



FORGING THE

WARRIOR SPIRIT

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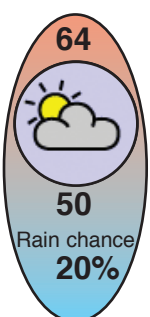


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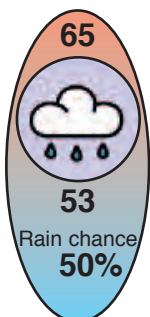
ACFT: Training for new standards

519th Military Police Battalion Soldiers wait their turn as Sgt. 1st Class James O'Grady knocks out push ups under the gaze of grader 2nd Lt. Anna Martineez, during Army Combat Fitness Test training Jan. 30 at Fort Polk. The Mobile Training Team from the Army's Physical Fitness School at Fort Jackson, South Carolina, provided training. See page 5 of today's Guardian for story.

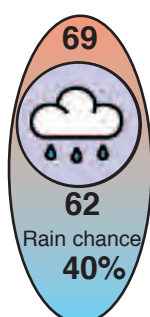
Weekend weather



Today



Thursday



Friday

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Viewpoint

'Connectography' offers glimpse into megacities

By Retired Lt. Col. MARK LESLIE
DPTMS chief, Plans and Operations

FORT POLK, La. — Think you know geography and how to read a map? Before

you answer, read Parag Khanna's "Connectography."

There is reading a map, seeing borders and then there is "understanding a map and the real geography of map — independent of border lines drawn on a map."

That's what I got from this book. I will have to admit, this was a tough read, and frankly, not for everyone.



Leslie

As I started reading this book, I was drawn into and intrigued (and admittedly — educated) by the author's perspective on geography in relation to maps. His theme is that to assume you understand borders, regional dynamics, relationships, trade and commerce relationships and complexities of interdependence by merely seeing the lines drawn on a map is amateurish and something to be considered heavily

and seriously by the field grade military professional.

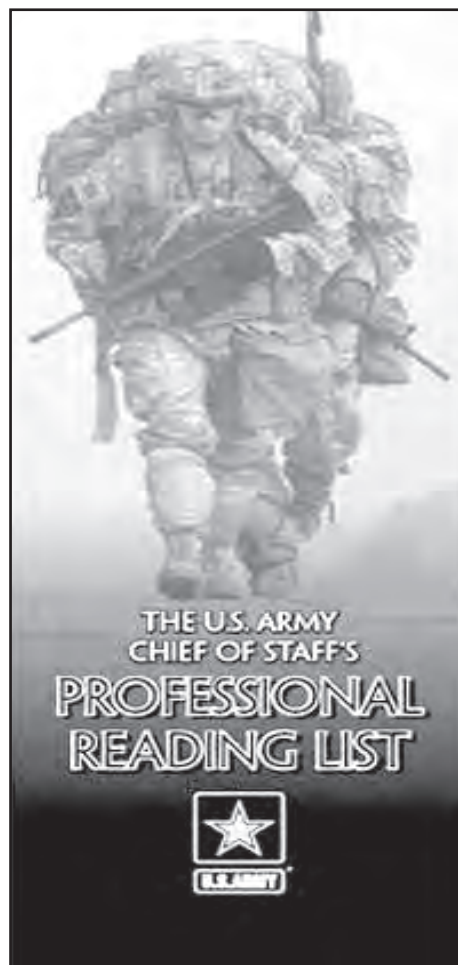
Many of us have studied and applied some of the techniques he talks about on a global scale in a micro-scale in counterinsurgency operations over the past almost

two decades we have been in Iraq, Afghanistan and other places in what seems to be a perpetual state of conflict. I remember doing excruciating country and provincial studies prior to numerous deployments and then refining those assumptions and studies with reality once in theater.

What the author does really well — that it seemed we never reached — is explaining geographical "understanding." After studying this book, I feel all I ever achieved was an in-depth level of awareness. Maybe if we had the author's perspective on geographical impacts, we would have reached this level and potentially contributed more to the national strategic objectives. I don't know, and likely never will. It is too late for me, I'm retired, but it is likely, you — the reader — are not.

Reading this book could lead your team to a level of not only geographical but also cultural understanding and make theater objectives a little clearer.

The author talks things like flows, frictions, transactions, connections, Internet of things, "tug-of-war" war-



fare, migration, devolution and countless other terms that will challenge the reader and take military professionals out of our comfort zone. I won't pretend to understand or discuss them all in this review but I will briefly highlight one that the

Please see Khanna, page 9

Book review

In our view

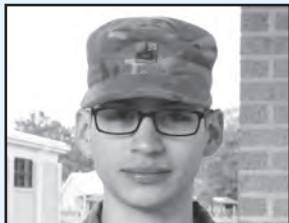
Guardian staff asked Fort Polk residents, "If you could get yourself anything, what would it be and why?" Here are their responses:



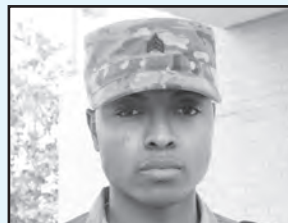
Sgt. Christopher Arvey: "A house for me and my family on a nice island where I don't have to worry about anything."



Pfc. Cory Arnett: "It would probably be a nice house where I can do what I want. I'm a homebody and something like a fancy watch won't keep you warm at night."



Pfc. Christian Ybarra: "I'd want to buy my Mom a ranch so she can have lots of horses. It's always been a dream of hers."



Sgt. Corey Reed: "A winning lottery ticket so I can be rich."



Guardian

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Briefs

February CIF

A Community Information Forum is held Feb. 6 at Army Community Service, bldg 920 from 10-11 a.m.

Installation directorates will brief followed by a question and answer period. Call 531-1392 for more information.

Tax help

The Fort Polk Tax Center, located in bldg 2502, Alabama Avenue, is open Monday through Wednesday and Fridays, from 9 a.m.-5 p.m., Thursdays from 11:30 a.m.-7 p.m. and Saturdays from 9 a.m.-noon by appointment only, except from noon-1 p.m. Thursdays. The grand opening is set for Monday at 10 a.m. Call 531-1040 to schedule an appointment.

Nominations due

Nominations are due Feb. 21 for Volunteer of the Year.

Nominees must be registered in the Volunteer Management Information System (VMIS) and have certified, logged hours for the period Jan. 1-Dec. 18. Volunteer hours must be logged prior to submission of the nomination.

To register for the VMIS go to www.myarmyonesource.com. Call 531-1895 for more information.

ASIST training

An Applied Suicide Intervention Skills Training class is held Thursday and Feb. 8, from 8 a.m.-4:30 p.m., at the Fort Polk Education Center, Colorado Avenue, room 107.

ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

The class is limited to 15 participants.

Call 531-6187/4999 for more information or to enroll.

Special Ops brief

A Special Operations brief is held Wednesday at 10 a.m. and 1 p.m., and Thursday at 10 a.m. in room 101 of the Fort Polk Education Center, bldg 660, 7460 Colorado Ave.

For interested applicants, a Special Ops physical fitness test is held Tuesday at 7 a.m. on Honor Field.

Applicants should wear appropriate PT clothing. Special Ops command is seeking sergeant first class and below with a GT score of 107 or higher, and year grade 15 officers.

For more information call (253) 208-3723.

SFL-TAP relocates to Education Center

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — The Soldier for Life-Transition Assistance Program celebrated its relocation Jan. 24 at a ribbon-cutting ceremony held within the halls of its new home, Fort Polk's Education Center. The SFL-TAP program provides Soldiers the counseling, resources and training necessary to transition to civilian life.

At the ceremony, the SFL-TAP team vowed its commitment to customers with the SFL-TAP pledge. The pledge states the team is committed to providing programs and services delivered with a sense of individual pride, professionalism and in keeping with the spirit of Army values.

The team also pledged to deliver quality products and services and build relationships with communities and customers while communicating, listening, welcoming and encouraging feedback. Each team member signed a copy of the pledge.

Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general, was the guest speaker at the event.

Frank praised the SFL-TAP counselors as a great team of professionals.

"I know how important their job is and I appreciate what they do for Fort Polk Soldiers every day," he said.

Frank said he sees the positive impact SFL-TAP has thanks to feedback from Soldiers transitioning out of the Army.

"This is a great program. When Soldiers decide to depart the uniformed portion of their life and transition back into their civilian clothes, they have this knowledgeable team of professionals to assist them as they build their resume, confidence and training," he said.

Frank said he was excited about the program's relocation.

"I am glad that you are here in the Education Center because you are now in the heart of South Fort Polk. This is the right place for the Soldier for Life Transition Assistance Program," he said.

Janice Breland, SFL-TAP transition service manager, said the move is great because Soldiers now have access to what she feels is the one-stop-shop convenience of educational and transitional needs in one place.

"They can come to one building for classes, have easy access to the college of their choice and walk across the hall to make use of the library," she said.

Michelle Howell, SFL-TAP contractor installation manager, said she thinks the move is terrific, adding there are more people in the building and it's a central location with ease of access.

"That means Soldiers will be able to easily obtain the facts they need before they transition out of the Army. The sooner they have that information, the easier it is for them to begin the process," she said.

One of the vendors set up for Soldiers and at-



From left to right: Command Sgt. Maj. Jerry L. Dodson Jr., garrison command sergeant major; Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general; Janice Breland, Soldier for Life-Transition Assistance Program service manager; and Col. Jarrett A. Thomas II, Fort Polk garrison commander, cut the ribbon to celebrate SFL-TAP's relocation to the Fort Polk Education Center Jan. 24.

tendees to talk to at the ribbon-cutting celebration was Michael Pornovets, a business counselor with the Veterans Business Outreach Center, Jennings, Louisiana.

Pornovets teaches two-day workshops that help Soldiers who want to start their own business. He said when he transitioned out of the Navy there weren't opportunities like this.

"I like to give back to transitioning veterans by helping future entrepreneurs like myself," he said.

Staff Sgt. Cornell Lockette, 1st Battalion (Airborne), 509th Infantry Regiment, said the SFL-TAP program helps him by providing better options and seeing a real future outside of the Army.

Lockette said the move to the Education Center will help Soldiers better find the classes they need to take.

"They didn't always know where to go when the program was at the airfield and it's always better to make things easier for Soldiers," he said.



Soldier relates harrowing tale of Tet Offensive

By SEAN KIMMONS

Army News Service

FORT MEADE, Md. — The screams of a fellow Soldier trapped inside his armored vehicle pierced through the radio.

Apparently surrounded by the enemy with no more ammunition, the Soldier cried for help shouting that his crew had all been killed.

But with his radio keyed open and no one able to talk back to him, then-Spc. 4 Dave Garrod and others in Bravo Troop, 3rd Squadron, 4th Cavalry Regiment, could only listen to the desperate pleas.

"It was a knee knocker," Garrod recalled as his 25th Infantry Division unit raced down to Tan Son Nhut Air Base, which was under siege by enemy forces. "I had no idea what we were driving into."

Tet Offensive

On Jan. 30, 1968, the Vietnam War escalated as enemy forces launched surprise attacks during the country's New Year holiday. About 85,000 Viet Cong and North Vietnamese army fighters rushed across the border to attack more than 100 cities and towns in southern Vietnam in an attempt to break a stalemate in the war.

Weeks of intense fighting ensued, causing heavy losses on both sides. Before they could repel many of the attacks, thousands of U.S. and South Vietnamese troops would die. Tens of thousands of enemy fighters were also killed.

While not largely deemed a victory for the enemy forces, which suffered a greater toll, the attacks did trigger many in America to rethink U.S. involvement in the protracted war.

Tan Son Nhut

One of the enemy's main targets was Tan Son Nhut, a key airbase near Saigon where the Military Assistance Command Vietnam and the South Vietnamese air force were headquartered.

After reports of Viet Cong fighters attempting to invade the airbase on Jan. 31, Soldiers with 3rd Squadron's Charlie Troop responded to the call. As they drove toward the airbase in the early morning hours, then-Spc. 5 Dwight Birdwell remembers seeing no civilians along the highway — typically a bad omen.

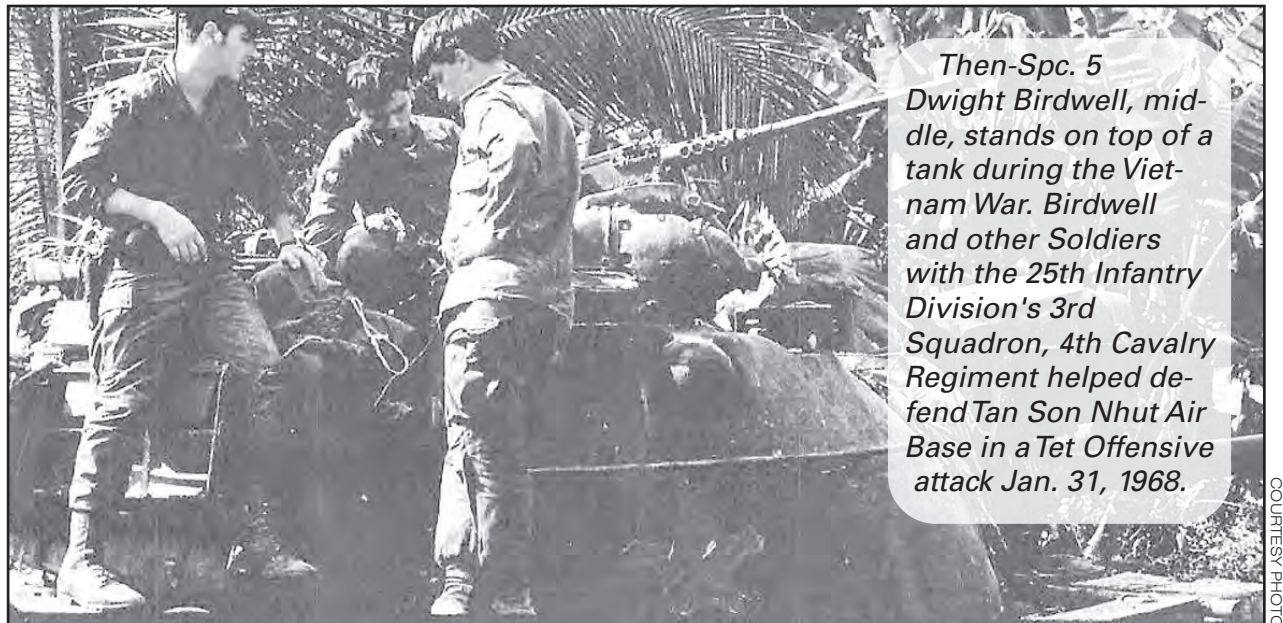
Birdwell had seen attacks before during his tour, he said, but they were mainly mines or other small arms weapons fired by a hidden enemy. This day would be different.

When they arrived just outside the airbase, his unit's column of tanks and armored personnel carriers suddenly stopped. As if on cue, thousands of tracer rounds began to pepper the vehicles in front of his tank from both sides of the highway. Enemy fighters then jumped onto the vehicles, shooting inside of them.

"All hell broke loose," Birdwell recalled.

A bullet then struck Birdwell's tank commander right through the head and he collapsed inside the tank. Birdwell pulled him out, he said, and passed him over the side for medical treatment, which kept him alive.

Birdwell took command of the tank. By that time, all the vehicles ahead of him had been



Then-Spc. 5 Dwight Birdwell, middle, stands on top of a tank during the Vietnam War. Birdwell and other Soldiers with the 25th Infantry Division's 3rd Squadron, 4th Cavalry Regiment helped defend Tan Son Nhut Air Base in a Tet Offensive attack Jan. 31, 1968.

COURTESY PHOTO

wiped out or were unable to return gunfire. Enemy fighters also set some ablaze after they failed to drive off with them.

"There was a lot of confusion and pandemonium," he said.

His tank fired its 90 mm cannon toward the enemy while he shot off rounds from the .50-caliber machine gun to hold the enemy back. Birdwell's unit was stuck in the middle of an enemy invasion as hundreds of fighters had already crossed the highway and penetrated the airbase to his left. On his right side, even more fighters — some just 50 feet away — prepared to join the assault.

Around the same time he ran out of ammunition, a U.S. helicopter was hit and made an emergency landing behind his tank.

"I thought that this is unreal," Birdwell said. "Somebody is filming a movie."

He jumped down from the tank and ran toward the helicopter. Once there, he grabbed one of the helicopter's M-60 machine guns the door gunners had been using and returned to his position.

After a few minutes of firing rounds at the enemy, something hit the machine gun — likely an enemy bullet. The impact, he said, sprayed shrapnel up into his face and chest.

With the M-60 now destroyed, Birdwell said he took cover in a nearby ditch. He and a few Soldiers then grabbed some M-16 rifles and grenades and moved to a closer position behind a large tree. There, they exchanged gunfire and tossed grenades over the road until the enemy started to fire a machine gun at them.

As the barrage of bullets cut into the tree, it sounded like a chainsaw chewing it down.

"We were in a very desperate situation," he said.

Reinforcements

Around that time, Garrod's Bravo Troop began to roll into the area. Soldiers in a different platoon within Charlie Troop also arrived to suppress the attack from inside the base.

"After pulling on line we started laying down fire," Garrod recalled, "and tried to keep it as low

as possible so as not to fire on Charlie Troop on the road."

Garrod and other Soldiers were then pulled away to help wounded crewmen near a textile factory from which the enemy had been commanding its attack.

Once there, he ran over to a tank that had been hit by a rocket-propelled grenade. Inside, he could see the tank's loader who could not move due to severe leg wounds.

"Being a small, skinny guy, I jumped down in the hatch and without thinking put him on my shoulders and stuck him up through the hatch," he said.

Later that day, the intensity of the battle hit home for Garrod as he rested in the shade of his vehicle. He lifted his canteen up to take a drink when an awful smell overcame him.

"When I looked down on my flak jacket, there was a hunk of flesh from that loader," he recalled. "It's something that's etched into your mind forever."

Almost 20 Soldiers from the squadron were killed and many more wounded as they defended the airbase that day. About two dozen South Vietnamese troops were also killed along with hundreds of enemy fighters.

Garrod earned an Army Commendation Medal with valor device for his actions and a Purple Heart in another mission a few days later. Birdwell earned a Silver Star and a Purple Heart.

The squadron was also awarded the Presidential Unit Citation.

Thirty years later, Garrod and other veterans traveled back to the site on the anniversary of the offensive as a way to find closure for what they saw that day. They also visited a statue in a nearby park that honors those who were lost or suffered as a result of the battle.

Because of the devastation the war had caused, Garrod expected to see animosity on the faces of the Vietnamese people.

"Instead we found gracious, friendly people," he said. "Even the veterans from the north whom we met ... greeted us with hugs. It was very surprising. They had definitely moved on."

519th MPs train to new Army fitness test standards

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — A mobile training team from the Physical Fitness School at Fort Jackson, South Carolina, was at Fort Polk Jan. 29-31 to train Soldiers with the 519th Military Police Battalion to administer the Army's new Army Combat Fitness Test.

Capt. Justinn McCaw, MTT team leader, said the 519th MP Bn is one of 62 battalions, Army-wide, providing data to help fine-tune the scoring criteria for the new test to be implemented in October 2020.

"This test is a big culture change for the Army," McCaw said. "It will help Soldiers prepare for how they do their every day jobs as well as for when they are in combat situations."

McCaw said the ACFT was developed to test the overall fitness of Soldiers and assess their proficiency level. The test was the result of six years of study and assesses 10 components of fitness: Muscular strength and endurance, power, speed, agility, aerobic endurance, balance, flexibility, coordination and reaction time. The current APFT only measures two: Muscular and aerobic endurance.

Master Sgt. Jason Johnson, team NCOIC, said training began Jan. 29 with the 519th MP Bn's master fitness trainers (MFTs), or Level 3 trainers.

"They (MFTs) understand programming and how to train units physically and with exercise technique," Johnson said. "They are subject matter experts on fitness training. We concentrate on them so they can train their Soldiers on their METL (Mission Essential Task List), and common soldier tasks."

Johnson said MFTs will be important when units implement the new test.

"Commanders need to utilize them (MFTs) because now Soldiers will have to train to the ACFT," he said. "You don't just wake up in the morning and expect to do well on this test. You've got to check your ego at the door, because this test will humble you. This test takes your body through its energy systems, moving in more than one plane of motion, testing strength, explosive power, local muscular endurance, speed, agility and quickness and aerobic power. It's pretty intense. Larger and smaller muscle groups are working. That's what the master fitness trainers know and understand."

Days two and three of the training focused on Level 2 Soldiers (officers and NCOs in charge of administering the tests) and Level 3 Soldiers (those tasked to grade the test).

Johnson said there is another difference between the current APFT and the new ACFT: The ACFT is gender and age neutral.

"The National Defense Authorization Act of 2015 said you will have an age- and gender-neutral test," Johnson said. "The Army is the first to do it. From what we're seeing, there is no resistance — it's what the Soldiers want."

Johnson said the ACFT will be the catalyst to propel the Army into a new concept called holistic health and fitness.

"It all comes down to training your different muscle groups to adapt to the new test," he said. "Units will be outfitted with strength coaches,

Please see **ACFT**, page 7



519th Military Police Battalion Soldiers participate in the push up event, part of the Army Combat Fitness Test, at Fort Polk Jan. 30. The Soldiers received training from a Mobile Training Team, part of the Army Physical Fitness School at Fort Jackson, South Carolina.



Sgt. Brianna LaBlume, 519th Military Police Battalion, knocks out push ups as a grader looks on. The Soldiers received training from a Mobile Training Team from the Army's Physical Fitness School at Fort Jackson, South Carolina, on the proper way to administer and grade the Army Combat Fitness Test. The test becomes the official test for record beginning in October 2020.

ACFT

Continued from page 5

physical therapists, occupational therapists, cognitive specialists and registered dieticians. The 519th already has these experts in their organization.

"That's the holistic health and fitness concept. There are going to be big facilities called SPARCS (Soldier Performance Readiness Centers) across the Army. It's all in the works."

Lt. Col. Sonja Whitehead, 519th MP Bn commander and Directorate of Emergency Services for Fort Polk, said the new test is more in line with what Soldiers face today.

"This test will make our Soldiers more lethal and stronger both mentally and physically," she said. "It more closely replicates what a Soldier might have to do on a battlefield and on a daily basis."

Command Sgt. Maj. Robert Mattson, the senior enlisted Soldier in the 519th MP Bn, said the ACFT will give leaders a better sense of what training their Soldiers might need.

"The new PT test is going to assess and evaluate Soldiers and show where their strengths and weaknesses lie, and give leaders a better assessment of their Soldiers," he said.

"Being age- and gender-neutral, it's going to be based on your physical performance and how you train for it."

The new ACFT consists of six events: Strength deadlift; standing power throw; hand-release pushups; sprint/drag/carry; leg tuck; and two-mile run.

After completing the sprint/drag/carry, Sgt. Gary Patterson, an MP with the 519th MP Bn, said he underestimated what it would take to score well on the test.

"Initially, I thought it was going to be easy since I'm a pretty in-shape kind of guy," Patterson said.

"But sprinting, then pulling the weight over distance, it's a lot tougher than it looks. The ACFT works muscles that you're not used to using."

"We'll have to change the way we train for PT tests, starting first thing in the morning with PT. It's not going to be the same old PT anymore."

Sgt. Brianna Lablume agreed.

"It's definitely been an eye-opener for me," she said. "There are more events and they are more difficult. It targets more muscle groups. I'm feeling it right now and I'm not even halfway through."

Field-testing on the ACFT will continue through October 2019 with the ACFT becoming the test of record beginning in October 2020.

Photos, from top: Staff Sgt. Thomas Lyons tosses a weighted ball over his shoulder, the standing power throw event of the Army Combat Fitness Test; Sgt. Gary Patterson drags a weighted sled, part of the sprint/drag/carry event of the ACFT, as grader, Staff Sgt. Natasha Love runs beside him to ensure he completes the task properly; and Soldiers warm up for the strength deadlift phase of the ACFT. Other events of the ACFT include the leg tuck, hand release push up and 2-mile run.



CHUCK CANNON / GUARDIAN



Patriots serve as safeties during powerlifting competition

By Sgt. ASHLEY M. MORRIS

3rd BCT, 10th Mtn Div PAO NCOIC

LEESVILLE, La. — On Jan. 29, 12 Patriot Soldiers assigned to the 3rd Brigade Combat Team, 10th Mountain Division, served as safety spotters during the Third Annual Leesville High School Powerlifting Invitational at the Leesville High School gymnasium.

Coach Kamilah Todd, the event coordinator and the LHS head girls powerlifting coach, said he asked Fort Polk to help with volunteers, “as an added benefit to the safety and security of our lifters. I figured if they defend our country, surely they can protect our kids lifting under the bar.”

“I think it’s important to be a positive female role model for young powerlifters.”

Sgt. JULIA DODSON

3rd Sqd, 89th Cav Reg, 3rd BCT

Four platforms set the stage for the lifters and volunteers. Three events were held at each platform with competitors attempting three squats, bench presses and dead lifts with as much weight as possible.

Three Soldiers were stationed at each platform, one on each side of the bar and one behind the lifter, to help control the bar in the event a lifter required assistance.

Among the group of Patriot Soldiers was Sgt. Julia Dodson, an intelligence analyst assigned to 3rd Squadron, 89th Cavalry Regiment, 3rd BCT, 10th Mtn Div. Dodson and several others volunteered for the detail because of their personal experience with powerlifting competitions.

“I think it’s important to be a positive female role model for young powerlifters,” Dodson said. “I want to show that you can do multiple things and be successful at them.”

Capt. Charles Stutt, an assistant operations officer assigned to 5th Battalion, 25th Field Artillery Regiment, 3rd BCT, 10th Mtn Div, who said he likes to train and powerlift in his spare time, saw the event as a way to give back to the community.

“We all volunteered because I think each of us has a passion for powerlifting,” Stutt said. “We are excited when we have the opportunity to do something we love while strengthening community relations.”

Soldiers were not the only ones excited about their involvement with the event. Students like Baker Graves, a freshman on the Leesville High School Powerlifting team, appreciated having the Soldiers present.

“It was great they had my back spotting me,” Graves said. “They looked like they were really working hard. I was so happy to see them here.”

The judges for the competition consisted of people from across the state with different backgrounds and experience but a shared common passion for powerlifting and mentoring future lifters.

“I have been lifting since 1997 so judging at these events is a way to give back,” said John Clay, a judge and powerlifter from Tioga,



SGT ASHLEY M. MORRIS / 3RD BCT, 10TH MTN DIV PAO NCOIC

Sgt. Julia Dodson, an intelligence analyst assigned to Fort Polk's 3rd Squadron, 89th Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, catches a female squatting competitor during the Leesville Powerlifting Invitational at Leesville High School, Jan. 26. Patriot Soldiers served as safety spotters during the event.



Capt. Charles Stutt, an assistant battalion operations officer assigned to 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division, serves as a spotter during the Leesville Powerlifting Invitational at Leesville High School, Jan. 26.

Louisiana. “You get to help some of the younger ones, and maybe in a few years after they graduate, they will be right beside you doing the same thing.”

At the end of the day, after the events were completed and the awards given, Todd said she wanted her girls to remember that the experience gained from competing in the invitational is Fort

more important than winning.

“I want my girls to get experience and prepare for state,” said Todd. “Winning an invitational is fun but that’s not our goal; our goal is to win at state. By having these Soldiers here to serve as safeties, our students were able to focus more on themselves without having to worry about getting hurt.”

Ready to fight, win: 2nd SFAB puts readiness to the test

By Staff Sgt. JESSICA NASSIRIAN

Army News Service

FORT POLK, La. — As the Soldiers, known as advisors, from the 2nd Security Force Assistance Brigade planned, prepared and executed their mission set for evaluation at the Joint Readiness Training Center, one thing was clear — this unit is ready to fight and win.

“Readiness is No. 1 and there is no other No. 1,” Chief of Staff of the Army Gen. Mark A. Milley wrote in his initial message to the Army.

Readiness is the core focus of the JRTC and the foundation for the mission of the 2nd SFAB, which conducted rotation 19-03, from Jan. 3-25, at the JRTC in preparation for an upcoming deployment.

“We took input from the 1st SFAB to craft this scenario to reflect the real-world challenges (1st SFAB) faced during deployment,” said Capt. Nathan Rogowski, assistant operations officer for JRTC Operations Group Plans/ Exercise Maneuver Team. “We adjust the training to make sure this specific type of unit is ready to go and that we can give them the best training possible while they’re here.”

Unlike a conventional unit, SFAB readiness doesn’t just mean being equipped and organized internally, but also transferring those skills to ensure allied and partner nations are prepared to fight and win.

Training and advising allied and partner nations requires technical expertise, cultural competence and flexibility to adjust to multiple training environment variables. For the advisors of

Advisors from the 2nd Security Force Assistance Brigade based out of Fort Bragg, N.C., gather as they prepare to be briefed on vehicle movement and evacuation procedures at the Joint Readiness Training Center at Fort Polk Jan. 17 during JRTC Rotation 19-03.



the 2nd SFAB this is nothing new — it was why they were selected to be in the unit in the first place.

“When a Soldier volunteers for the SFAB they go through a selection process where their readiness and skills are tested, so if they’re not ready they won’t be selected,” said Maj. Justin Patton, troop commander of 1st Squadron, 2nd SFAB. “Readiness is a continuous process ... it’s the contributions of each member that make us ready.”

Used to being tested and continuously challenged, the subject matter experts that compose the 2nd SFAB faced the challenges thrown at them at JRTC head-on.

“They came here ready to go,” said Rogowski. “They took it very seriously and understood the difficulty of the mission set they’re facing in theater so this was one of the final chances to high-

light and fix any friction points they have before they get there.”

“When I look at where we were just a week ago to where we’ve come now, I’m confident that we could go forward and be successful,” said Lt. Col. Chad Roehrman, squadron commander for 3rd Squadron, 2nd SFAB.

From performing weapons drills to conducting initial assessments of a counterpart’s training needs, 2nd SFAB advisors live out readiness and expertise in everything that they do.

“You have to be ready for any task handed to you. Failure to do that can be catastrophic on many levels, so that’s why we train to try to be ready for anything that’s thrown our way,” said Sgt. Robert White, an operations advisor assigned to 3rd team, 3rd squadron, 2nd SFAB. “I absolutely, 100 percent think we’re ready to fight and win.”

Air cavalry might enhances SFAB exercises at JRTC

By ANDREW LARSEN

Army News Service

FORT HOOD, Texas — Aviation Task Force Lobos has a mission to support one of the newest units within the Army — the 2nd Security Force Assistance Brigade (2nd SFAB) from Fort Bragg, North Carolina. Task Force Lobos offered such backing recently by conducting aviation support operations at the Joint Readiness Training Center at Fort Polk, Louisiana.

Led by the 2-227th Aviation Regiment Commander Lt. Col. Jason Raub, Task Force Lobos consisted of elements from across the 1st Air Cavalry Brigade.

“Task Force Lobos will generate and sustain aviation combat power to maximize the aviation operational reach across the battlefield in direct support of 2nd SFAB, while also conducting internal training,” Raub said. “This will increase the 2nd SFAB’s operational capability and readiness, allowing them to prepare for future operations and deployments.”

Task Force Lobos’ initial occupation was multi-faceted, consisting of the safe arrival of passengers, equipment and aircraft while conducting security, and a Chemical, Biological, Radiological and Nuclear sweep of the area planned for the TF Lobos base of operations.

Simultaneously, fuelers set up rapid refuel stations, known as “fat cow operations” in less than 35 minutes. Two CH-47 Chinooks carried extended range fuel cells, which allowed for eight AH-64 Apaches, and 10 UH-60 Black Hawks helicopters to refuel upon landing at JRTC and immedi-

ately posture to conduct follow on missions.

Fox Company “Ravens” deployed four air traffic control systems during the JRTC exercise which was “the most ATC systems an aviation unit has employed in the last 10 years,” said Allen Seagle, ATC Chief for Fort Polk. The four systems included the mobile operation control system, tactical terminal control system, tactical airspace integration system, and the air traffic navigational integration system. These systems integrate together and provide radar control and tracking of aircraft.

“It was exciting to do my job in a field environment and a very unique experience to control a V-22 Osprey while operating the tower,” said Spc. Akya Cowart, air traffic controller for TF Lobos, F Company, 2-227th. “I feel a great amount of pride serving with 2-227th Aviation Regiment because my mother served as a mechanic in an army aviation unit.”

The Fox Company “Ravens” were integral to the Task Force Lobos success controlling all 30 TF Lobos aircraft in and out of Polk Army Airfield with an average of 150 movements per day. TF Lobos aircraft composition consisted of three UH-60L MEDEVAC Black Hawks, eight AH-64 Apaches, nine CH-47 Chinooks and 10 UH-60M Black Hawks.

About 1,300 hours were flown by Task Force Lobos during support of the 2nd SFAB at JRTC. Task Force Lobos flew a wide array of missions from medical evacuation to air interdiction. However, general support lift missions took the bulk of the flight hours.

“One of our biggest successes during JRTC

was maintaining an average 96 percent operational readiness rate while flying about 70 percent of the task force aircraft every day,” said Maj. Logan Collins, S3 officer in charge and S3 OIC for TF Lobos, 2-227th Aviation Regiment.

Behind the scenes, TF Lobos maintainers worked tirelessly performing day and night maintenance, ensuring aircraft were safe and ready to fly. Each aircraft type has different hour requirements in which scheduled maintenance is mandated to occur. TF Lobos conducted more than 22 different inspections while operating at JRTC. These included 25-, 40-, 50-, 100-, and 120-hour inspections on the AH-64 Apache, UH-60 Black Hawk, HH-60 Black Hawk and CH-47 Chinook respectively.

“Our mission is to provide the best aviation support to 2nd SFAB,” Collins said. “Emphasis of aviation assets is essential for SFAB because it enables them to ‘fly to advise’ to remote locations, within their area of operations.”

The mission of the 2nd SFAB is to organize, train, advise and support foreign security forces in coordination with joint, interagency and multi-national forces to improve partner capability and capacity while facilitating the achievement of United States strategic objectives.

“The advisors of the 2nd SFAB are pleased to work with such a professional and capable aviation task force,” said Maj. Matthew Bowman, 2nd SFAB Aviation Officer. “Their intensity, expertise and readiness enhanced our ability to perform our job while training at JRTC and we welcome the opportunity to work with 2-227th Aviation Regiment and the 1st Air Cav again.”

'Renaissance' budget to boost Army modernization

By DEVON L. SUITS

Army News Service

WASHINGTON — In anticipation of a future “high-intensity conflict” against a strategic competitor like Russia or China, the Army plans “big changes” in its fiscal year 2020 budget, said Secretary of the Army Dr. Mark T. Esper. In the coming months, Esper said he will outline how the Army will consolidate and eliminate some legacy programs, reinvesting more than \$25 billion toward modernization over the next five years.

“A renaissance is underway in the United States Army,” Esper said, adding change “requires bold, decisive action if we’re going to be victorious in 2028 and beyond.”

He said the National Defense Strategy is affecting everything the Army is doing — from manning and training, to equipping and organizing the force.

The secretary shared his thoughts on the Army’s budget and other changes during a media roundtable in the Pentagon Jan. 24.

Full budget review

The Army recently completed a comprehensive review of its budget, planning to conduct similar reviews in the future. Notably, the Army reviewed more than 500 “equipping programs” and plans to make fundamental changes, according to Esper.

“We found things that we were probably buying more of than we needed,” the secretary said. Moving forward, a bulk of the proposed reinvestment will support the Army’s six modernization priorities under the purview of Army Futures Command, Esper said. The reinvested money will be “back loaded” over the next five years to support future acquisition efforts.

Additionally, the proposed request is “not just funding equipment upgrades; it’s also funding extended basic training. It is funding the Army combat fitness test ... (and) the standup of the irregular warfare office,” Esper added.

However, requesting or changing appropriations from Congress can, at times, be difficult, he said. Especially when it means cutting back or eliminating legacy systems.

“Many of the programs that we had to either cancel or reduce had merit, but I have to get to the next-generation combat vehicle. I have to build long-range precision fires — and some-

Secretary of the Army Dr. Mark T. Esper speaks to defense writers during a roundtable at the Pentagon, in Washington DC, Jan. 24.



Staff Sgt. NICOLE MEJIA/US ARMY

thing has to give,” Esper said. “We can take that approach where I can go ask Congress for (an additional) \$4 to 5 billion a year. I don’t think I’m going to get that.”

The Army’s six modernization priorities haven’t changed in 18 months and won’t change in the foreseeable future, Esper emphasized. Additionally, changes to legacy systems will create “billions of dollars a year in opportunity” for companies willing to support.

“We’re trying to give industry a clear indication of where we’re going,” Esper said. “I’ve spoken to industry, and I’ve been very clear to them: ‘We are leaving legacy behind. Don’t fight the past. Go with us into the future,’” Esper said.

Budget change to improve basic training

In line with the changes to the budget, the Army is moving forward with changes to infantry one-station unit training, officially extending the course from 14 to 22 weeks, Esper announced. Infantry Soldiers that participated in the pilot back in November 2018 showed improved physical fitness scores when compared to the traditional program. Moreover, attrition rates were cut in half, while the trainees “overall technical performance” improved, Esper said.

This fall, the Army is slated to pilot an extended One Station Unit Training program for armor

and cavalry units, leveraging upon the success seen during the extended infantry training.

Talent management reform

In addition to readiness and modernization, Esper intends to make the Army’s talent management a top priority in 2019.

Not long ago, Esper engaged with the Army’s talent management task force to express his views on the program. The task force was created to support the Army’s ability to man, train, employ and retain high-quality personnel. “We need to tell the force what we expect,” Esper said. “My view is we’re going to move away from an ‘up or out.’ My shorthand ... is ‘perform or out.’

After meeting with the task force, the secretary requested several program deliverables slated for release in the coming months. One of those deliverables is the implementation of the Integrated Personnel and Pay System-Army or IPPS-A. Currently, the Pennsylvania National Guard is testing the new system.

“The system design vision is going to be a market-based system, where talent is managed at echelon. And, in my view, it will centrally manage the top (and bottom) 10 to 15 percent,” Esper said. “We need to make that the standard throughout the Army and create the marketplace.”

Khanna

Continued from page 2

Chief of Staff of the Army has made a priority and is a topic of discussion in all the combat training centers: Megacities and dense urban terrain.

While the author uses the term “mega-infrastructure” (and maybe that is a better term at the strategic level) instead of megacity, his perspective, terms and verbiage are worthy of consideration: “Mega-infrastructures overcome the hurdles of natural and political geography.” Basically, political space (how we legally subdivide the globe) is giving way to functional space (how we actually use it).

Having said this, the book is a difficult read. It became almost a chore to slog through it every

night, not because the author doesn’t know his subject: He has obviously done his homework and has the academic pedigree and the “street credentials” that those of us in uniform often look for, having advised the U.S. National Intelligence Council and served in conflict zones as a senior geographical advisor to U.S. Special Operations Forces. It just seemed to me that he made his point in the first hundred or so pages and spent the next three hundred pages justifying it with interesting facts and analysis that almost seemed filler.

This is a read worthy of the field grade officer going to be a strategic planner, scenario writer, Department of the Army staff, joint assignment,

interagency intern or senior Army representative in other branches of our government. They will read and reference it and we should as well. Having said that, I think the Chief wants us to read it for the “perspective” I spoke of earlier: Lines drawn on a map no longer represent “true geography.”

In this book, Khanna has given us the tools and questions to ask to understand geography in any potential conflict zone, or hopefully, to better understand true geography to prevent another conflict zone.

This book is available in the Allen Memorial Library on Fort Polk under the call number MS PRL 303.4902.

Community

Briefs

School lunches

The following school lunch menu is for Vernon Parish schools for Monday through Feb. 8. Meals are served with salad bar and choice of milk:

- **Monday:** Chicken shoestrings, mashed potatoes and gravy, green beans, mixed fruit, whole wheat roll.
- **Tuesday:** Taco salad with whole grain chips, Mexicana corn, taco salad cup, fruit, spice cake.
- **Wednesday:** Corndog, Bush's baked beans, oven baked fries, mixed fruit.
- **Thursday:** Egg rolls, fried rice, mixed vegetables, cheese stick, chilled peaches, sherbet.
- **Feb. 8:** Grilled cheese sandwich, vegetable beef soup, carrots/cucumber/broccoli cup, apple wedges, chocolate pudding.

Spouses' Club gala

The Fort Polk Spouses' Club hosts a Mardi Gras Masquerade Gala at Showboat Theater from 7-11 p.m. today. The event includes dinner, drinks, dancing and an auction. The gala benefits the club's Scholarship and Community Grants fund. Cost is \$20 in advance, \$25 at the door and includes light and heavy hors d'oeuvres, one signature cocktail or beer, tea, water and entertainment. Attire is Mardi Gras casual. For more information or to purchase tickets online visit fortpolkspousesclub.wildapricot.org.

Date night

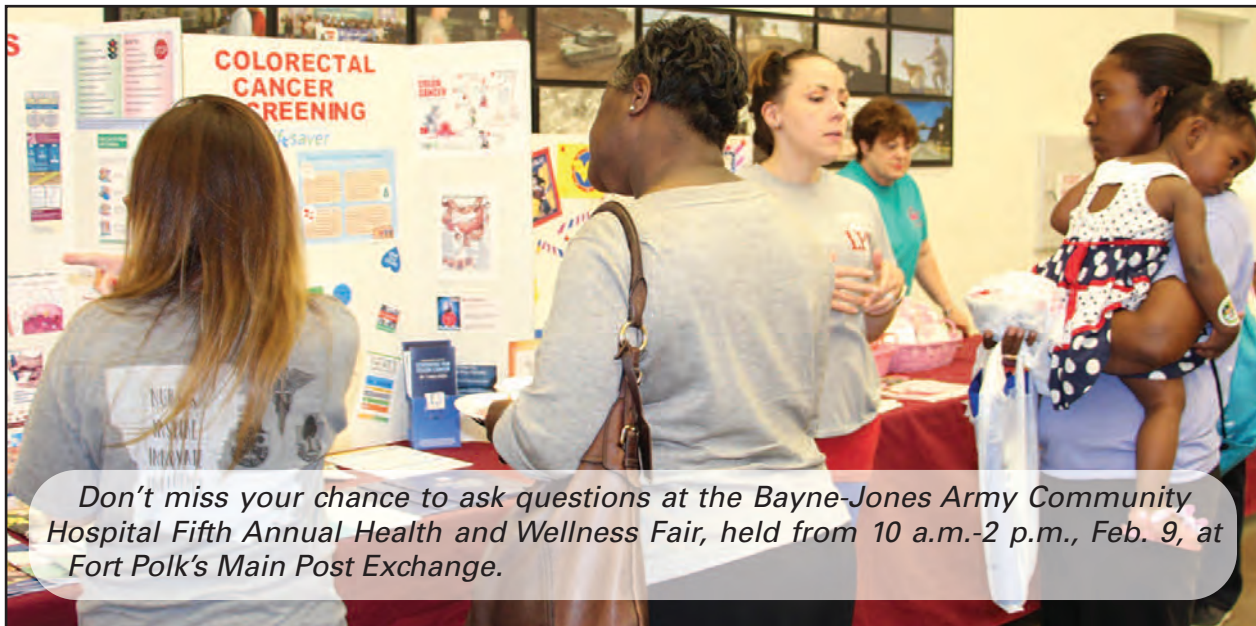
Army Community Service's Family Advocacy Program hosts a date night, "Vow Renewal," from 6-9 p.m. Feb. 8 at ACS, bldg 920. FAP will pay for the cost of child care, as long as the children are enrolled in Child and Youth Services. This is an evening for couples to renew their vows, enjoy dinner, dancing and games. For more information or to register call 531-1938.

VA assistance

Disabled American Veterans Post 20, Leesville, has a new service officer, John Cancienne, to assist veterans with submitting VA disability claims. The office is located in the Railway Suites, directly behind the Vernon Parish Courthouse on La. Hwy 468. Monthly meetings are held the third Monday of each month at 7 p.m. The next meeting is Feb. 18. Call (337) 244-5614 for more information.

ACT help

Students who wish to practice the American College Testing exam can visit www.academy.act.org/.



Don't miss your chance to ask questions at the Bayne-Jones Army Community Hospital Fifth Annual Health and Wellness Fair, held from 10 a.m.-2 p.m., Feb. 9, at Fort Polk's Main Post Exchange.

Healthy Lifestyle Fair helps jump start 2019

By KATHY PORTS

BJACH Public Affairs Officer

FORT POLK, La. — Looking to improve your family's health and lifestyle in 2019? Then don't miss the Fifth Annual Health and Wellness Fair, from 10 a.m.-2 p.m. Feb. 9, in the Main Post Exchange mall. Bayne-Jones Army Community Hospital is offering a chance to improve you and your family's health and lifestyle.

The free health fair is open to Soldiers, Family members, retirees and their family members, Department of Defense civilians and contractors. Children are always welcome.

Just like a recipe, maintaining a healthy lifestyle requires key ingredients: Good nutrition, exercise and sleep, essential elements for a better life. The health fair will help you blend these ingredients so you can easily add them into your daily activities.

Incorporating healthy recipes into your family's diet is a great place to start. Get the family to help improve family nutrition. Let the kids plan meals and do simple cooking chores. Involving every family member in meal preparation makes it more fun, a great learning experience and family bonding time. You might be surprised how much your children already know about good nutrition and healthy eating.

Alexis D. Motely MS, RDN, LDN, BJACH's registered dietitian, and founder of the virtual Simply Healthy Cooking classes will host two cooking demonstrations. Samples will be provided. Demonstrations are scheduled at 10 and 11 a.m. BJACH's Nutrition Care Division will be on hand to provide tips, healthy recipes and ideas geared to help you make the changes necessary to improve diet.

Change is never easy, but you can make it work, together as a family. You can incorporate healthy changes into your daily routine that are fun and involve the entire family.

BJACH's Physical Therapy team will demonstrate how to properly use physical fitness equipment available through the Post Exchange. Demos include how to get the most of your workout. A push-up contest is also planned.

Watch for exact details and times on BJACH's Facebook.

Representatives from Fort Polk's Army Wellness Center will be available to speak with you about their state-of-the-art facility, answer questions and talk about classes, assessments and health coaching sessions.

More than 20 booths will be filled with information on nutrition, good sleep habits, exercise, ways to improve your health plus ideas on how to make them part of your daily life. Subject matter experts from BJACH will be on hand to answer questions while offering suggestions and information. This year's booths also include Army Substance Abuse Program, Directorate of Family Morale, Welfare and Recreation fitness, Red Cross and the chapel.

Humana representatives will be available to answer your questions and explain TRICARE option changes while the Veterans Administration representative will concentrate on VA issues and helping retirees.

Take the first step to making this year healthier by quitting smoking or chewing by learning about a smoke-free lifestyle. Becoming tobacco-free can greatly improve your health and help you save money. It also sets a great example for your children. A special booth with smoking cessation classes, techniques and helpful hints will be available to help guide you in the right direction.

A variety of BJACH health booths — HEDIS measures, women's health, behavioral health, eyes, hearing, pharmacy services, dental and general wellness such as cholesterol maintenance, blood pressure, diabetes and men's health will also be available. You can sign up for secure messaging at the fair. This free service gives you the ability to contact your primary care provider 24 hours a day, seven days a week with questions, test results and more.

Fort Polk's Main Post Exchange offers a variety of discounts, special sales and savings geared toward fitness and wellness for the entire family. Kids can pose for photos with their favorite Star Wars character and Princess. The PX food court offers free samples.

MSTC offers classes, contest for military-connected students

GUARDIAN STAFF

FORT POLK, La. — Military Student Transition Consultants (MSTC) hosts the following events and activities for Fort Polk Families and students:

- Chart your Course: College, Career and Life Readiness. The program targets students in grades eight through 12. Classes are held Feb. 11, March 11 and April 8, from 5:30-6:30 p.m. at Army Community Service, bldg 920. You must reply by the Thursday prior to the course date to sue.lopez@vpsb.us.

- Call for the Arts 2019: MSTC and the Vernon Parish School Board host the Third Annual Art and Poetry Contest, open to military-connected kindergarten through 12 students in Vernon Parish schools. Registration forms are available in school front offices beginning today. Entries must be submitted at the student's school office with registration form March 1. An award ceremony is held April 1, 5:30 p.m. at ACS.

Each school will have a winner in both categories (arts and poetry). The top three winners in each category will be submitted for a district-level contest. Finalist submissions will then be considered in 2020 Military Child Education Coalition publications.

Student artwork and poetry are featured at

the MCEC annual conference in Washington. Artwork is utilized in the "On The Move" magazine, the annual calendar and conference program.

Suggested topics include: Cultures You've Experienced; Pride in Parents; Military Lifestyle; Your Wishes, Hopes and Dreams; The Life Lessons You've Learned; Teachers/School Support; and Transitions/Changes.

Only original work is accepted and in its original form. The following information must be labeled on the back of the work: Title of work; child's full name; grade; teacher's name; and school name. A parent or guardian must sign the official entry form.

Art guidelines

Submissions must be 8.5 by 11 inches or smaller, in the medium of choice. Color or black and white submissions are accepted. Use bright colors or dark, bold designs (no pencil).

Writing guidelines

Poetry must not be more than one typed page (8.5 by 11 inches). Short stories or essays must be 500 words or less. Do not include last names in poetry, short stories or essay submissions. Title submissions.

For more information about MSTC events email sue.lopez@vpsb.us.



Check out homeschool information provided for area families

GUARDIAN STAFF

FORT POLK, La. — The interest in homeschooling continues to grow.

The following information is provided to area parents and guardians of school-age youngsters to help them decide what learning option works best for their family.

FPLA Homeschool Study Group

- www.facebook.com/groups/647060648986400/about/
- Meets Wednesday in the Fort Polk Education Center from 10-11 a.m.
- Currently studying art history; could change or add subjects.
- Parent led

- Not limited to military families.

Fort Polk/Leesville Homeschool Families

- www.facebook.com/groups/206011706176606/

- Information and support for local homeschool families.

- Group field trip opportunities.

Vernon Parish Homeschoolers of Faith

- www.facebook.com/groups/ELBCHomeSchoolCoOp/

- Information and support for local homeschoolers looking for faith-based support.

Classical Conversations

- www.classicalconversations.com

- Classical Conversations supports homeschooling parents by cultivating the love of learning through a Christian worldview in fellowship with other families, focusing on three keys to a great education: Classical, Christian and Community. The group meets weekly in Alexandria, Leesville and Deridder with the hope of opening more communities in the surrounding areas.

- CENLA area: Sandy Keller, (912) 271-1913, skeller@classicalconversations.com

- Leesville: Stephanie Evans (ages 4-12), (337) 718-1325, ccleesville@gmail.com; Liz Langford (ages 12 and up), (337) 660-3312, liz4challenge@yahoo.com; Sandy Keller (ages 14 and up), (912) 271-1913, skeller@classicalconversations.com

- DeRidder: Heather Castillo (ages 4-12), (318) 542-8276, heathercastillo_cc@yahoo.com; Stephanie Richard (ages 12 and up), stephups33@gmail.com; Susan McReynolds (ages 14 and up), susanmcr8@gmail.com

- Alexandria: Amy Morgan (ages 4-12), alexandriaccampus@gmail.com; Valerie Hasic (ages 4-12), (318) 792-2610, ccalexvh@yahoo.com



Soldiers test new device designed to save lives

By **ASHLEY FORCE**

Army News Service

FORT RUCKER, Ala. — The Army's newest medical communication device is just one study away from being procured and fielded — the Medical Hands-free Unified Broadcast, or "MEDHUB."

It was two years ago that Jay Wang, product manager for the U.S. Army Medical Materiel Development Activity, was in Fort Rucker, Alabama. He was demonstrating the latest Department of Defense medical software called the battlefield-assisted trauma distributed observation kit, or BATDOK, to the U.S. Army School of Aviation Medicine and Medical Evacuation Propensity Division, based on recommendations from the medics.

Returning two years later, he co-facilitated MEDHUB's final medical study at the U.S. Army Aeromedical Research Laboratory (USAARL).

These past two years, Wang and his team of Medical Support Systems and Evacuation Project Management Office engineers have been hyper-focused on developing this product because of its important purpose: To help save the lives of injured Soldiers.

"In 2017, I was visiting paramedics in Fort Rucker. At the time, when they were transporting a patient to a hospital they had to type all the patient's medical information letter by letter into the old system," said Wang. "They just didn't have time for that."

That's when the idea for MEDHUB sparked. It was developed to improve the communication flow between patients, medics and receiving field hospitals. MEDHUB features smart automation technology, so medics can send patient information with the click of a button on a handheld tablet verses typing in thousands of characters. It shortens the medic's time completing a Tactical Combat Casualty Care card and increases accuracy in completeness by about two-to-three times verses pen and paper.

After the data is captured, the device automatically forwards that message to the hospital through existing long-range tactical communication systems used by the DoD and prepares the hospital for the patients arriving.

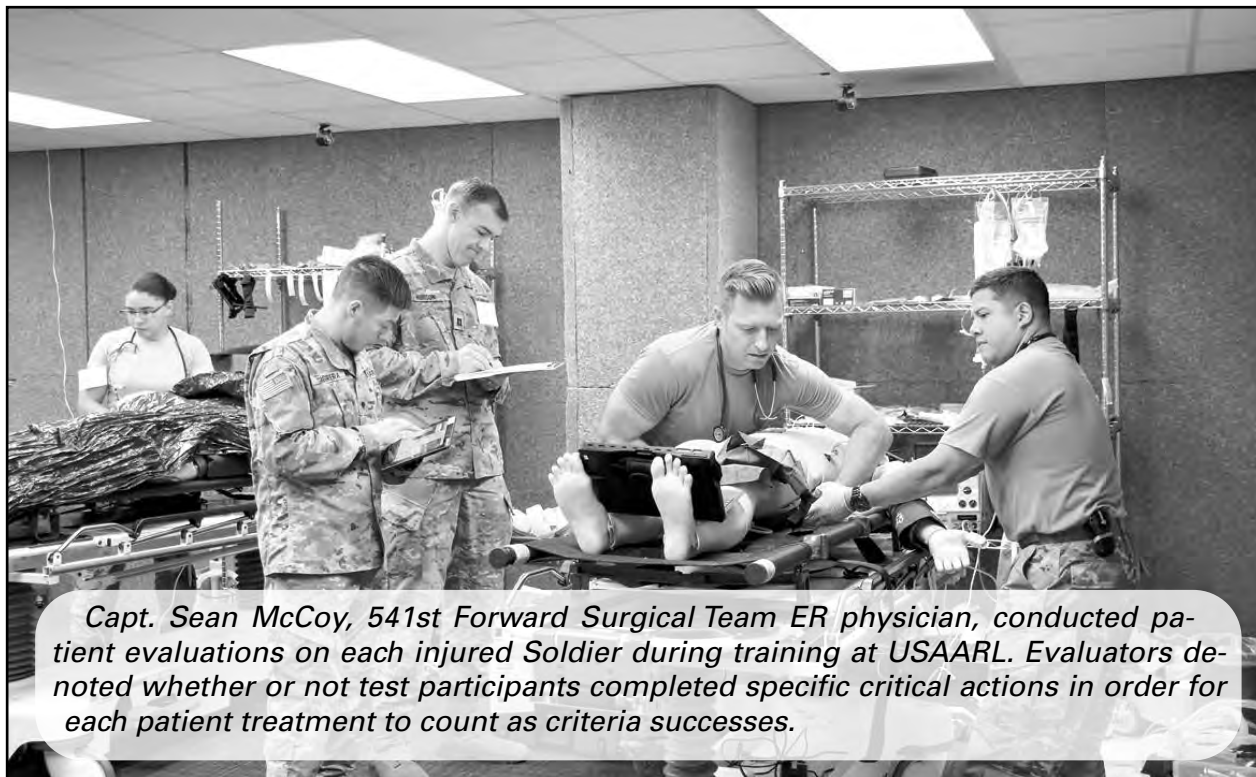
"Every minute counts here," said Wang. "There are certain things like defrosting blood that takes 20 minutes. So an early warning verses a five-minute-notice radio call makes a world of a difference."

To assure the best possible product, MEDHUB must be tested by Soldiers for effectiveness, and that is what took place at USAARL.

The purpose of the study was to find out how a field hospital staff reacts to using the device in a mass casualty environment. USAARL provided the facility for the study, lab equipment, technical support, Sim-man 3G manikins, which are life-size mannequins used in medical education, and Soldier support. A moulage team, a team with mock injuries for training purposes, helped make the test scenarios more realistic.

The test participants being studied were six members of the Forward Resuscitative Surgical Team with the 44th Medical Brigade from Fort Bragg, North Carolina.

"USAARL was honored to host the 44th Medical Brigade, USAMMDA and the U.S. Army Institute for Surgical Research. I'd like to first thank



Capt. Sean McCoy, 541st Forward Surgical Team ER physician, conducted patient evaluations on each injured Soldier during training at USAARL. Evaluators denoted whether or not test participants completed specific critical actions in order for each patient treatment to count as criteria successes.

the study participants," said Col. Jonathan Taylor, commander of USAARL. "These medical experts brought enthusiasm and realism to our test scenario that made it work. Next, the study team, led by Rachel Kinsler, created a realistic and relevant study design that allowed our medical experts and the test team from USAMMDA to effectively evaluate the technology."

During the mass casualty simulations, randomized manikins were mocked-up to resemble combat injuries like burns, gunshot wounds and amputations. The 44th test participants were tasked with treating those victims and additional stress was added by giving the clinicians eight patients during the course of each scenario.

Evaluators, who were mostly research clinicians from the U.S. Army Medical Research and Materiel Command, captured every medical procedure that the 44th test participants performed.

The test participants treated patients in two circumstances. The first was based on standard of care where the doctors and nurses received a radio call from the medics five minutes before patient arrival. The second circumstance was with the use of MEDHUB, which provided patient information 20 minutes ahead of time in addition to the standard-of-care call.

The observers were watching to see how the extra minutes of preparation potentially helped the patient outcomes or provided better care.

"What I've witnessed is the test participants are getting to the patient quicker," said Lt. Col. Chris VanFosson, study evaluator and chief for trauma outcomes and systems research at the USAISR. "They are triaging. As evaluators, we have sat in the hallway for 20 minutes waiting for the triage officer to get to our patient. But with the MEDHUB system, it seems like they are getting there quicker."

The test participants needed to complete a few critical things in order for each patient treatment to count as criteria successes. They were not graded on how well they treated the patient, rather, if they completed the critical actions. For example, a critical action could be putting in a new airway or checking tourniquets.

"Evaluators denoted the time it took for proce-

dures to be done, and we are logging all data points so we can see which procedures were done faster. Which were better organized so they were done earlier in the study? Was communication improved? Those are things that were looked at," said Kinsler.

Each manikin was staffed with a clinician to tell the test participants how the manikin would react to their treatments. Each manikin also had an operator in charge of adjusting its health status. The realistic environment provided valuable practice for the test participants as the study aimed to resemble a true mass casualty situation.

"We appreciate the opportunity for this training," said Capt. Sean McCoy, 541st Forward Surgical Team Emergency Room physician. "Our main goal is damage control resuscitation. We don't have CAT scans, X-ray or ultrasound machines. We basically plug holes, give blood, start antibiotics and keep the patient warm. For some patients, the 'Golden Hour' is ultimately too long, these patients need to be treated within minutes."

Wang said he believes watching the Army clinicians in action allowed the research team to understand their gaps.

"As researchers, we can build new equipment for things that maybe we don't understand or don't work with as much," said Wang. "We all have different roles, but a study like this expands our knowledge of how well we can all work together to provide a better Army."

The hospital scenario test was MEDHUB's final developmental test. The data from this study allows for the proper planning of an end-to-end Operational Test scheduled in March. At that time, the use of MEDHUB will be tested from point of injury, to the ground medic, to the ground vehicle medic, to the air and ambulance, to the hospital.

After the data from this field hospital study is analyzed, USAMMDA and USAARL will take their findings and publish a joint paper and report. That data will serve to push MEDHUB along into the Warfighter's hands, inspire user confidence in the device and continue to make MEDHUB better and stronger for the Warfighter.

Annual military Youth turkey hunt applications available

LDWF

FORT POLK, La. — The Louisiana Department of Wildlife and Fisheries has announced the availability of military dependent lottery applications for the annual Fort Polk youth turkey hunt, scheduled for March 30.

Ten slots will be made available for active duty military dependent youths between the ages of 10 and 17 the day of the hunt. Application forms may be obtained from the Fort Polk Game Enforcement Office located in the Fort Polk Provost Marshal's Office, 1662 22nd Street, Fort Polk. Each form must be filled out by an active-duty military parent or legal guardian assigned to Fort Polk. If the active-duty member is deployed, spouses may sign up their youth.

Applications must be submitted individually for one youth per form. Multiple applications will result in disqualification. Completed forms must be submitted to:

LDWF
Fort Polk/Peason Military Youth Hunt
1213 North Lakeshore Drive
Lake Charles, La. 70609

Selection will be conducted through a random lottery drawing administered by the LDWF in mid-March. Applications must be submitted no later than March 8 at 4:30 p.m., and successful applicants will be notified by mail. Lost or misplaced permits will not be reissued.

Members of the Louisiana Chapter of the National Wild Turkey Federation will guide participants chosen for the lottery hunt. One family member may accompany the youth and guide, but may not hunt. The participant must supply firearms and ammunition. Youth 16-17 years of age must comply with hunting license requirements. There is no charge to participate. For more information, contact Fort Polk Game Enforcement office at 531-5222 or LDWF at (337) 208-2208.



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Denise Jackson

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nsufortpolk.com

Folks begin revving up for fun of Mardi Gras parade season

GUARDIAN STAFF

FORT POLK, La. — Mardi Gras in all of its glory is a mish-mash of color, sound, excitement, fun and feast in preparation for Lent — a season of 40 days, not counting Sundays, beginning on Ash Wednesday (the day after Mardi Gras) which honors the sacrifice of Jesus on the cross in the days leading up to Easter.

But before that solemn and serious time Louisiana folks tend to take every chance to enjoy the carefree cultural chaos that is a Mardi Gras parade.

They stake out their place on the parade route early in the day to make sure they have a good spot. The dress in their purple, green and gold (Mardi Gras colors) and make sure to practice yelling, "Throw me something mister!"

It's the battle cry of any Mardi Gras parade attendee hoping to score a few of those free plastic beads, doubloons and other festive trinkets.

There was a time when you had to drive south of Interstate 10 to see such parades, but now it seems as though every city and town in the state takes part in this pre-Lenten frivolity as the "Mardi Gras au coeur de la Louisianne" (Mardi Gras in the heart of Louisiana) spirit takes hold.

If you would like to see for yourself what all the excitement is about, here is a listing of just a few of the Mardi Gras celebrations that will be taking place across the state:

2019 Leesville Mardi Gras parade:

- March 2 — The Mardi Gras parade takes place at 2 p.m. along Third Street.

2019 Lafayette Mardi Gras events:

- Feb. 22 — Krewe de Canailles Walking Parade. Downtown, 6:30 p.m.

- Feb. 23 — Krewe of Carnivale en Rio Mardi Gras Parade. Downtown to Cajun Field at 6:30 p.m. For

more information call (337) 984-6522 or visit Rio-Lafayette.com.

- Feb. 23 — Krewe des Chiens. Downtown at 2 p.m. For more information call (337) 984-6522.

- March 1-5 — Le Festival de Mardi Gras à Lafayette. Carnival rides & games, live music, food vendors, parades roll through festival grounds at Cajun Field. Times vary.

- March 2 — Krewe of Bonaparte Mardi Gras Parade at 6:30 p.m.

- March 2 — Children's Parade begins at 12:30 p.m.

- March 4 — Queen Evangeline's Parade takes place at 6 p.m.

- March 5 — Mardi Gras Show at Clark Field. Clark Field Stadium.

- March 5 — King Gabriel's Parade takes place at 10 a.m.

- March 5 — Lafayette Mardi Gras Festival Parade takes place at 1 p.m.

- March 5 — TownSquare Media Independent Parade takes place at 2:30 p.m. For more information call (800) 346-1958 or visit www.lafayette-travel.com or GoMardiGras.com.

2019 Lake Charles Mardi Gras events

- Feb. 28 — Mardi Gras lighted boat parade at 7 p.m. along the Lakefront Promenade, 900 Lakeshore Dr. Watch a Mardi Gras parade on the lake.

- March 1 — Mardi Gras merchants' parade takes place at 7 p.m. It begins downtown and travels down Ryan Street. Local business leaders and social organizations take to the streets on festive Mardi Gras floats from the Lake Charles Civic Center to Ryan Street, ending at Sale Road.

- March 2 — Krewe of Barkus Parade begins at 2 p.m. at the Civic Center, 900 Lakeshore Dr. A parade of costumed pets and their owners makes for a whimsical, carnival atmosphere.

- March 3 — Mardi Gras Children's parade begins at 3:30 p.m. The parade route travels along Ryan Street.

- March 5 — Krewe of Krewe's Mardi Gras parade begins at 5 p.m. from downtown and travels along Ryan Street.

For more information visit www.visit-lakecharles.org.

2019 Alexandria Mardi Gras events:

- March 1 — Hixson Classic Cars and College Cheerleader Parade begins at 4 p.m.

- March 2 — Children's Parade begins at 10 a.m. and travels along Murray street.

- March 2 — Alexandria Zoo Mardi Gras party takes place from 2-4 p.m. Admission is regular price. For more information visit www.thealexandriazoo.com.

- March 3 — Krewe's parade begins at 2 p.m.

For more information visit www.alexmardi-gras.net.

2019 Monroe Mardi Gras parade:

- Feb. 16 — Krewe of Janus Mardi Gras Parade takes place at 6 p.m. This year's theme is under the big top.

For more information visit www.monroe-westmonroe.org.

2019 Shreveport-Bossier Mardi Gras events:

- Feb. 23 — Krewe of Centaur parade
- Feb. 24 — Krewe of Barkus and Meoux Pet Parade: Sunday, Feb. 24, 2019

- March 2 — Krewe of Gemini parade
- March 3 — Krewe of Highland parade
- March 5 — Childrens Mardi Gras Parade
- March 5 — Fat Tuesday in Shreve Town, A Walking Parade. For more information visit www.shreveport-bossier.org.





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2. Please do not place any items in front of dumpsters as this prevents the driver from being able to service the dumpster.
3. There should be no field trash placed in any dumpster not marked "Mixed Field Waste", if a unit has field training to conduct they can call 535-1155 and schedule containers to be placed at their training location.
4. Please do not park vehicles around dumpsters, this will prevent the dumpster from being serviced.

If there are any questions and or concerns about dumpsters, bulk items or containers for field training please contact us at 535-1155 for Assistance.



Spend time discovering worthwhile Oscar nominated movies

GUARDIAN STAFF

FORT POLK, La. — The Academy Awards has a long and storied history, which began at its first ceremony held in 1929. Better known as the Oscars, this annual event presented by the Academy of Motion Picture Arts and Sciences, honors the best of the best in movies each year. The 91st Academy Awards ceremony takes place Feb. 24.

Why are the Oscars important? Well, movies are an art form that reflect the human condition, evoking strong emotions — happy, sad and everything in between. Through imagination they sometimes manage to teach important lessons about life. Movies have the power to bring people together through universal stories. What better way is there to spend time with your significant other, family or friends, than by watching a good movie?

The Academy of Motion Picture Arts and Sciences has announced its nominations for this year's ceremony. For movie lovers, this is an opportunity to head to the movies to see the best films of 2018 before the awards take place. So, check out your local movie theater or movie rental service to watch the nominees for Best Motion Picture of the Year, which include:

- “Bohemian Rhapsody”: (PG-13) The story of legendary rock band Queen and lead singer Freddie Mercury (Rami Malek) leading up to

their famous performance at Live Aid in 1985. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of the band through their iconic songs and revolutionary sound.

- “The Favourite”: (R) In early 18th century England, a frail Queen Anne (Olivia Colman) occupies the throne and her close friend Lady Sarah (Rachel Weisz), governs the country in her stead. When a new servant, Abigail (Emma Stone), arrives her charm endears her to Sarah. With England at war with France, the politics of war become time consuming for Sarah, Abigail steps in to fill the void as the Queen's companion.

- “Black Panther”: (PG-13) T'Challa (Chadwick Boseman), heir to the hidden but advanced kingdom of Wakanda, must step forward to lead his people into a new future and must confront a challenger from his country's past.

- “BlacKkKlansman”: (R) In the midst of the 1970s civil rights movement, Ron Stallworth (John David Washington) becomes the first black detective on the Colorado Springs Police Department. He sets out to prove his worth by infiltrating the local chapter of the Ku Klux Klan and convinces his Jewish colleague (Adam Driver) to go undercover as a white supremacist.

- “Green Book”: (PG-13) In 1962,

Tony “Tony Lip” Vallelonga (Viggo Mortensen), a tough bouncer, is looking for work. The most promising offer turns out to be the driver for the African-American classical pianist Don Shirley (Mahershala Ali) for a concert tour into the Deep South states. Although hardly enthused at working for a black man, Tony accepts the job and they begin their trek armed with The Negro Motorist Green Book, a travel guide for safe travel through America's racial segregation. They can barely get along with their clashing attitudes to life and ideals. However, as they witness and endure America's appalling injustices on the road, they find a newfound respect for each other's talents and heart to face them together. In doing so, they nurture a friendship and under-

standing that changes both their lives.

- “Vice”: (R) The story of Dick Cheney (Christian Bale), an unassuming bureaucratic Washington insider, who quietly wielded immense power as vice president to George W. Bush (Sam Rockwell), reshaping the country and the globe in ways that we still feel today.

- “Roma”: (R) A year in the life of a middle-class family's maid, Cleo (Yalitza Aparicio) in Mexico City in the early 1970s.

Now you've got your list, get out there and have some fun watching some of the top movie choices of the year and get ready to root for your favorites on Feb. 24.

The synopsis for the films listed in this story was obtained at www.imdb.com.



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BOSS

As winter rolls along, Fort Polk's Better Opportunities for Single Soldiers is adding more volunteer opportunities and fun events to the calendar. Don't miss your opportunity to take part.

• Super Bowl fun

Join BOSS for a Super Bowl party Sunday starting at 4 p.m. at the Home of Heroes Recreation Center. Enjoy free appetizers and door prizes. The grand prize is a 65-inch television. Watch for the Facebook contest for your chance to win a VIP area including comfortable seating for up to 14 people, rib plates, extra door prize tickets and sodas. Single Soldiers only.

• Basketball game

Fort Polk BOSS is taking a trip to New Orleans as the Pelicans host the Suns March 16. The cost is \$70 per Soldier, which covers transportation, hotel, ticket and VIP game experience. Space is limited so don't miss your chance to watch basketball at its best. Departure is from the Home of Heroes Recreation Center at 9 a.m. For more information on BOSS events call 531-1948.

Festivals

• Black Heritage Festival

The annual Black Heritage Festival takes place March 9 at the Lake Charles Civic Center, 900 Lakeshore Dr., Lake Charles, from noon to 6 p.m. The festival features live entertainment, mouth-watering food and family fun. The event brings together the cultures of Africa and

Southwest Louisiana and highlights the best in the community.

Celebrating diversity, culture and education, the festival is filled with legendary Zydeco, jazz, rhythm and blues and gospel performers. Food booths will serve plenty of great tasting Louisiana Creole and traditional African-American foods, including gumbo, jambalaya and barbecue.

The vendor marketplace will be open with an array of art, books, jewelry, African artifacts, clothing, collectibles, Greek paraphernalia and more. Admission is \$5 per person. Children 5 and under get in free.

For more information visit www.bhflc.org.

Miscellaneous

• Texas Hold 'em

If you love a good game of poker, stop by Spare Time Lounge, 2087 Ninth St. today at 6 p.m. to participate in a Texas Hold'em Tournament. The event takes place every Friday at 6 p.m. There is a \$20 buy-in and one \$20 re-buy. Weekly prizes are awarded to the top three players. Call 531-8139 for more information.

• Rodeo time

The Southwest District Livestock Show and Rodeo takes place at the Burton Complex, Lake Charles, through Saturday. For more information call (337) 463-9588.

• Garden forum

If you are itching to begin your planting season, stop by the War Memorial Civic Center, DeRidder, Feb. 15 from 9 a.m.-noon. for a Spring Garden Forum, hosted by the Beauregard Master Gardeners and the Louisiana State University Agriculture Center. Discussion topics include soil nutrition, blueberries, tomatoes and Louisiana super plants. Admission is free.

For more information call (337) 463-7006.

Clubs/groups

• Society meeting

The Vernon Historical and Genealogical Society hosts its monthly meeting Saturday in the

meeting room of the Vernon Parish Library. The meeting begins at 12:30 p.m. The guest speaker is Nelta Nolen speaking on "Discovering Your Roots: An Introduction to Genealogy." Hand-outs will be provided. Everyone interested in researching family history is invited to attend.

• Toastmasters meet

Is Toastmasters Right for You? Do you want to become a confident public speaker and strong leader? If so, Toastmasters is the place for you. You'll find a supportive learn-by-doing environment that allows you to achieve your goals at your own pace. The Fort Polk Toastmasters Club is called Speak and Grow Toastmasters. The club invites you to stop by and get to know them. The club meets from noon-1 p.m. at the Fort Polk Education Center, 7460 Colorado Ave., room 208, on the first and third Wednesdays of each month. The next meeting is Wednesday. For more information call LaVersa Wiltz at (337) 208-8557.

• Language club

Immerse yourself in learning a foreign language such as Russian, Spanish, Brazilian, Portuguese or Tagalog by attending the Language Immersion Table. The club meets the first Wednesday of each month from noon to 1 p.m. at Tiger Hall. The next meeting is Wednesday. For more information call Miguel Moyeno at (636) 577-4274.

• 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.

• Bass Masters

If you like to fish and want to be part of a group with common interests, the Fort Polk Community Bass Masters is the right club for you. 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 February tournament takes place on Toledo Bend Saturday. For more information call (337) 535-7591.

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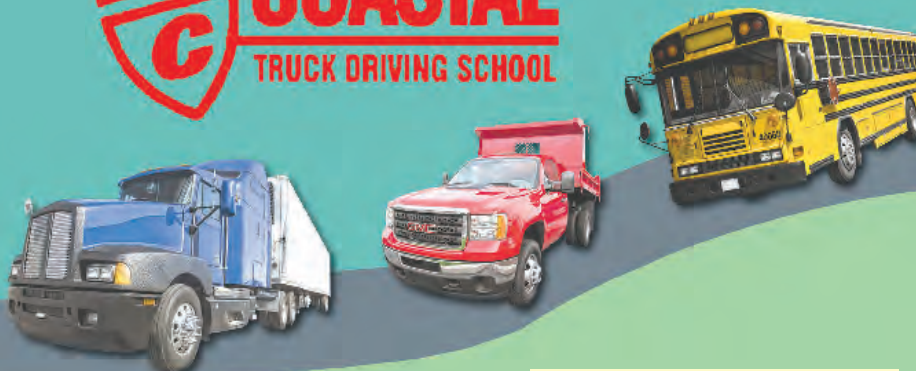
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