gates open at 11 a.m. and close at 8 p.m.

A free jazz workshop is held from 9–11 a.m.,



followed by live music acts, a jazz exhibit and of course, the shrimp dish cook-off. Don't miss "Jazz After Dark, An Evening to Remember", starting at 7 p.m.

For more information visit www.gcshrimpnjazzfest.com.

• Cajun festival

The Ćajun Music and Food Festival celebrates the preservation and promotion of Cajun music and heritage July 19-20 at the Burton Coliseum, 7001 Gulf Hwy., Lake Charles.

The festival does this with continuous live Cajun music, traditional Cajun foods, arts and crafts, Cajun waltz and two-step dance contests and children's activities.

Enjoy local Cajun foods from gumbo to jambalaya while being serenaded by fiddles and accordions.

Admission is \$8 per person. Children under 12 get in free. The festival starts at 4 p.m. July 19 and 9 a.m. July 20. The festival ends at 11 p.m. each night.

For more information visit http://cf-malakecharles.com.

Miscellaneous

• Summer pops

The Lake Charles Symphony opens its 62nd season with its Summer Pops, an annual event that brings fun, orchestral music to first time symphony goers by allowing the symphony to perform with non-classical artists.

This year's Summer Pops is Dancing Queen — The Music of ABBA, July 13 at the Lake Charles Civic Center Coliseum, 900 Lakeshore Drive, Lake Charles. Doors open at 6 p.m. and the concert begins at 7 p.m.

Take a chance on this fun night as Jeans 'n Classics — a group of musicians committed to building a younger, loyal audience for symphony orchestras — joins the Lake Charles Symphony as they thank the iconic disco pop sensations for the music, featuring all the hits you know and love from "Dancing Queen" to "Waterloo" and more. A variety of family food favorites, such as pizza, hot dogs, nachos and frozen pops and ice cream will be available for purchase. Don your bell bottoms and platforms and don't let this fabulous evening slip through your fingers.

For more information visit **www.lcsympho-ny.com**.

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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 7 p.m. at the New Llano American Legion, Post 387, 500 Vernon St., New Llano. The next meeting is July 2.

The July tournament takes place at Toledo Bend July 6. 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.

• Toastmasters

Do you want to become a confident public speaker and strong leader? If so, there is a Toastmasters Club located at Fort Polk called Speak and Grow Toastmasters. The club encourages anyone interested to stop by and visit with them. The club meets the first and third Wednesday of the month at the Education Center, Room 208 from noon-1 p.m. The next meeting is July 3. For more information call LaVersa Wiltz at (337) 208-8557.





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