



# FORGING THE

# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

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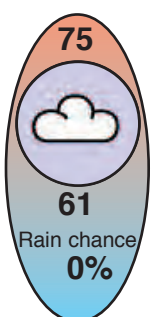


JOINT READINESS TRAINING CENTER OPERATIONS GROUP

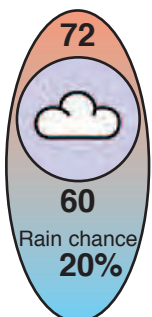
### Tackling the JRTC crucible

Soldiers assigned to 2nd Battalion, 22nd Infantry Regiment, 1st Brigade Combat Team, 10th Mountain Division secure the village of Marjani, Feb. 10 during rotation 19-04 at the Joint Readiness Training Center. For more rotational photos of the 2nd Bn, 22nd Inf Reg, 1st BCT, 10th Mtn Div see pages 6 and 7 of today's Guardian.

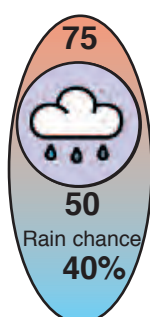
### Weekend weather



Today



Thursday



Friday

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# Viewpoint

## MFLC program offers Soldiers, Family members help

### OFFICE OF MILITARY COMMUNITY AND FAMILY POLICY

WASHINGTON — The Military and Family Life Counseling Program is a Department of Defense-funded program that provides confidential, short-term, non-medical counseling services for up to 12 sessions per person, for each issue they may face. This DoD support is aimed at preventing the development or exacerbation of mental health conditions that may detract from military and family readiness. Military and family life counselors and child and youth behavioral counselors provide confidential, non-medical counseling services face-to-face, and on and off military installations worldwide.

Active-duty service members, National Guard and Reserve members (regardless of activation status) and their immediate family members are eligible for services. Veterans and their immediate families are eligible up to 180 days post-separation from the military. Surviving non-remarried spouses and their children are eligible for services as well.

#### What are the current and past efforts of the Army?

Leaders and service providers can make an online request via the Business Operations Support System, [www.supportrequest.militaryone-](http://www.supportrequest.militaryone-source.mil/)

[source.mil/](http://source.mil/), for non-medical counselors to support events and enhance Soldier and Family readiness.

These military and family life counselors or Military OneSource state consultants can provide services for non-medical counseling, briefings and presentations.

The Military and Family Life Counseling Program augments existing military support services by providing non-medical counseling services.

- The primary reason Soldiers and Army Families reach out to non-medical counselors is for marital/relationship counseling.

- Other common reasons include stress, deployment-related and communication issues and parent-child relational problems.

#### What are the continued efforts planned by the Army?

The Military and Family Life Counseling Program is working with Army leadership to provide outreach from a commander's perspective on the availability of confidential help to reduce stigma and increase readiness. MFLC can be embedded in military units and readily available to offer on-the-spot coun-

seling services. Army commanders have reported that embedded MFLCs are highly effective with reducing stigma associated with seeking help.

Military and Family Life counselors are available to support emerging needs in the aftermath of a disaster. The flexibility of the program allows the Army to deploy and redeploy counselors where and when they are needed. For example, MFLCs supported Soldiers and Army Families following the aftermath of hurricanes Maria, Florence and Michael and following the tragedy of the Las Vegas shooting.

#### Why is this important to the Army?

Military and Family Life counseling effectively reduces problem interference with both work and daily routines. The confidential nature of the program encourages Soldiers and Family members to seek help for military life and everyday issues that can influence force readiness, family stability, health and wellness, retention, and satisfaction.

For more information visit [www.army.mil/standto/archive\\_2019-02-13](http://www.army.mil/standto/archive_2019-02-13).

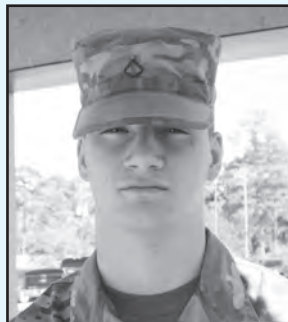
## Message

## In our view

Guardian staff asked Fort Polk residents, "What is the first thing you notice when you meet someone for the first time?" Here are their responses:



**Pvt. Eric Montalvo:** "I notice their attitude and the way they talk to me. If they are positive, that's someone I want to know."



**Pfc. Codie Owens:** "I notice their personality first. I'll pick up on whether they are happy, funny, sad or angry. I'm not going to want to be around someone who is always angry."



**Spc. Moses Robinson:** "I think I notice the expression on their face. That can tell you a lot about someone."



**Spc. Kiara Feliciano:** "Usually, I'll notice their smile. I look for people who smile big and often."



## Guardian

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## Briefs

### Exchange construction

The Exchange will begin construction on a new freezer/cooler unit at the Express 1 store, Louisiana Avenue and La. Hwy 467, on Wednesday. The project is expected to take up to 30 days. Frozen food, dairy and chilled non-alcoholic beverages will remain available at Mini Mall Express, 2275 Louisiana Ave., North Fort Express, 2891 Chaffee Road, and North Fort Troop Store, 4535 Entrance Road. Cold beer will be available at the Class VI, 7720 Colorado Ave. The Exchange apologizes in advance for any inconvenience this project may cause.

### VA assistance

Disabled American Veterans Post 20, Leesville, has a new service officer, Hunter Young, 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 Monday. Call (337) 353-4313.

### Nominations due

Nominations are due Thursday for Volunteer of the Year. Nominees must be registered in the Volunteer Management Information System and have certified, logged hours for the period Jan. 1-Dec. 18, 2018. Volunteer hours must be logged prior to submission of the nomination. To register for the VMIS go to [www.myarmyonesource.com](http://www.myarmyonesource.com). Call 531-1895 for details

### Clinic relocates

The Women's Health Clinic and OB/GYN at Bayne-Jones Army Community Hospital relocates from the fourth to the fifth floor opposite the mixed medical surgical ward Feb. 25. Telephone numbers remain the same.

### BJACH hours

Bayne-Jones Army Community Hospital clinics, lab, radiology and pharmacy open at 1 p.m. today and are closed Monday. The dining facility opens at 11 a.m. today for lunch (no breakfast hours). Entrance B doors remain locked today until 12:45 p.m.

### 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. (except from noon-1 p.m.), and Saturdays from 9 a.m.-noon by appointment only. Call 531-1040 for an appointment.



CHUCK CANNON / GUARDIAN

*A shell casing is ejected as Maj. Sylvan Smith fires the M9 pistol Feb. 11 at the Joint Readiness Training Center and Fort Polk's Range 3 during the U.S. Army Individual Advisor Course. Coaching Smith is Staff Sgt. Daniel Leon, Alpha Company, 3rd Battalion, 353rd Infantry Regiment, and one of the course's cadre. The week-long course provides training for Soldiers identified to serve as advisors overseas.*

## Course preps NCOs, officers for advisor roles

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — While the Army's recent focus has been prepping Security Force Advisor Teams (SFABs) for deployment in support of Operation Resolute Support, other "individual" advisors are also being deployed, and will join with a unit once they arrive in Afghanistan.

The U.S. Army Individual Advisor Course, held at the Joint Readiness Training Center and Fort Polk, trains those senior noncommissioned officers and officers who have been tabbed as advisors through the Worldwide Individual Augmentation System (WIAS).

WIAS is the primary method for requesting military and civilian augmentation for contingency operations, recurring operations and exercises. It's used to augment a unit with personnel who have qualifications either not inherent or currently unavailable in the deploying unit.

The seven-day course covers cross-culture orientation, use of an interpreter, Guardian Angel tasks (Guardian Angels are Soldiers tasked with maintaining security and providing protection during a key leader engagement), insider threat, language training and M9 conceal and carry. The course culminates with scenario-based training, using interpreters from 52nd Translator/Inter-

preter Company, 3rd Battalion, 353rd Infantry Regiment and contractor role players.

Capt. Miguel Moyeno, commander, Alpha Company, 3rd Bn, 353rd Inf Reg, said the course is taught by Soldiers assigned to his company's Joint Security Forces Assistance section, the same Soldiers who provided the 2nd SFAB's training as it prepared for an upcoming deployment to Afghanistan.

"While the SFAB deploys as a team, these Soldiers will deploy individually," Moyeno said. "They are notified by the Army of their impending assignment as an advisor to a specific area, in this case Afghanistan, where they will meet the unit they'll work with in theatre."

In explaining the importance of the training the advisors receive during the course, Sgt. 1st Class Paul Doty, course NCOIC, pointed to the M9 small arms training.

"Most people don't spend enough time on their sidearm," he said. "Getting refamiliarized and requalified with the weapons gives them (advisors) added confidence when they deploy and knocks the rust off. It brings it all back to them, especially those who may not have fired an M9 in 15 or 20 years."

And that's important if the advisor is placed in

Please see **Advisor**, page 9



## IMCOM to realign under Army Materiel Command March 1

### ARMY NEWS SERVICE

WASHINGTON — The Installation Management Command will realign as a major subordinate command under the Army Materiel Command by March 1 to enhance readiness across Army installations, officials announced Feb. 8.

"The Army is implementing aggressive reforms to free resources for readiness and modernization efforts and improve overall efficiency," said Brig. Gen. Omar Jones, the Army's chief of public affairs.

Headquartered at Fort Sam Houston, Texas, IMCOM was created in 2002 to integrate and deliver base support to enable readiness for a globally-responsive Army.

IMCOM's 50,000-strong workforce will remain at their current locations, and no positions will be physically relocated or eliminated during the transition, officials said.

If a review later determines certain positions should be relocated or eliminated, no changes will occur until the incumbent either decides to leave the organization or is properly reassigned, they added. AMC, a four-star command, currently performs installation support for depots, ammunition plants and other facilities. It provides service functions from management of installation power-projection platforms to installation contracting services.

The upcoming realignment will consolidate

base operations and other similar support functions as well as leverage existing Army expertise in logistics, sustainment and services, officials said.

The move is one of several ongoing management and headquarters reforms to ensure the Army is efficient and prioritizes resources to readiness and modernization — the service's top priorities.

Last summer, for instance, the Army stood up the Army Futures Command to combine efforts on tackling modernization. The new four-star command represented the most significant Army reorganization effort since 1973.

Then in December, AFC took command of the Army Capabilities Integration Center, which was renamed the Futures and Concepts Center that is tasked to study and prepare the Army for future warfare.

Last month the Army's Research, Development and Engineering Command, or RDECOM,

came under Futures Command and was renamed Combat Capabilities Development Command.

In the latest transition, IMCOM directorates will initially remain functionally aligned with their supported Army commands and Army service component commands.

AMC and IMCOM leadership will then conduct an assessment to ensure all IMCOM directorates are best aligned to effectively support senior commanders, officials said.

Realignment under one command, along with continued oversight by the Army secretary, will also increase advocacy within the Army for installation requirements.

"This transition establishes unity of command and effort on our installations, improves the readiness of our Soldiers and formations, and strengthens the well-being of our Soldiers, civilians, and Families," Jones said.



## New Army app provides mobile access to HR, pay records

By Maj. LEE BAKLARZ

Army News Service

WASHINGTON — The Army has released a new human resources mobile application for the Integrated Personnel and Pay System — Army (IPPS-A) that allows

Soldiers to access their personnel records using a mobile phone or tablet.

IPPS-A is the Army's next generation human resources and pay system that revolutionizes the way the Army conducts business and brings the Total Force into the

digital age.

"Soldiers expect to be part of a 21st century organization with technology comparable to what they see in their app stores every day," said Col. Gregory Johnson, IPPS-A's functional division chief.

"This app allows them to accomplish routine tasks that previously required an in-person trip to a G1/S1 shop."

The U.S. Army Training and Doctrine Command Mobile Team completed the screening process and approval of the IPPS-A Mobile App on Jan. 18. The app was made available to Pennsylvania, Virginia, and District of Columbia Army National Guard Soldiers in February, and will be released to remaining states and territories according to the 2019 Release 2 fielding timeline.

The app provides Soldiers with the flexibility to operate on the move and is secured over a commercial network for Soldiers, commanders and human resources professionals. IPPS-A's mobile capabilities provide Soldiers access

to their Army personnel record without requiring a common access card for authentication. With the same level of sophistication that secure banking and personal service apps have today, Soldiers can submit help inquiries, request updates to their record and monitor the status of their personnel actions from the palm of their hand.

Adding to this ease of use, commanders and HR professionals can access their elevated roles by using the app's CAC authentication option, allowing them to review and approve transactions without being tied down to their desk or work station. Gone are the days of packing work computers and folders of paperwork into your travel or go-home bag.

"By providing one comprehensive record, mobile capabilities, minimized paperwork and reducing in-person appointments, IPPS-A will maximize the potential of the Army's greatest asset — the Soldier — to enhance Army readiness," Johnson said.



FRANK O'BRIEN/ARMY NEWS SERVICE



# Newcomers PT welcomes, orients incoming Soldiers

By JEAN DUBIEL  
Guardian staff writer

FORT POLK, La. — Every Thursday, Soldiers new to Fort Polk and assigned to the Reception Company take part in newcomer's physical training at the Warrior Keep Barracks, bldg 240.

The program began in January and provides newly-arriving Soldiers an opportunity to be mentored by a senior field-grade officer and

greeted by a company-level leader from their respective unit.

The PT is led by a colonel selected from across the installation. Units with incoming personnel are required to provide a company, battery or troop commander or first sergeant to greet the newcomers.

During the run, key features of the post are highlighted, such as Bayne-Jones Army Community Hospital, unit areas, the Guardian Inn Dining Facility and more.



JEAN DUBIEL / GUARDIAN



# JRTC Rotation 19-04 features units with 1st BCT, 10th Mtn Div

## GUARDIAN STAFF

FORT POLK, La. — Soldiers with the 1st Brigade Combat Team, 10th Mountain Division and the 3rd Infantry Division are participating in Rotation 19-04 at the Joint Readiness Training Center and Fort Polk. The photos on this and the following page show the units as they put their Soldiers through training that prepares them to be successful on today's battlefield.

Please see **Rotation**, page 7



JRTC OPERATIONS GROUP



# Rotation

Continued from page 6



JRTC OPERATIONS GROUP





# Black History Month celebrates military achievements of African Americans

GUARDIAN STAFF

**EDITOR'S NOTE:** Information for this article came from [www.history.army.mil](http://www.history.army.mil) and [www.history.com](http://www.history.com).

FORT POLK, La. — February is Black History Month. The theme of this year's celebration is "African Americans in Times of War." Whether they are individuals, groups, male or female, there are many African Americans who have stepped forward to fight for their country during its greatest conflicts. From this country's earliest battles to today's campaigns and beyond, they have engaged the enemy and fought with bravery and spirit while playing essential roles in the success of the United States military. That should be not only be remembered, but celebrated, this month and always.

The following are just a few notable African Americans and their achievements.

- **James Armistead** — James, a slave of William Armistead in New Kent County, Virginia, volunteered to spy for Continental army commander General Lafayette and provided critical intel to the Continental army as a double agent in the Revolutionary War. Armistead became a servant to British general Lord Cornwallis, who asked him to spy on the Americans. As a double agent, James gave unimportant information to Cornwallis, while keeping Lafayette informed about British troop strength and positions. James Armistead remained enslaved after the war. In 1784, Lafayette wrote to the Virginia General Assembly, describing his valuable service and asking that he be freed. In 1786, he was freed — and from then on, he called himself James Armistead Lafayette.

- **Buffalo Soldiers** — Buffalo soldiers were African American soldiers who served on the Western frontier following the American Civil War. In 1866, six all-black cavalry and infantry regiments were created after Congress passed the Army Organization Act. Their main tasks were to help control the Native Americans of the plains, capture cattle rustlers and thieves and protect settlers, stagecoaches, wagon trains and railroad crews along the Western front.

- **369th Infantry Harlem Hellfighters** — The Harlem Hellfighters were an African American infantry unit in World War I. The 369th proved themselves able and fearless fighters. Serving 191 days on the front — more time in continuous combat than any other American unit — the Hellfighters never lost

ground to the Germans or had a man captured. And they were the first unit of all the Allied armies to reach the River Rhine, a key strategic victory. The French government honored the entire regiment with the Croix de Guerre; many individual members received medals of valor.

- **Doris Miller** — Miller was a cook on the USS West Virginia when the ship was struck by multiple bombs and torpedoes on Dec. 7, 1941, but he became one of its most vital crewmembers as he rushed to his battle station. Finding it destroyed, he sprinted to the quarterdeck and helped move the injured. Miller also helped pass ammunition to the crews of two .50 caliber machine guns.

Despite having no weapons training, he eventually manned one of the weapons himself and began blasting away at the Japanese fighters swarming around the ship. Miller continued to operate the gun for some 15 minutes until ordered to abandon ship. His actions earned him the Navy Cross — the first ever presented to an African American — and he was widely hailed as a war hero in the black press. Sadly, Miller was among the 646 crewmen killed when the ship was torpedoed and sunk in 1943.

- **Benjamin O. Davis, Sr., the first African American Army General** — Davis entered military service on July 13, 1898, during the War with Spain as a temporary first lieutenant of the 8th United States Volunteer Infantry. He served in many aspects throughout his military career, consistently rising through the ranks until he became a brigadier general in 1940. He was assigned to the European Theater of Operations in September 1942 on special duty as Advisor on Negro problems and upon completion of this special duty he returned to the United States and resumed his duties in the Inspector General's Department. He retired on 14 July 1948, after having served 50 years.

His son, Lt. Gen. Benjamin O. Davis, Jr. (U.S. Air Force, Retired), is the fourth African American graduate of the U.S. Military Academy and the nation's second African American general officer.

- **Tuskegee Airmen** — The Tuskegee Airmen were the first black military aviators in the U.S. Army Air Corps (AAC), a precursor of the U.S. Air Force.

Trained at the Tuskegee Army Air Field in Alabama, they flew more than 15,000 individual sorties in Europe and North Africa during World War II. They had destroyed or damaged 36 German planes in the air



*Soldiers from the 369th Infantry Regiment, also known as the "Harlem Hellfighters," earned the Croix de Guerre for gallantry in action.*

and 237 on the ground, as well as nearly 1,000 rail cars and transport vehicles and a German destroyer. In all, 66 Tuskegee-trained aviators were killed in action during World War II, while another 32 were captured as POWs after being shot down. They earned them more than 150 Distinguished Flying Crosses, and helped encourage the eventual integration of the U.S. armed forces.

- **Brig. Gen. Hazel Johnson-Brown, The first African American female Army General** — Johnson-Brown was an operating room nurse, who graduated from the Harlem Hospital School of Nursing and joined the U.S. Army in 1955.

She had no idea she would become a part of military history. Johnson-Brown served in the United States Army from 1955 to 1983. In 1979 she became the first black female general in the United States Army and the first black chief of the United States Army Nurse Corps.

- **Colin Powell, first African American Chairman of the Joint Chiefs of Staff** — The Senate Armed Forces Committee unanimously confirmed President George H. Bush's nomination of Army General Colin Powell as chairman of the Joint Chiefs of Staff. Powell was the first black American to achieve the United States' highest military post.

Joining the U.S. Army after college, he served two tours in Vietnam before holding several high-level military posts during the 1970s and 1980s.

From 1987 to 1989, he was national security adviser to President Ronald Reagan and in 1989 reached the pinnacle of his profession when he was appointed chairman of the Joint Chiefs of Staff by President George Bush. As chairman, General Powell's greatest achievement was nning the swift U.S. victory over Iraq in 1991's Persian Gulf War. In 1993, he retired as chairman.

## Attend celebration

By Sgt. ASHLEY MORRIS

3rd BCT, 10th Mtn Div

FORT POLK, La. — Don't miss your chance to acknowledge and celebrate Black History Month by joining the 3rd Brigade Combat Team, 10th Mountain Division and the Fort Polk Equal Opportunity Office as they host "African Americans in Time of War," at the Bayou Theater Feb. 22 at noon. The installation and local community are invited to attend.

The program looks at the role of African American Soldiers and their contributions during major conflicts throughout American history. Soldiers from across 3rd BCT, 10th Mtn Div will represent African American warfighters from 10 periods, beginning with the Revolutionary War and ending with the role of the future Soldier.

The Fort Polk Museum, Fort Randolph Civil War Museum and Richard Holloway of Pineville are loaning uniforms to add a layer of visual authenticity to the characters being portrayed.

"I am really looking forward to this observation," said Sgt. 1st Class Samuel Deiwert, equal opportunity advisor for 3rd BCT, 10th Mtn. Div. "Fort Polk does a great job of building a feeling of inclusion. I feel that this event will highlight the accomplishments of African American Soldiers."



# Advisor

Continued from page 3

the midst of a dicey situation.

"Our instructors are right there with them, watching the fundamentals, and helping them develop confidence in their ability to handle the weapon," Doty said. "By the time they're through with the training, they've got a better grasp of the weapon."

Col. Trenton Conner, who is deploying from Department of the Army Headquarters, Office of the Deputy Chief of Staff, said the training has been beneficial.



**Conner**

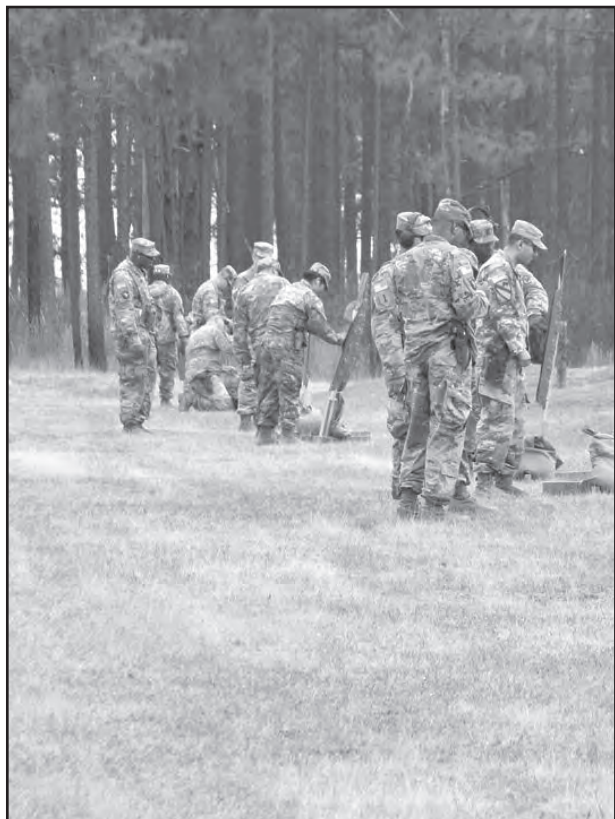
"We've done language familiarization, negotiations and cultural awareness training, some of the things that will make us more effective advisors for our Afghan counterparts," he said.

Conner also praised the work of the JSFA team.

They have outstanding cadre here," he said. "They have done a professional job. The materials they've developed, the way they deliver it and the opportunity we have to practice it, is certainly valuable training for anyone deploying as an advisor."

Moyeno said the advisors are provided with the same type training SFABs receive.

"This is FORSCOM (Forces Command) and the Army's requirement for those who are deploying as an advisor, but are not part of an SFAB team," Moyeno said. "The course provides them with the tools they need to be a successful advisor."



*Clockwise, from above: Class members check their shot groups; shooters fire under the watchful eye of a cadre member; and a Soldier practices drawing his M9 from a concealed carry position.*



CHUCK CANNON / GUARDIAN



# Secretary of Army compares Soldiers to professional athletes

By GARY SHEFTICK

Army News Service

WASHINGTON — The Army may soon place nutritionists, physical therapists and sports trainers at the unit level to improve individual readiness, said Secretary of the Army Mark T. Esper. The idea is “to really start looking at Soldiers as professional athletes,” Esper said Feb. 8 while speaking at the Center for Strategic and International Studies.

The athletic trainers and therapists are slated to be assigned to brigades and some battalions later this year as part of a pilot program under the Army’s holistic health and fitness system. The H2F system is overseen by the Center for Initial Military Training and a spokesperson there confirmed that 130 military authorizations will be allocated to units by the end of fiscal year 2019 to “enhance personnel readiness.”

Occupational therapists may also be in that mix, Esper said.

While most of the positions will go to brigades, some will be assigned to the 30 maneuver battalions that Army Forces Command selected last fall to train with health and fitness professionals in hopes of reducing Soldier injuries.

“In the future, once these take place and really take hold, we’ll have a more deployable and more capable force,” Esper said.

In 2016, the Army began placing athletic trainers at its initial-entry training centers. That year, 20 of them went to Fort Benning, Georgia, to work with Soldiers at all five of the post’s training battalions. One goal was to prevent musculoskeletal injuries.

Athletic trainers were also brought into basic combat training sites at Fort Jackson, South Carolina; Fort Sill, Oklahoma; and Fort Leonard Wood, Missouri.

The sports trainers not only educated Soldiers on injury prevention, they also provided treat-



Capt. JESSICA DONNOLLY/SOUTH CAROLINA NATIONAL GUARD

*Soldiers with 1st Battalion, 178th Field Artillery, 678th Air Defense Artillery Brigade, South Carolina National Guard, conduct the new Army Combat Fitness Test in Georgetown, South Carolina, Feb. 9. The 1-178th FA was one of six battalions in the National Guard selected to test the pilot program for the new physical fitness test to help validate the scoring and administration of the test before being implemented Armywide.*

ment to Soldiers following injuries to reduce their recovery time. Instead of sending injured Soldiers to hospitals, they were treated at their units and this saved a significant amount of training time, officials said.

The Army is also extending infantry initial-en-

try training to improve personnel readiness. A pilot program last year at Fort Benning, Georgia, extended the infantry one-station unit training, or OSUT, from 14 to 22 weeks.

Esper visited Benning to observe the extended OSUT training and said the results were dramatic.

“You’re seeing Soldiers with much higher physical fitness scores,” he said, adding that the infantry graduates were “much more competent, tactically and technically.”

The Army has also developed a new fitness test that Esper said better prepares Soldiers for the rigors they will face in combat.

The Army Combat Fitness Test with its six events “for the first time really links physical fitness with the demands and rigors of the battlefield,” he said.

In October, the Army selected 63 battalion-sized units to try out the ACFT as part of a pilot program. Mobile training teams went to the battalions to train NCOs how to conduct the tests. Now these 63 units will begin field-testing the ACFT.

Each of the battalions will need to conduct two ACFTs before October and space them about six months apart, according to the Center for Initial Military Training. The field tests will provide data to possibly adjust the ACFT grading standards before the test is adopted by the entire Army.

In October 2020, when the ACFT is implemented across the Army, officials expect it to further decrease injuries, improve personnel readiness and combat effectiveness.

“At the end of the day, the Army is a people business,” Esper said, “and people are our most important asset.”

## Prepare for six events of ACFT

GUARDIAN STAFF

FORT POLK, La. — Are you wondering what kind of activities are encompassed in the new Army Combat Fitness Test? Here are the six events of the ACFT, which will be implemented Army-wide in October 2020:

**Deadlift:** With a proposed weight range of 120 to 420 pounds, the deadlift event is similar to the one found in the Occupational Physical Assessment Test, or OPAT, which is now given to new recruits to assess lower-body strength before they are placed into a best-fit career field. The ACFT will require Soldiers to perform three deadlifts (only one in OPAT) and the weights will be increased. The event can simulate picking up ammunition boxes, a wounded battle buddy, duffel bags or other heavy equipment.

**Standing power throw:** Soldiers toss a 10-pound ball backward as far as possible to test muscular explosive power that may be needed to lift themselves or a fellow Soldier up over an obstacle or to move rapidly across uneven terrain.

**T-pushup:** In this event, Soldiers start in the prone position and do a traditional pushup, but when at the down position they move their arms outward and then back in to do another pushup. This allows for additional upper body muscles to be exercised.

**Sprint/drag/carry:** As they dash 25 meters five times up and down a lane, Soldiers will perform sprints, drag a sled weighing 90 pounds, and then hand-carry two 40-pound kettlebell weights. This can simulate pulling a battle buddy out of harm’s way, moving quickly to take cover, or carrying ammunition to a fighting position or vehicle.

**Leg tuck:** Similar to a pullup, Soldiers lift their legs up and down to touch their knees/thighs to their elbows as many times as they can. This exercise strengthens the core muscles since it doubles the amount of force required compared to a traditional sit-up.

**Two-mile run:** Same event as on the current test. In the ACFT, run scores are expected to be a bit slower due to all of the other strenuous activity.

Are you ready? Start training now!



# Community

## Briefs

### School lunches

The following school lunch menu is for Vernon Parish schools for Tuesday through Feb. 22. Meals are served with salad bar and choice of milk:

- **Tuesday:** Hamburger on a whole wheat bun, French fries, ranch style beans, lettuce/tomato/pickle cup, orange wedges.

- **Wednesday:** Chicken and sausage gumbo, steamed rice, potato salad, green beans, peach crunch, ice cream, crackers.

- **Thursday:** Barbecue beef on whole wheat bun, potato rounds, green Lima beans, fruit.

- **Feb. 22:** Bean burrito with chili and cheese, corn on the cob, ranch style beans, banana.

### Family symposium

The Chaplain Family Life Center hosts the Second Annual Family Life Symposium, "Navigating Social Media Pitfalls," March 7 from 9 a.m.-4:30 p.m. in Glory Chapel. Chaplains, Unit Ministry Teams and concerned community leaders are invited. Guest speaker is John Fort of Be Broken Ministries in Beaverton, Oregon, and Cindi Geeslin, Fort Sam Houston, Texas. Register at [www.signupgenius.com/go/30e0f4ca5a828aaf94-2018](http://www.signupgenius.com/go/30e0f4ca5a828aaf94-2018) or email [william.j..glenn.mil@mail.mil](mailto:william.j..glenn.mil@mail.mil).

### Game night

The Army and Air Force Exchange Service is partnering with Hasbro to host a game night for military children and their Families at the Fort Polk Exchange Saturday from 10 a.m. to 1 p.m. The event will offer three games for Families: Monopoly Cash Grab; Peeing Pup; and Blowfish Blowup. Parents may bring cameras to photograph the fun.

### Color run

Fort Polk's Directorate of Family Morale, Welfare and Recreation hosts the Dye Hard Warrior 5K Color Run April 6 from 9 a.m.-noon beginning at Showboat Theatre, South 10th Street. To register or for more information visit the DFMWR Facebook page at [www.facebook.com/fortpolkmwr/](http://www.facebook.com/fortpolkmwr/).

### Red Cross event

Bayne-Jones Army Community Hospital and the American Red Cross invite the community to celebrate the work and dedication of volunteers Wednesday, from 10-11 a.m., at the BJACH Community Activities Center, 1778 Third St., bldg 220. Coffee and donuts will be served. Call 531-4783 for more information.



*Capt. Cortney Schoonover, Occupational Therapy, uses push-up aids as Sgt. 1st Class Nate Tormala, NCOIC, Physical and Occupational Therapy (left) and Sgt. Micaiah Frazer observe her form and technique. Push-up aids help users keep their wrists straight as they exercise, avoiding improper wrist movement and strain.*

KATHY PORTS / BJACH PAO

## Health fair aims to change lifestyles for better

By KATHY PORTS

BJACH PAO

FORT POLK, La. — Changing your lifestyle or that of your Family's is never easy, but on Feb. 9 more than 600 people took that first step by attending the Fifth Annual Health and Wellness Fair at the Main Post Exchange mall.

More than 20 informational booths — women's health, tobacco cessation, behavioral health, eyes, hearing, pharmacy services, dental, patient centered medical home, health promotions, Army Substance Abuse Program, Family Morale, Welfare and Recreation fitness and Army Wellness Center subject matter experts were on hand to answer questions and offer suggestions on the road to better health.

Alexis Motley, Bayne-Jones Army Community Hospital's registered dietitian and founder of the Facebook Simply Healthy Cooking classes, hosted two healthy demonstrations: Pre/Post Workout Trail Mix and Carrot and Pineapple Smoothie.

Participants were able to sample both healthy options and pick up the recipes and ideas — geared to helping families make changes to improve their diet.

BJACH's physical and occupational therapy departments put on demos every 30 minutes, highlighting some of the workout equipment available through the Exchange. Each demo featured a different exercise option, many of them useful to preparing for the new Army Physical Fitness Test that takes effect Oct. 1.

Soldiers, Retirees and Family members could

see how to properly use the equipment to get the maximum results.

Representatives from Fort Polk's Army Wellness Center as well as Veterans Affairs, Humana (TRICARE), Sexual Harassment/Assault Response Program, were also on hand. Fort Polk's AWC offers classes, assessments and health coaching sessions. For more information call 531-3055 to schedule an appointment.

As a bonus, the Exchange offered special discounts and savings geared towards fitness and wellness for the entire family. Kids attending the fair also had the opportunity to meet Elsa from Frozen, Jasmine from Aladdin, Snow White, Tinkerbell, a Star Wars Storm Trooper and Kale Rician and have their photos taken with them.

The Army Performance Triad — sleep, activity and nutrition — initiative encourages military Families to achieve and maintain a balance by getting eight hours of sleep per day, walking at least 10,000 steps each day or getting some type of exercise and eating a diet rich in fruits and vegetables. This plan can improve your life and the life of your family, too.

Eating healthy is always a good idea, but incorporating healthy recipes into daily diets can take ingenuity and planning. Getting the entire family involved in improving family nutrition is a great place to begin. Letting the kids help with meal planning and simple supervised cooking makes it more fun while offering bonding time with a great learning experience. You might even be surprised to learn how much your children already know about good nutrition and healthy eating habits.



# Vow renewal makes date night romantic

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — In today's hectic, technology driven world, life can move at frightening speeds. Sometimes couples need to take a break from the madness to slow down and appreciate what they have in each other. A special date night, held at Army Community Service Feb. 8, was the perfect opportunity for Fort Polk spouses to concentrate on their significant other while having a good time and — metaphorically speaking — “stop to smell the roses.” The romantic evening included dinner, dancing, fun games, door prizes and the couples in attendance were also able to renew their wedding vows.

Events like date night allow married couples to care for and nurture their relationship by focusing on themselves and the positive points in their relationship, said Kristina England, ACS Family Advocacy Program manager.

“There are tons of distractions in daily life. Couples deal with everything from work stress and finances to kids and screen time on phones and computers that take away from time spent together. They can easily forget how important it is to give their relationship the attention it deserves. Date night gives them one evening to step away from the kids, put down their phones, sit across from each other and refocus and communicate with each other,” she said. “The vow ceremony portion of the date night event gave couples an opportunity to reaffirm their commitment to each other and renew that spark by saying I love you and I choose you — again.”

Army life is hard — a date night like this gives spouses a chance to relax and have a night of romance that they don't have to plan, said England.

“They can leave the little details to us, which gives them the opportunity to focus on building their relationship skills and reconnecting as a couple. In the long run, that can make their relationship stronger, so when they go through tough times in the future they will have a strong foundation to weather the storm and the tools and resiliency to get through challenging times,” she said.

Before the vow renewal portion of the evening Chap. (Lt. Col.) Derrick Riggs, Fort Polk garrison chaplain, spoke to the couples about the significance of their relationship.

“In the Old Testament, God makes the statement that it is not good for man to be alone. I will make for him a helper. The two will become one,” he said.

“The intent, when God instituted the union



Couples stood in a horseshoe formation as Chap. (Maj.) William Glenn, Fort Polk Family Life Chaplain, performed the vow renewal ceremony for 17 couples at the Army Community Service Date Night held Feb. 8.



Couples mixed and mingled and had fun while playing get-to-know-you bingo at the Army Community Service Date Night Feb. 8.

of marriage, was to put you in a relationship where you were designed to function as a partner. Every couple here, whether they have been married for months or many years, have realized one important fact — this is a relationship

in which two individuals form a single unit. The union of two (husband and wife) becoming one,” he said.

Riggs said the evening was an opportunity

Please see **Date**, page 13



# Date

Continued from page 12

nity for the couples to rejoice in the decision to celebrate their marriage and the renewal of their vows.

He ended with a prayer in which he asked God for guidance as the couples continue the development of their relationships and lives.

"Lord, help them to put each other first in all things — to love, care for and communicate with each other so they look forward to the next five, 10 or more years and know they will make it and be successful."

Chap. (Maj.) William Glenn, Fort Polk Family Life Chaplain, performed the vow renewal ceremony for the 17 couples in attendance. "I thank you for allowing us to share in the continued celebration of your love for one another. We come together, not to mark the start of a relationship, but to focus on a bond that will continue to grow and strengthen in love," he said.

Glenn continued the vow renewal ceremony right up to "you may kiss the bride."

Attending their first date night, Melissa Galaise and her spouse, Spc. Joshua Galaise, 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division, said the evening was

a wonderful chance for them to get out and spend some time together.

"We have three kids, so it can be hard to make time for just us. This night is also nice because our anniversary is Feb. 28 and he (Joshua) will be in the field, so this vow renewal was the perfect chance for us to celebrate early," said Melissa.

Galaise said date night gave him the perfect opportunity to spend time with his wife.

Another couple attending their first date night was Sgt. Patrick Healy, 3rd Brigade Combat Team, 10th Mountain Division, and his spouse, Simone.

Healy said though he and his spouse had never been to a date night, they have enjoyed participating in many other Fort Polk events for couples and families.

"We always have a blast, so we were excited about tonight. Our anniversary is the day before Valentine's Day and we wanted to participate in the vow renewal ceremony," he said.

They had a small wedding ceremony, said Simone. "So attending this large event with other couples to share this experience was nice and a chance to add a fun adventure to our crazy love story," she said.



Couples attending the ACS Date Night Feb. 8 lined up to choose from a full range of hot food for their romantic dinner.



ANGIE THORNE / GUARDIAN

Chap. (Lt. Col.) Derrick Riggs, Fort Polk garrison chaplain, spoke to the couples about the significance of their relationship.



Simone Healy (left) stands with her spouse, Sgt. Patrick Healy, 3rd Brigade Combat Team, 10th Mountain Division, as they smile for the camera at a special cake and heart display. Each couple was encouraged to have their picture taken as they symbolically "cut the cake" at the ACS Date Night and vow renewal held Feb. 8.



# Do you ride?

## Considerations presented for burgeoning motorcyclists

### MOTORCYCLE SAFETY FOUNDATION

IRVINE, Calif. — Riding a motorcycle is a unique experience. Riding is fun and invigorating, yet the skills needed for safe riding, combined with the lack of car-like protection on a motorcycle, can cast doubts on whether a person should choose to ride. Some potential riders lack the ability to execute skilled and timely actions in a complex traffic environment; others lack keen judgment or don't have a firm grasp of the concept of risk management.

The Motorcycle Safety Foundation acknowledges that motorcycling isn't for everyone. If you're considering becoming a rider, here are some questions you need to use as a self-assessment of the physical capabilities and mental attitude required to navigate a motorcycle on the street:

- **Are you a higher risk-taker than others you know?**

If you tend to need a thrill while driving a car and have aggressive or risky tendencies — such as following too closely, turning without signaling, talking on a cell phone or getting angry with other drivers — motorcycling may not be for you. While it can improve the overall quality of life for many, motorcycling can lead to disaster for other. Thinking that accidents only happen to others is an attitude that will get you into trouble

- **Can you ride a bicycle?**

This is a prerequisite for most basic rider courses, and generally a good gauge of your ability to use balance and coordination to maneuver a motorcycle.

- **Can you drive a stick shift?**

This is not a requirement but it may make learning to ride easier because most motorcycles have manual transmissions. If you can't get the hang of shifting gears but still want to enjoy a powered two-wheeler, you may want



to start out on a motor scooter. Scooters generally have automatic transmissions and come in many sizes, with engines ranging from 50-650 cubic centimeters.

- **Do you see well?**

Riding a motorcycle requires perceptual

skills that rely on good vision. Have you had an eye examination recently? Do you tend to see things that are far away later than others? The ability to see well ahead is important for safe riding.

- **Are you mechanically inclined?**

Today's motorcycles are reliable machines, but with all the bolts, nuts and mechanisms out in the open, and only two tires connecting you to the pavement, you need to be able to inspect your equipment and make occasional minor adjustments. You don't need to be a master mechanic but it helps to know your way around a tire gauge and wrench. Most everything a rider needs to know is in the motorcycle owner's manual, and if you never read your car's owner's manual, a motorcycle may not be for you.

- **Are you safety-minded?**

If you routinely find yourself bandaged up after simple do-it-yourself projects, or think it's acceptable to operate a motor vehicle under the influence of alcohol, the unique challenges of riding a motorcycle may not be compatible with your decision making. Riders can control their situation only if safety is a high priority. Motorcyclists ride millions of miles

Please see **Ride**, page 15

## Motorcycle safety courses offered

### GARRISON SAFETY OFFICE

FORT POLK, LA. — Have you had the proper training for safely riding a motorcycle?

The following motorcycle training courses are offered through the Garrison Safety Office. Call 531-1981/0593 for details:

- **Basic Rider Course** — Every Monday through Wednesday from 9 a.m.-4 p.m. This is a 16-hour course and weather dependent for all military motorcycle riders that ride on or off post.

- **Basic Rider Course II** — Thursdays from 9 a.m.-4 p.m. For experienced riders.

- **Military sport bike rider course** — The last Monday of the month. This is for those riding motorcycles that are considered sports bikes.

- **Intermediate driver's training** — Fridays from 2-4:30 p.m. This is for Soldiers age 25 and younger.

- **Remedial driver's training** — available once per quarter as requested. This is for military or civilian personnel that have been cited while driving a government vehicle.



# WALK/DONT WALK. Know basics of pedestrian safety

## NHTSA

WASHINGTON, D.C. — At some point in the day, everyone is a pedestrian. While pedestrian fatalities remain high, there was a 1.7 percent decrease in the number of pedestrians killed in traffic crashes in 2017, totaling 5,977 deaths, ac-

cording to the National Highway Traffic Safety Administration.

Here are 10 tips on how to protect yourself and your loved ones when walking:

1. Be predictable. Follow the rules of the road and obey signs and signals.
2. Walk on sidewalks whenever

they are available.

3. If there is no sidewalk, walk facing traffic and as far from traffic as possible.

4. Keep alert at all times; don't be distracted by electronic devices that take your eyes (and ears) off the road.

5. Whenever possible, cross streets at crosswalks or intersections, where drivers expect pedestrians. Look for cars in all directions, including those turning left or right.

6. If a crosswalk or intersection is not available, locate a well-lit area where you have the best view of traffic. Wait for a gap in traffic that allows enough time to cross safely; continue watching for traffic as you cross.

7. Never assume a driver sees you. Make eye contact with drivers as they approach to make sure you are seen.

8. Be visible at all times. Wear bright clothing during the day, and wear reflective materials or use a flashlight at night.

9. Watch for cars entering or exiting driveways, or backing up in parking lots.

10. Avoid alcohol and drugs when walking; they impair your abilities and your judgment.

Pedestrians aren't the only ones who need to be aware of their surroundings. Here are nine ways motorists can help prevent pedestrian injury or deaths:

1. Look out for pedestrians everywhere, at all times. Safety is a shared responsibility.

2. Use extra caution when driving in hard-to-see conditions, such as at night or during bad weather.

3. Slow down and be prepared to stop when turning or otherwise entering a crosswalk.

4. Yield to pedestrians in crosswalks and stop well back from them to give other vehicles an opportunity to see the crossing pedestrians.

5. Never pass vehicles stopped at a crosswalk. There may be people crossing that you can't see.

6. Never drive under the influence of alcohol or drugs.

7. Follow the speed limit, especially around people on the street.

8. Follow slower speed limits in school zones and neighborhoods where children are present.

9. Be extra cautious when backing up — pedestrians can move into your path

For more information visit the Internet at [www.nhtsa.gov/road-safety/pedestrian-safety](http://www.nhtsa.gov/road-safety/pedestrian-safety)



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## Ride

Continued from page 14

without incident, and they are likely to take safety seriously.

### • Do you respect machinery and other equipment that has risk?

For example, when using a lawn mower or chain saw, do you maintain it properly and wear the correct personal protection? If you're not serious about safety in connection with simple machinery and equipment, you may not respect motorcycling enough to follow safety precautions. Successful riders know that safety isn't a matter of luck, but a matter of doing the right things to minimize risk.

### • Can you focus?

Inattention is a major cause of crashes. Safe motorcycling requires attention to the immediate risk and a keen awareness of everything going on around you. Rush-hour traffic on a motorcycle is not the place to be daydreaming. If you find yourself overusing your brakes or are often sur-

prised by a passing car or truck while in a car, your situational awareness may be less than adequate.

### • Can you handle your car in an emergency?

Drivers don't often have the need to brake hard or swerve to miss a crash, but it's important to have the skills to be able to do so when needed. On a motorcycle, having these skills is essential because other highway users tend not to see motorcyclists in traffic, especially around intersections.

### • Are you willing to invest some time in learning to ride the right way before hopping on a bike?

Your best "first ride" is a basic rider course where you can familiarize yourself with the safe operation of a motorcycle. You can even take the course as an experiment, to better understand the dynamics of good riding and determine if motorcycling is for you.



# Know important basics of children's dental health

CDC

ATLANTA, Ga. — Tooth decay (cavities) is one of the most common chronic conditions of childhood in the United States. Untreated tooth decay can cause pain and infections that may lead to problems with eating, speaking, playing and learning.

About 20 percent of children ages 5 to 11 years have at least one untreated decayed tooth.

About 13 percent of adolescents ages 12 to 19 years have at least one untreated decayed tooth.

The percentage of children and adolescents ages 5 to 19 years with untreated tooth decay is twice as high for those from low-income families (25 percent) compared with children from higher-income households (11 percent).

The good news is that tooth decay is preventable. Fluoride varnish, a high concentration fluoride coating that is painted on teeth, can prevent about one-third of decay in the primary (baby) teeth. Children living in communities with fluoridated tap water have fewer decayed teeth than children who live in areas where their tap water is not fluoridated. Similarly, children who brush daily with fluoride toothpaste will have less tooth decay.

Applying dental sealants to the chewing surfaces of the back teeth is another way to prevent tooth decay. Studies show that sealants reduce decay in permanent molars by 81 percent for two

years after they are placed on the tooth and continue to be effective for four years after placement.

What parents and caregivers can do

Here are some things you can do to ensure good oral health for your child:

- As soon as the first tooth appears, begin cleaning by wiping with a clean, damp cloth every day. When more teeth come in, switch to a small, soft toothbrush and water. Begin using toothpaste with fluoride when the child is 2 years old. Use toothpaste with fluoride earlier if your child's doctor or dentist recommends it. Protect your child's teeth with fluoride.

If your child is younger than age 6, watch as they brush their teeth. Fluoride is important for fighting cavities. But if children younger than 6 years old swallow too much fluoride, their permanent teeth may have white spots. To keep this from happening, make sure your child only uses a pea-sized amount of toothpaste and always spits it out rather than swallows it.

Brush your child's teeth twice a day until your child has the skill to handle the toothbrush alone. Then continue to closely watch brushing to make sure the child is doing a thorough job and using only a small amount of toothpaste.

If your child is younger than 2, do not use fluoride toothpaste unless your doctor or dentist tells you to.

Talk to your pediatrician, family doctor, nurse, or dentist about putting fluoride varnish on your



child's teeth as soon as the first tooth appears in the mouth.

If your drinking water is not fluoridated, ask your dentist, family doctor, or pediatrician if your child needs oral fluoride supplements, like drops, tablets or lozenges.

- Talk to your child's dentist about dental sealants. Sealants protect teeth from decay.

- Have your child visit a dentist for a first checkup by age 1, as recommended by the American Academy of Pediatrics.

- Your child's chance of getting cavities can be higher if:

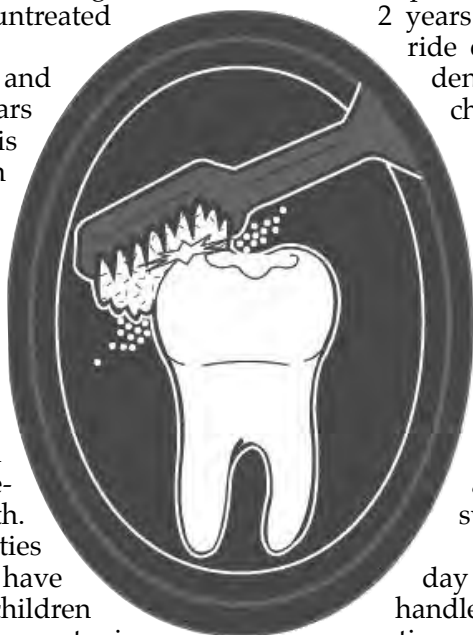
- Family members (older brothers, sisters, or parents) have cavities.

- They eat and drink a lot of sugary foods and drinks, like soda, especially between meals.

- They have special health care needs.

- They wear braces or orthodontics or oral appliances.

If any of these apply to your child, be sure to talk with your dentist, pediatrician, or family doctor to make sure you are taking extra steps to protect your child's teeth.



## What children eat can impact wellbeing of teeth

WWW.WEBMD.COM

NEW YORK, N.Y. — What your child eats affects his or her teeth. Too many carbohydrates, sugar (cake, cookies, candies, milk, and other sugary foods and beverages), and starches (pretzels and potato chips) can cause tooth decay. How long carbohydrates remain on the teeth is the main culprit that leads to tooth decay.

The best thing you can do as a parent is to teach your child to make healthy food choices. Here are some tooth-friendly foods to serve your children along with some other tips:

- Fruits and vegetables: Offer fruits and vegetables as a snack instead of carbohydrates. Fruits and vegetables that contain a high volume of water, such as pears, melons, celery, and cucumbers are best.

Limit banana and raisin consumption as these contain concentrated sugar or if you serve these fruits, try to brush your child's teeth immediately after they are eaten.

- Cheese: Serve cheese with lunch or as a snack, especially cheddar, Monterey Jack, Swiss, and other aged cheeses which help to trigger the flow of saliva. Saliva helps to

wash food particles away from teeth.

- Avoid sticky, chewy foods: Raisins, dried figs, granola bars, oatmeal or peanut butter cookies, jelly beans, caramel, honey, molasses, and syrup stick to teeth making it difficult for saliva to wash the sugar away.

If your child consumes these types of products, have them brush their teeth immediately after eating.

- Serve sugary treats with meals, not as snacks. If you plan to give your child any sweets, give them as desserts immediately following the meal.

There's usually an increased amount of saliva in the mouth around mealtime, making it easier to wash food away from teeth. The mealtime beverage also helps to wash away food particles on teeth.

- Get your children in the habit of eating as few snacks as possible. The frequency of snacking is far more important than the quantity consumed.

Time between meals allows saliva to wash away food particles that bacteria would otherwise feast on.

Frequent snacking, without brushing immediately afterwards, provides constant fuel to feed bacteria, which leads to plaque devel-

opment and tooth decay.

Try to limit snacks as much as possible and to no more than one or two a day. Brush teeth immediately after consuming the snack if possible.

- Avoid sugary foods that linger on the teeth. Lollipops, hard candies, cough drops, and mints all contribute to tooth decay because they continuously coat the teeth with sugar.

- Buy foods that are sugar-free or unsweetened.

- Never put your baby to bed with a bottle filled with milk, formula, juice, or soda.

- Offer your child plain water instead of juice or soda. Juices, sodas, and even milk contain sugar.

Water does not harm the teeth and aids in washing away any food particles that may be clinging to teeth.

- Include good sources of calcium in your child's diet to build strong teeth. Good sources include milk, broccoli, and yogurt.

- If your child chews gum, encourage xylitol-sweetened or sugar-free gum. Xylitol has been shown to reduce the amount of bacteria in the mouth and the chewing action helps increase the flow of saliva.



# Happy Friday! Exchange offers thousands in weekly prizes

## AAFES

FORT POLK, La. —The Army and Air Force Exchange Service continues its Free Friday giveaways in 2019, offering Fort Polk Soldiers and their Families a chance to win riding lawn mowers, furniture, grills, blenders, espresso makers and more.

The giveaway is conducted online at [facebook.com/shopmyexchange](https://facebook.com/shopmyexchange).

"Our Soldiers and their Families work hard and make sacrifices 365

days a year," said Beth Pritchard, Exchange general manager. "We're hoping that we will have some members of the Fort Polk community among the Free Friday winners."

In the two years the Exchange has been celebrating Free Friday, shoppers have received more than \$37,000 in prizes.

The value of 2019's prizes will be about \$20,000, including a zero-turn 23-horsepower riding lawn mower; four-seat dining room set; reclining sofa; dual-zone charcoal grill; blenders; and a wet/dry vacuum.

Military shoppers have already won nearly \$2,000 worth of prizes this year, including a grill; coffee brewer; 15-piece cooking essentials set; and an air fryer/toaster oven, blender and multicooker.

To enter the contests, authorized shoppers simply post a comment answering the question posed on each Free Friday post at [facebook.com/shopmyexchange](https://facebook.com/shopmyexchange). In addition to active-duty, National Guard, Reserve and retired shoppers and military Families, honorably discharged Veterans who have

verified their eligibility to shop at [ShopMyExchange.com](https://ShopMyExchange.com) can enter the weekly drawings. Veterans can visit

[http://bit.ly/Vet-](http://bit.ly/Vet-ForLife)

[ForLife](http://bit.ly/Vet-ForLife) for more information. Entries made by 11:59 p.m. Central on the day of the posting will be entered into a drawing. Drawings are held on the Monday after each Free Friday giveaway.



## Don't let your kids miss fun summer activities at MPC youth camps

By **CHRISSA M. GROSS**

Religious Education

FORT POLK, La. — The Fort Polk Religious Support Office offers two fun summer camps for Fort Polk youth.

The first is Camp in the City May 27-31 for school-aged children during the first week of summer break. The chapel then hosts three family workshops and three family movie nights during the summer months (dates to be determined). These are open to all military families assigned to Fort Polk and includes an evening meal.

The summer series will conclude with an epic,

custom-designed, first-ever L.E.G.O. Chapel Camp. This week-long camp will serve a large group of children going into pre-k and kindergarten for the 2019/2020 academic year and a group of campers from first through fifth grade.

The camp provides an opportunity for students who PCS into Fort Polk during the summer months to integrate as they attend camp. L.E.G.O. Camp is held July 15-19. All summer programs are held at Main Post Chapel.

To register for either camp, join the Facebook page [@FortPolkChapelPage](https://facebook.com/FortPolkChapelPage). Registration is ongoing for Camp in the City and for Pre K-K students attending L.E.G.O. Camp.

L.E.G.O. Camp registration for first through

fifth grades will be held in June (date to be determined). A waitlist will be maintained for summer programs to ensure maximum participation for all students despite the unpredictability of military life.


Seats are limited for each summer camp program and will go quickly — one camp filled in 54 minutes last year.

The websites to register are:


• <https://www.signupgenius.com/go/4090c4baaa62faafe3-legochapel> for L.E.G.O. camp.

• <https://www.signupgenius.com/go/4090c4baaa62faafe3-camp3> for Camp in the City.


For more information call 531-7056 or send email to [Chrissa.m.gross.civ@mail.mil](mailto:Chrissa.m.gross.civ@mail.mil)

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Leesville, LA 71446  
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Fax: 337-239-0714  
Email: [faca@cebridge.net](mailto:faca@cebridge.net)  
Website: [Leesvillefaca.org](http://Leesvillefaca.org)

- Bible Classes and Weekly Chapel
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Accredited by the Higher Learning Commission ([www.hlcommission.org](http://www.hlcommission.org)). Central Michigan University is currently licensed by the Board of Regents of the State of Louisiana. Licenses are renewed by the State Board of Regents every two years. Licensed institutions have met minimal operational standards set forth by the state, but licensure does not constitute accreditation, guarantee the transferability of credit, nor signify that programs are certifiable by any professional agency or organization. CMU is an AA/EQ institution, providing equal opportunity to all persons, including minorities, females, veterans and individuals with disabilities (see [cmich.edu/OCRIB](http://cmich.edu/OCRIB)). 3733898c 8/18



# Enter youth for LDWF turkey hunt lottery

## 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. 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.

firearms 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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**Natasha Joseph**

Paraeducator, Acadia Parish

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# Make much of myriad March Mardi Gras merrymaking

## GUARDIAN STAFF

FORT POLK, La. — The days on the calendar seem to fly by and that means Mardi Gras and the parades scheduled to celebrate the holiday are getting closer. Make your plans now to pick your parade and stake out your place on the parade route early in the day.

Getting a good spot is essential to catching the most candy, beads and more. Be sure to wear your purple, green and gold (Mardi Gras colors) and make sure to practice yelling, "Throw me something mister!"

You have plenty of parades to choose from. It seems as though every city and town in the state takes part in this pre-Lenten frivolity.

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 [RioLafayette.com](http://RioLafayette.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](http://www.lafayette-travel.com) or [GoMardiGras.com](http://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 Krewes Mardi Gras parade begins at 5 p.m. from downtown and



travels along Ryan Street.

For more information visit [www.visit-lakecharles.org](http://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](http://www.thealexandriazoo.com).

- March 3 — Krewes parade begins at 2 p.m.

For more information visit [www.alexmardi-gras.net](http://www.alexmardi-gras.net).

### 2019 Monroe Mardi Gras parade:

- Saturday — 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](http://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.

- 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](http://www.shreveport-bossier.org).

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# Lagniappe

## BOSS

Check out Fort Polk's Better Opportunities for Single Soldiers. The organization offers single Soldiers the opportunity to volunteer, as well as participate in fun events. Don't miss your chance to take part.

### • 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., 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](http://www.bhflc.org).

## Miscellaneous

### • Artillery discussion

Mansfield State Historic Site, 15149 La. Hwy 175, three miles south of Mansfield, offers a unique presentation Feb. 23 at 2 p.m. about the types of field cannon employed by artillery batteries during the Civil War Battle of Mansfield and the types of ammunition used. Admission is \$4 per person ages 4-61. Seniors 62 and older and children 3 and under get in free. For more information call (888) 677-6267.

### • Texas Hold 'em

If you love a good game of poker, stop by Spare Time Lounge, 2087 Ninth St., Fort Polk, 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.

### • Community play

The Impromptu Players present "Let Him Sleep 'Til It's Time for His Funeral" by Peg Kehret, at the Wooten Theatre, 102 East First St, DeRidder. The play is a comedy in which everything goes from bad to awful as Marianne decides to throw her husband, John, a surprise funeral instead of a birthday party when he confesses he is anxious about turning 50. Thinking this will show him how much he is loved, Marianne's plans obviously don't turn out as she expects, leading to hilarity throughout the play. A non-dinner show takes place today at 7 p.m. A dinner show takes place Saturday at 7 p.m. Reservations are required. Call (337) 462-2751 to make reservations.

### • Garden forum

If you are itching to begin your planting season, stop by the War Memorial Civic Center, DeRidder, today 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

### • 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. The next meeting is March 6. 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

Join the Fort Polk Community Bass Masters. The club meets at the New Llano American Legion, Post 387, 500 Vernon St., New Llano. The March tournament takes place on Sam Rayburn Lake. For more information call (337) 535-7591 or (337) 397-0745 or visit [www.fortpolkcommunitybassmasters.com](http://www.fortpolkcommunitybassmasters.com).

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We would like to provide some information each month to help us give  
Ft. Polk the best service possible

1. All dumpsters on Fort Polk are required to have top lids and side doors closed at all times, we ask that when you are done placing items in the container you ensure lids and doors are closed.
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.





# Fort Polk Guardian

www.thefortpolkguardian.com

## Tradin' Post Ads

Published for the community of Fort Polk, La.

Deadline For All Classified Ads Is Noon Tuesday

Turn in ads to the Public Affairs Office, Bldg. 4919, Magnolia Dr. or fax to: 318-352-3667 or email to tradingpostads@yahoo.com

### YARD SALE

**YARD/MOVING SALE**  
16 February 2019 from 0730 hours until 1700 hours. 597 Lewis Perkins Rd, Leesville behind New Car Dealership on 171. Everything must go: Living/Bed/Dining Rm furniture, Glass L-shape Desk and lots of clothing and accessories.

### SERVICES

**INDEPENDENT CARE-GIVER** Caring & Compassionate lady who will help with personal hygiene, medication, laundry, light housekeeping and cooking. Will drive where ever you need to go, run errands and help with secretarial duties. Prefer to work 12/7 OR 24/7 (flexible but need at least 8 hours per day). \*No

Inside Cats\* \*Excellent References Available\* Call Rose: 337-348-2381.

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**CHILD CARE OPENING'S** at First Assembly Christian Academy! 6 Weeks to 3-years-old. Also Enrolling Pre K - 4 for 2019-2020! Call 337-239-6553 or visit us at 1201 South 9th in Leesville.

### HELP WANTED

**ATTENTION: HAIR STYLIST'S & NAIL TECH** Body & Balance is looking for Talented & Motivated Hair Stylist and a Nail Tech. I can offer booth Rental or Commission. For a Personal Interview call Callie - 337-353-4446.

### FOR SALE

**FOR SALE: TWO 28-FOOT ALUMINUM PONTOONS**, connected with partial cover. Pontoons sit on 28-foot trailer, \$6,000. Call 318-352-3618.

### FOR RENT

**HOUSE FOR RENT:** there bedroom, one bath, \$650 per month. Available mid February. For more information call 337-208-9177.

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### REAL ESTATE

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

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Or fax to 318-352-3667 or email to tradingpostads@yahoo.com

Deadline for FREE ads is NOON Tuesday.

Category: ☐ Household Appliances ☐ Furniture ☐ Sporting goods ☐ TV/Radio/Stereo  
☐ Motor Vehicles ☐ Computers ☐ Pets ☐ Garage Sales ☐ Real Estate ☐ Misc.

**Advertisement:** In 25 words or less (one word per block) give description, price, telephone number and other pertinent information. For garage sales, list time, date and location.


I am a: ☐ Soldier ☐ Retiree ☐ DA Civilian ☐ Military family member

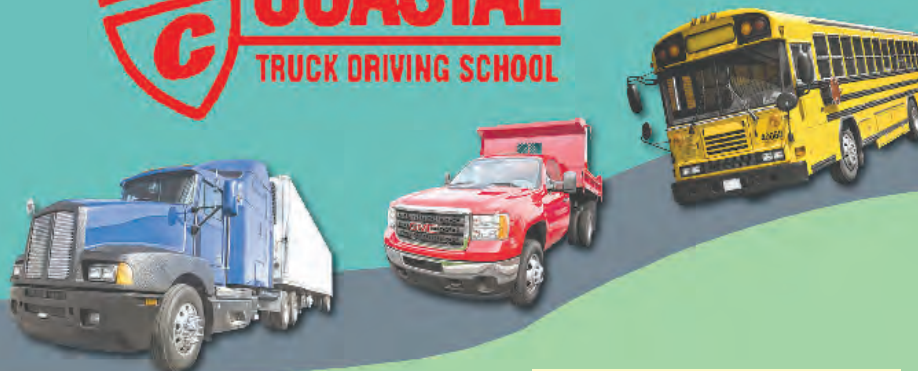
In signing this form, I certify that the items I am advertising will be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

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