



# FORGING THE

# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

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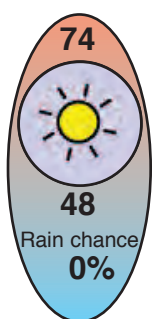
JEAN DUBIEL / GUARDIAN

### 115th CSH converts

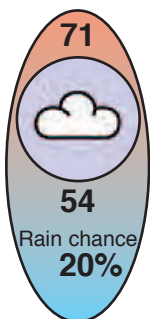
Col. Lee Burnett (left), commander, 32nd Hospital Center, unfurls the flag of the newly activated 32nd HC with Brig. Gen. Patrick D. Frank, commanding general of the Joint Readiness Training Center and Fort Polk, as Command Sgt. Maj. Dolores Kiyoshi, 32nd HC command sergeant major, holds the staff during the activation and

conversion ceremony held at Engineer Field March 20. During the ceremony, the 115th Combat Support Hospital was converted into the 32nd HC and the 115th Field Hospital was stood up and aligned under the 32nd HC along with the 485th Preventive Medicine Detachment. See page 5 of today's Guardian for full story.

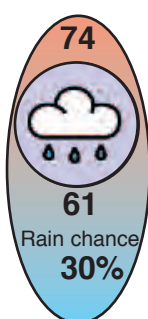
### Weekend weather



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# Viewpoint

## Army senior leaders — Don't be bystanders

WASHINGTON — As members of the United States Army, each of us has an obligation to promote a climate of trust — our profession's bedrock — throughout our organization. The way we do this is by living the Army Values: Loyalty, duty, respect, selfless service, honor, integrity and personal courage. From the newest Soldiers in basic training, to our most senior leaders, the Army Values bind us together as a profession.

While much is changing for the Army right now, our Values will not. They are enduring and remain as relevant today as they were when first created. When it comes to living the Army Values, there can be no bystanders.

Across the Total Army, we continue to focus on eradicating sexual harassment and sexual assault from our ranks. We must do everything within our power to rid the Army of these crimes. This is a readiness issue that affects our ability to accomplish our mission.

Over the past several years, we have placed a high priority on our prevention efforts, and although we are on the right trajectory, we still have significant room to improve. In all components, sexual assault reporting is increasing, which is an indication that our Soldiers trust their leaders to address the situation in a professional manner.

We all have a responsibility to look out for one another — there can be no bystanders. Stay alert when the warning signs become present, and if you see something, ACT! Leaders and Soldiers have an ethical obligation to intervene to stop sexual harassment and sexual assault from happening.

The Army will continue to improve the effectiveness of our prevention efforts moving forward. In April, we will co-lead a Joint SHARP Conference hosted by the military service academies that will bring together college and university leaders from across the country to share best practices. As our society wrestles with this difficult problem, the Army will continue to take a leading role in developing solutions. This starts by ensuring that the perpetrators of sexual harassment and sexual assault are held accountable and that the victims are protected without fear of retribution.

Throughout the force, we must also continue to focus on preventing suicides. Although suicides fell by 1.3 percent across the Total Army in 2018, Regular Army suicides increased by a troubling 18 percent. Our most vulnerable population consists of our junior Soldiers. Leaders and teammates must watch attentively for indicators of suicides

and inform their chain of command when they know trouble is on the horizon. Every loss of life from suicide is a tragedy that could have been prevented.

Our NCOs are the first line of defense — we expect you to know your Soldiers, visit them in the barracks and provide them the care and assistance they need and deserve.

We're counting on each of you to help solve these problems. Every instance of sexual assault or suicide has a moment when someone could have intervened to change the outcome. Have the courage to stand up and act when you see something wrong. Seize the opportunity to get your teammate help or to remove your battle buddy from the environment when warning signs become present.

We need everyone on this team to be ready to fight when called upon, which can only happen if we look out for one another. Let us all reaffirm our commitment to our values and to one another. In doing so, we will remain the strongest Army on the face of the earth.

**Gen. Mark A. Milley,**  
U.S. Army Chief of Staff

**Mark T. Esper,**  
Secretary of the Army

### Message



## Guardian

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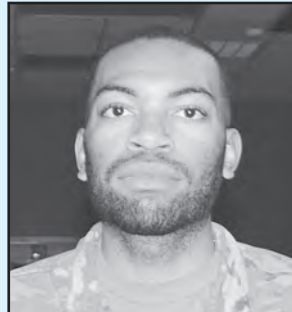
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## In our view

Guardian staff asked Fort Polk community members, "What's the hardest part of the new Army Combat Fitness Test?" Here are their responses:



**Cpl. Kyle Bartolucci:**  
"The pushup resting position (with hands up) is hardest because it is strenuous on the arms, chest and back to keep the body aligned."



**Sgt. Joshua Edwards:** "The 2-mile run at the end is hardest because you have to do that after all the other events."



**1st Lt. Jonathan Morton:** "The sprint/drag/carry was hardest — it works a lot of muscle groups. It shows you what (muscles) you need to work on."



**Spc. Antonio Torres:**  
"Teaching good form for the weightlifting events. Many Soldiers need to be instructed so they don't injure themselves."



## Briefs

### VFW golf tourney

Veterans of Foreign Wars Post 3619 and the VFW Riders Group host a golf scramble March 30 at Warrior Hills Golf Course. Teams should include four players. Registration is at 9 a.m. and the tourney tees off at 10 a.m. Cost is \$50 per player and includes greens fee, cart and a hamburger/hot dog lunch. Prizes are awarded for first through third place, longest drive and closest to the pin. RSVP no later than March 28 to Mary Gibson, (337) 463-3977.

### SHARP golf event

In conjunction with Sexual Assault Awareness and Prevention Month, the Fort Polk Sexual Harassment Awareness Response Prevention Team hosts a "Drive Out Sexual Assault" golf scramble, April 18 at Warrior Hills Golf Course. Check in for the four-person team is from 8-9:15 a.m. the day of the event, with a shotgun start at 9:30 a.m.

Team members can be military, civilian or family members, but must be from the same unit. Organizations may enter as many teams as they want. No mulligans. Rules of golf will be followed.

Cost is \$20 for WHGC members and \$35 for non-members, to be paid no later than April 11 at the Installation SHARP Office, bldg 1947. Prizes will be awarded for the first place team, closest to the pin and longest drive. Call 531-1578/1788.

### Abandoned vehicles

The Directorate of Emergency Services traffic section will release the following vehicles to a towing company for disposal on May 6 if they remain unclaimed. Vehicles are listed with the last four numbers of their VIN number. If one of these vehicles belongs to you please contact the Fort Polk Police Traffic Section at 531-1806/2677.

2002 Honda Accord 3509  
2012 Hyundai Accent 8625  
2017 Jeep Renegade 7070  
1999 Ford Mustang 1308  
2005 Subaru Legacy 4766  
1993 Saab 900 3138  
1996 Ford Explore 9654  
1992 Chevrolet Camaro 1939  
2004 Toyota Celica 7758  
2010 Mazda MZ-3 7594  
2008 Dodge Caliber 9554  
2014 Dodge Charge 0771  
2017 Ford Expedition 1780  
2001 Jeep Cherokee 6867  
2017 Honda Civic 7087  
Boat trailer homemade no number  
1992 Sea nymph boat 7340  
Boat trailer no number



JEAN DUBIEL / GUARDIAN

## 519th MP protective services detail deploys

By JEAN DUBIEL

Guardian staff writer

FORT POLK, La. — Six Soldiers with the 519th Military Police Battalion are headed for the Central Command theater of operations in the Middle East to support Operation Inherent Resolve as part of a protective services detail for the XVII Airborne Corps.

During a deployment ceremony held for them at the Warrior Gym March 15, Lt. Col. Sonja Whitehead, 519th MP Bn commander, explained that the 519th has 31 Soldiers serving in the protective services detail and these six are going to join that team.

"In total, 519th will have deployed roughly 65 military police men and women to support this mission," she said. "It has always been our plan to maximize the opportunity to provide our Soldiers for this mission. The Soldiers before you volunteered, competed and were selected above their peers to be part of this deployment. That is the epitome of the Warrior Spirit. They are truly the best and most capable military police Soldiers in our formation."

Protective services detail personnel go through specialized training to conduct protective operations for leaders who are potential targets of terrorism or criminal activity. Training emphasis is placed on doctrine and terminology, coordination and mission planning, protective services in a hostile fire zone, special weapons training, advanced weapons marksmanship, driving in a combat zone, route and venue reconnaissance, site surveys, security control room operations, escorting VIPs through a variety of environmental conditions and evasive driving and motorcade operations. Training culminates in a four-day practical exercise.

"These are the type of Soldiers we want in the Army," said Whitehead. "They didn't come into the Army just for college — they came into the Army to be part of the fight."

The Soldiers who deployed are:

- 1st Lt. John Swiatek
- Sgt. Brianna Laplume
- Sgt. Ryan Harrison
- Sgt. Zachary Bergeron
- Sgt. Bretton McPhee
- Spc. Angel Singhdeleon

### Fort Polk Tax Center

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.

## Female Army athlete rises to top of USA boxing

By **JOE LACDAN**  
Army News Service

FORT MEADE, Md. — As the two-time national middleweight champion, she has fought some of the world's best boxers to earn a No. 3 international ranking.

But for a long time, Army athlete Naomi Graham had to fight her toughest opponent — herself.

Before the staff sergeant rose to the top of USA boxing, she had to overcome a mindset that began well before she ever set foot in a ring.

### Tough love

She was too nice, a coach had told her when Graham began training in 2014.

"You would never know that she's a boxer," said USA boxing assistant Joe Guzman, a former Army heavyweight competitor.

To become competitive in the ring, especially for the Olympics, she needed to be tougher, Guzman would say.

Graham speaks courteously and answers questions politely. In middle school, she allowed bullies to taunt her and get in her face. She never flinched, as her mother told her to avoid physical altercations, and instead tell a teacher or administrator when confronted by other children.

But one day Graham had enough. Another student threatened to fight her. Graham responded by hoisting the girl up and tossing her over a table.

"People started to leave me alone after that," she said.

She left for basic training at Fort Jackson, South Carolina, in 2013, following in her family's footsteps. Her sisters and her mother all served in the Army.

The Army assigned her to Fort Carson, Colorado, home of the Army's World Class Athlete Program. But to qualify for acceptance into the program, she needed to build her boxing resume.

While attending an All-Army camp in Fort Huachuca, Arizona, she met Guzman. A veteran fighter at heavyweight, injuries forced Guzman into an early retirement.

Guzman took Graham under his wing. He saw Graham's raw power in training sessions. He marveled at her incredible reach.

With her combination of length and strength, Guzman realized he had a budding prodigy.

Most noticeably, Graham's long reach gave her a devastating jab. In her first competitive match at a Fort Carson gym, she won using only that punch.

"I could tie her right hand behind her back and (she) just beat people with her jab, that's how good it is," Guzman said.

During one bout early in her career, Graham fell to the mat, physically and mentally drained. She didn't have the energy to throw a punch. Coaches rushed to her side, giving her water and energy drinks. Eventually she took a blood test, which revealed an iron deficiency.

She struggled with her endurance and keeping her defenses up. But she gained confidence from her natural physical ability.

"She had the potential," Guzman said. "One of



the biggest things that she battled was the mental part. In any sport — especially a combat sport — frustrations and emotions can take over and affect your performance."

At 5-feet-10-inches, Graham's uniquely proportioned frame and lanky arms enabled her to overpower her opponents from a distance.

As she learned under Guzman and the USA boxing coaching staff, she began to dominate opponents competing for the All-Army boxing team. She took the national spotlight after she joined the WCAP program.

### Grinding her way

Graham had a quiet confidence as she approached her boxing training years later. She knew she had the strength to become a competitive fighter.

But Guzman and her other coaches noticed some weaknesses. She struggled with defense and often took unnecessary hits. She lacked aggression, fighting tentatively instead of attacking in a flurry.

"The mindset, that's something she had to control," Guzman said. "That's something you can't teach."

As a teenager, she attended the professional fights of her older sister, Rachel. She sat ringside analyzing her sister's technique and studying her opponents.

Though Graham struggled with aggressiveness and defense, Guzman never had to question her work ethic.

She attacked her drills relentlessly, and willingly responding to Guzman's harsh criticisms.

Guzman's coaching style clicked with Graham. He used a disciplinarian style and held Graham to rigorous military standards.

Guzman had learned under the tutelage of legendary boxing coach Al Mitchell and four-time Olympic coach Basheer Abdullah, who retired in 2011.

"They are like godfathers to me in the amateur game when I was coming up," Guzman said.

"I built my philosophy off them. I was always strictly about military. You're a Soldier first, athlete second. Remember that, don't forget that."

Guzman overcame the odds as an undersized

heavyweight fighter. He said he once competed for nearly a year with two torn ligaments in 2008.

He finished third in nationals that year, the same year he qualified for the Olympic trials. But his body could no longer take the physical toll and he had to retire at 29.

Perhaps Guzman's style rubbed off on his new pupil. Graham often will spend hours perfecting and honing one technique, whether keeping up her hands while punching, or working on her quickness and footwork.

She attacked training vigorously, running hard in the mornings and sparring in the afternoons. She pounded her fists until she succumbed to exhaustion.

"She tried everything," Guzman said. "The physical part — she never quit; she trained her butt off. She worked hard — pushed herself to her limits; really tried to get the best out of everything."

With the 2020 Olympics approaching in Tokyo, Graham has tightened her training regimen. She prepares most of her meals, eating steak or baked chicken with mixed vegetables for sustained energy. She strictly monitors her rest to recover properly. She takes iron supplements, too.

Last November, Graham's rise in the sport earned her recognition at the international stage. She faced Olympic-level competition at the 2018 World Championships in New Delhi, India.

In the first round, Graham defeated her Russian opponent easily and officials called the match early after her opponent suffered a cut to her lip. She rolled past a German competitor in the second round and then faced No. 2 seed Qian Li of China.

Graham admittedly didn't have her best fight. She didn't start strong and lost the first round. Graham won the second round, but fought Qian evenly in the third. Judges awarded the final round, and the match to Qian.

Still, her efforts earned her a bronze medal and her highest finish at the world championships.

She followed that performance by repeating as national champion at middleweight in December. Then Under Armour named her its Elite Female Boxer of the Year.

In February, Graham won a gold medal at the 2019 Stranda International Boxing Tournament in Sofia, Bulgaria.

If Graham can medal at the world championships again this fall, she will achieve another milestone: An automatic berth to the Olympics.

"(Going to the Olympics) means so many things to me," Graham said. "I'd be proving a lot of things to myself, that anything you put your mind to, you can do it."

Graham said the Army gave her the platform to jumpstart her life. She is currently pursuing a bachelor's degree in medical studies and will earn her associate's soon.

"The Army saved me," Graham said. "(It) gave me reason, discipline, dedication and leadership. The Army gave me purpose; I felt important and like I am a part of a bigger picture."



# 115th CSH converts to 32nd Hospital Center

By JEAN DUBIEL

Guardian staff writer

FORT POLK, La. — The 115th Combat Support Hospital is no more — the unit has been reorganized and is now designated as the 32nd Hospital Center under the 1st Medical Brigade.

Two organizations fall under the 32nd, which is led by Col. Lee Burnett and Command Sgt. Maj. Dolores Kiyoshi: The 485th Preventive Medicine Detachment, led by Capt. Thomas Gilbreath and Sgt. 1st Class Joseph Clifford, and the 115th Field Hospital, led by Lt. Col. Jason Marquart and Master Sgt. Demetrius Peggins.

Under the 115th, there are four companies:

- The Headquarters Company, led by Capt. Kyle McClure and 1st Sgt. Kevin Bross
- The 190th Medical Detachment (Intermediate Care Ward Augment), led by Capt. Jennifer Schock and Sgt. Jacob Hood
- The 286th Medical Detachment (Surgical Augment), led by Maj. Deanna Andrews and Sgt. 1st Class Samuel Mateo
- The 433rd Medical Detachment (Medical Augment), led by Capt. Freddy Moroch and Sgt. 1st Class Joshua Bostic.

The change was made in accordance with a Forces Command force design update executive order made June 26, 2018. The order states that the U.S. Army "is executing Hospital Center (HC) and Forward Resuscitative and Surgical Team (FRST) force design updates to convert all combat support hospital units into five distinct hospital and hospital-related capabilities and forward surgical teams into a new deployable force that may be split into two 10-person resuscitative and surgical elements ... to enhance combatant commander flexibility and deliver optimal health service support to the operational force."

Under the new structure, each element assumes the following missions:

- Hospital center: Deploys to provide mission command for up to two functioning field hospitals.
- Field hospital: Deploys to provide hospitalization and outpatient services to all classes of patients in a theater of operations.
- Medical detachment: Deploys to augment the capabilities of the field hospital with thoracic, urology, oral maxillofacial surgical capabilities, additional intensive care unit beds, outpatient services and microbiology.
- Surgical detachment: Deploys to augment the field hospital with operational dental care, one additional ICU ward, one intermediate care ward, additional microbiology capabilities and outpatient services.
- Intermediate care ward detachment: Augments the field hospital as required with three wards providing intermediate nursing care and additional personnel to support nutrition and patient administration capabilities.

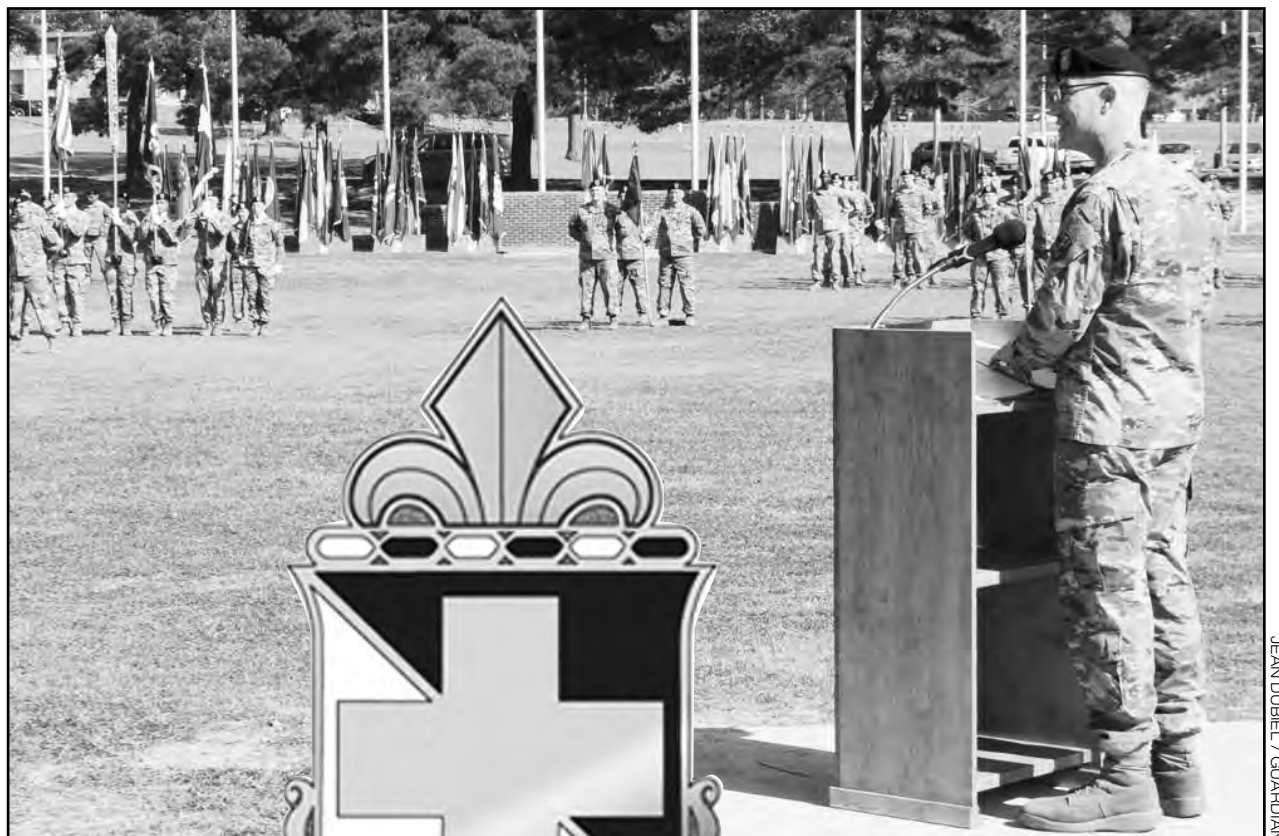
During an activation and conversion ceremony held March 20 at Fort Polk's Engineer Field, the unit colors of the 115th CSH and subordinate companies were cased, the new colors were uncased, and the newly organized unit took its place.

Burnett said serving with the 115th over the past year has been a privilege and he looks forward to leading the 32nd HC into this new chap-



**Left:** During the 32nd Hospital Center activation and 115th Field Hospital conversion ceremony held March 20 at Fort Polk's Engineer Field, Lt. Col. Jason Marquart, commander, 115th Field Hospital, explains that wounded Soldiers don't care what medics call themselves as long as they are there when needed and know their job.

**Below:** Col. Lee A. Burnett, 32nd Hospital Command commander, addresses his Soldiers from the podium during an activation and conversion ceremony held March 20 at Engineer Field.



ter in history. He thanked each command team of the deactivated companies and the leadership taking the reins of the new detachments.

Marquart said the ceremony's timing was in line with the unit's long history.

"This unit was formed 101 years ago (March 21) in Fort Riley, Kansas for duty during World War I," he said. "Since that day, this unit has transformed six times to meet the needs of the

warfighters we serve. Each time, the unit has mastered the changes and proved themselves in combat. The reason for this success lies in the foundation you see in front of us — the warrior medics. They can and will adapt to this challenge."

Marquart said the name changes mean little to the men and women medics encountered on the battlefield. "They do not care if we call ourselves 15th, 115th, evacuation, combat support or field hospital. They care that we are there when needed, and that we are experts in providing health care."



**Above:** Lt. Gen. Francis Beaudette, commander, U.S. Army Special Operations Command, Fort Bragg, N.C., stands next to his name plate on the wall of Distinguished Members of Operations Group.

**Left:** Beaudette (left), is recognized as a Distinguished Member of Operations Group by Col. David Gardner, commander, Joint Readiness Training Center Operations Group, during a ceremony held at Ops Group Headquarters March 19.

# Beaudette inducted into Distinguished Members of Ops Group

By **JEAN DUBIEL**  
Guardian staff writer

FORT POLK, La. — Before Lt. Gen. Francis Beaudette became the commander of U.S. Army Special Operations Command in Fort Bragg, North Carolina, he served in many other positions and units. Among his first assignments was a stint with the Joint Readiness Training Center Operations Group from 1993-1994, and it is that connection that has placed him among the ranks of the Distinguished Members of Operations Group, or DMOG.

In an induction ceremony held March 19 at JRTC Ops Group Headquarters, Beaudette became a member of the DMOG, a group that includes Gen. Mark A. Milley, 39th and current Army Chief of Staff, and retired Sgt. Maj. Jack P. Hardwick, who was the Ops Group command sergeant major when the JRTC relocated to Fort Polk from Fort Chaffee, Arkansas.

“General Beaudette served (here) as a tactical intelligence officer with Geronimo,” said Col. David Gardner, commander, JRTC Operations Group. “Thank you, sir, for coming back here and giving us this opportunity to recognize you and put your name on the wall.”

Beaudette said he is a life-long member of Geronimo and vividly remembers his time at JRTC. “I feel that I grew up here as a leader in the Army,” he said. “I went to war every month with a great group of Soldiers and I learned a lot from our battalion commander about mission command, what mission and intent, task and purpose were all about, and what the expectations are. I think that without this formative experience, I wouldn’t be standing here today, and I may not have taken the career path that I am on.”

Gardner said induction into DMOG isn’t just about honoring the nominee — it’s also a demonstration of the effect JRTC Ops Group has on the entire Army.

**“I feel that I grew up here as a leader in Army.”**

**Lt. Gen. FRANCIS BEAUDETTE**  
Commander, USASOC

“The hope is (that those who serve) as members of Ops Group are influenced by what they experience down here and take that out into the Army,” said Gardner.

“I think when people walk past our (DMOG) wall and they see names like Milley and Beaudette, it sets the tone that this isn’t just where the infantry comes to train — it’s where the Army comes to train.”

To become eligible for induction in the DMOG, nominees must have made a significant, positive or lasting contribution to Operations Group or the Army; can be active-duty, retired or separated Soldiers or Department of the Army civilians that have served with Operations Group; and must have been nominated by Dec. 1 (this is an annual selection) by someone other than the nominee; or fall into one of the following categories:

- Any Ops Group Soldier listed as killed in action while serving with Ops Group.
- Any former Ops Group command sergeant major or sergeant major serving at the nominative level.
- Any former Ops Group Soldier who reaches the rank of lieutenant general.

- Any former Ops Group Soldier who receives a valorous award of the Silver Star or higher.

After his assignment at Fort Polk, Beaudette completed Special Forces training and went on to command two detachments with 3rd Special Forces Group as well as the Headquarters Company and served as the group assistant S-3; became aide-de-camp to the commanding general of the U.S. Army John F. Kennedy Special Warfare Center and School in Fort Bragg, North Carolina and for the deputy commanding general of Kosovo Forces; commanded a Special Forces company at Fort Carson, Colorado, and in Kosovo; served as battalion executive officer and group operations officer for the 10th Special Forces Group in Colorado and Iraq; did a tour on the Joint Staff in the J3 Deputy Directorate for Special Operations; commanded 1st Battalion, 10th Special Forces Group in Germany and Special Operations Task Force 10 in Afghanistan; became the G3 and chief of staff for U.S. Army Special Forces Command; commanded the 1st Special Forces Group and Joint Special Operations Task Force in the Philippines; became the executive officer to the commander of USASOC; was the deputy commanding general of the 1st Armored Division and director of Central Command Forward (Jordan); served as assistant commanding general with Joint Special Operations Command; became the commanding general of 1st Special Forces Group; and is currently the commander of U.S. Army Special Operations Command. Beaudette is also a graduate of the Citadel, U.S. Army Command and General Staff College and the U.S. Army War College.

“This (induction) means a lot to me,” said Beaudette. “It came as a bit of a surprise in recent weeks and I appreciate it.”

# Breedlove encourages Soldiers to live their faith

By JEAN DUBIEL

Guardian staff writer

FORT POLK, La. — “The world screams, our faith sometimes whispers, and the trick is be able to attune, to listen through the fog,” said retired Air Force Gen. Philip Breedlove, guest speaker for the National Prayer Luncheon held March 14 at Glory Chapel.

“We need leaders of character, both in uniform and those not in uniform,” said Breedlove. “You are here today because you care about your faith, and I thank you for that faith. Our nation needs Soldiers, Sailors, Airmen and Marines to defend it, people who understand what faith is and what it means in their lives — people who live their faith.”

Breedlove, who served for 39 years, was the 17th Supreme Allied Commander Europe (SACEUR); Commander of the U.S. European Command; Commander of U.S. Air Forces in Europe and Africa; and the Vice Chief of Staff of the Air Force.

In his address to those gathered for the luncheon, Breedlove spoke about the first SACEUR, then-Gen. Dwight D. Eisenhower.

“Can you (imagine) what he was thinking about the day before ‘Operation Overlord’ began, the day before he sent the youth of America in tens of thousands across an ocean to a beach to fight — knowing that if it went well, tens of thousands would die and if it didn’t go well, the world’s history would be very different?” asked Breedlove. “Eisenhower was not a man of public prayer, and when he did pray publicly they were typically scripted. But in his memoirs, his prayers were simple. He prayed about you, about Soldiers and what they would face. You can bet he prayed hard a couple of times when he had to delay the operation because of weather and other things, trying to get it right.”

Breedlove said the nation needs prayer “more now than ever before,” as the country struggles with internal and external issues. “But what is also needed right now are leaders of character,” he said. “I would suggest that an important part of character is understanding who you are and who you are not. Do not set some crazy expectation of yourself — that is the first step.”

**“You are the citizen Soldiers that guarantee the freedoms of all the rest of the nation. Lead your life with faith and courage.”**

**Retired Gen. PHILIP BREEDLOVE**  
U.S. Air Force

The second step, according to Breedlove, is living your faith.

“I believe that because I am a Christian, I must begin my character development on my knees in prayer. I think this is correct and true for men and women of all faiths. A leader of



*Retired Air Force Gen. Philip Breedlove looks at his new "Home of Heroes" Army blouse at the National Prayer Luncheon held at Fort Polk's Glory Chapel March 14. Breedlove, the 17th Supreme Allied Commander Europe, was the guest speaker for the event.*

character must begin with that contemplation (of faith.)”

One of the most important prayers for today’s leaders is for wisdom and discernment.

“The world tries to put men and women in boxes, and limit them, and leaders of character have to see through that fog,” he said. “It’s as if the world is a boom box on my right shoulder, and my faith has to fight through it with this tiny voice on my left. I have to train myself to listen first and foremost to my faith, and not the boom box.”

Breedlove said he was grateful for the opportunity to speak at the luncheon and spend time with military service members.

“I am asked all the time, ‘What is it that you miss about the military after 39 years?’ And most people expect me to talk about flying the F16 — and I give them a disappointing answer when I tell them I don’t really miss flying — I miss the people, people just like you,” said Breedlove.

“I deal with a lot of nice, interesting people every day, but their DNA is not like yours. They are not wired to think about the same things that you think about. They are not going to make the sacrifices that you make, no matter if you wear the uniform or support those that do. And that is what I miss most.”

He thanked the guests for their service and for being guardians of freedom.

“Today, less than one-half of one percent of Americans will ever do what you have done — raise their right hand and say, ‘I swear to support and defend the Constitution of the United States against all enemies foreign and domestic,’” he said.

“During the height of World War II, it was almost 24 percent of the nation, in some capacity, that took an oath to defend our nation. You are the citizen Soldiers that guarantee the freedoms of all the rest of the nation. Lead your life with faith and courage.”

At the conclusion of Breedlove’s speech, Brig. Gen. Patrick D. Frank, commanding general, Joint Readiness Training Center and Fort Polk, presented him with a “Home of Heroes” Army blouse complete with name tag and rank, similar to the ones worn by the 1st Battalion (Airborne), 509th Infantry Regiment “Geronimos” when they portray the opposing forces during rotations.

“This isn’t just a Geronimo top, it’s a Home of Heroes top because it represents all of our units on the installation,” said Frank.

Breedlove said he would wear it proudly — somewhere.

“Maybe the next time I testify to Congress!”





JEAN DUBIEL / GUARDIAN

## Cantrell offers 24-hour, seven-day fitness

By JEAN DUBIEL

Guardian staff writer

FORT POLK, La. — The 24-hour gym phenomenon has become a hit with swing shift workers, night owls and early-morning fitness buffs that like to get a good sweat in by 4 a.m. The drawback for Soldiers is that these all-hour fitness centers are members-only, and membership costs money. Plus, you have to drive off post to reach them.

As of March 6, Soldiers at Fort Polk have a 24-hour gym they can use that is not only free but also right here on the installation. Cantrell Fitness Center now operates 24 hours a day, seven days a week.

Located in the 3rd Brigade Combat Team, 10th Mountain Division barracks footprint (1262 Mississippi Ave., next to Glory Chapel and across from the dining facility), the gym offers the latest in exercise equipment and machines, including:

- Free weights, benches and racks
- Plate-loaded equipment
- Kettle bells
- Tire flip
- TRX suspension system
- Rowers, treadmills and elliptical machines
- Upright, recumbent and spin bikes
- Stairmaster
- Jacobs ladder
- Speed bag
- Abdominal workout room
- Showers, restroom and locker facilities

Rebecca Jackson, fitness facility manager for Cantrell, said it was Brig. Gen. Patrick D. Frank, commanding general of the Joint Readiness Training Center and Fort Polk, who wanted to give Soldiers a healthy

alternative for after-hours activity.

"It's also for Soldiers who may be on a late shift, staff duty or CQ (charge of quarters — manning front desk of barracks buildings) to get their work outs in as well."

Jackson said Cantrell's new hours are especially beneficial for Soldiers without transportation. "There are a lot of single Soldiers living in these barracks without vehicles, and since we are the closest fitness facility for them, it just gives them an easy way to get in their physical training."

The after-hours crowd at Cantrell is fairly steady up to 11 p.m., said Jackson. "From 11 p.m. to 4 a.m., it has been a little hit-and-miss, getting one or two people per hour or so, some nights five or six," she said. "The turnout is improving as the word gets out that we are now open."

The only amenities that are unavailable after hours and on weekends are the sauna and the equipment sign out, said Jackson.

Amber Pirtle was working out at Cantrell on a Sunday afternoon. She said the new hours benefit her and her husband.

"I like it because I work different shifts and I can start coming here anytime," she said. "My husband likes it because he gets up at 3:30 a.m. and can't go to the other gyms during that time (because they are closed.) So this really works for us."

Another Sunday afternoon patron, Brandon Queen, said it's a great idea for odd-hour workers.

"It's beneficial for all the Soldiers that work long hours, staff duty shifts, 24-hour shifts because they can now come in after work and exercise, even late at night," he said. "I think it also helps decongest the other gyms."

For more information call Cantrell Fitness Center at 531-1935.



## Briefs

### School lunches

The following school lunch menu is for Vernon Parish schools for Monday through March 29. 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:** Whole grain spaghetti and meat sauce, steamed corn, tossed salad cup, whole wheat garlic bread, watermelon.
- **Wednesday:** Corndog, Bush's baked beans, oven baked fries, mixed fruit.
- **Thursday:** Barbecued beef on whole wheat bun, potato rounds, green Lima beans, fruit.
- **March 29:** Grilled cheese sandwich, vegetable soup, carrots/cucumbers/broccoli cup, apple wedges, chocolate pudding.

### FRG training

Army Community Service will host the following Family Readiness Group training at the Family Readiness Center, 7960 Mississippi Ave., bldg 924:

- FRG key contact training, Wednesday, 8:30 a.m.-noon.
- FRG informal funds training, Thursday, 1-3:30 p.m.

For more information contact Mike Buterbaugh at 531-7087.

### Hiring, education event

Fort Polk hosts a hiring and education event for the military community April 25 at 10 a.m. at the Warrior Fitness Center. Information about education and career opportunities is offered to Soldiers, spouses, retirees, veterans and Department of the Army civilians.

For more information call the Soldier for Life-Transition Assistance Program at 531-1591.

### 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/).

### Toastmasters meet

Toastmasters 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 April 3.

For more information call LaVersa Wiltz at (337) 208-8557.



# Discover benefits of Fort Polk Family Child Care program

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Child care is one of the most important issues military working parents must tackle. Having options for a safe place to bring their children is paramount. Fort Polk offers its Soldiers and Families those options with quality child development centers, as well as a lesser known option — the Family Child Care Program (FCC), which offers military-based home child care.

FCC allows military Families to leave their children with a trained and authorized provider in a home environment. FCC is also available to civilian Department of Defense employees.

There are currently six authorized FCC homes at Fort Polk. For a post this size, that's a small amount, said Jean Wadman, Child and Youth Services coordinator. "We want the program to grow," she said.

Wadman said she started as an FCC provider in 1986 and turned her training into a life-long career.

"After working as a provider I moved on to a child development center. Thirty years later I'm the coordinator for CYS and running the whole show," she said.

Valerie Hammond, Fort Polk CYS Family Child Care director and trainer, also started as an FCC provider and worked her way up through the CYS system.

"For me, the biggest motivation was that it was a great opportunity to help bring in an income. When I opened my home, I had two small children of my own who weren't in school. It allowed me to stay at home with my kids," she said.

Hammond said she feels the biggest issue with people not taking part in the FCC program is a lack of awareness.

Wadman said the lack of qualified FCC providers here may mean there is unauthorized child care taking place at Fort Polk. "We want to educate the Fort Polk community about the fact that you aren't supposed to do that," she said.

Hammond said she they aren't trying to discourage Families from helping one another once in a while when they need someone to watch their children.

"That's part of being a strong military community. Neighbors can watch children while parents attend classes, shop, go to a doctor's appointment and more. It only becomes an issue when a person goes from helping out a friend to turning child care into an unauthorized business within government housing. If they want to do that, they have to become an authorized FCC provider," she said.

Regulations state that unauthorized child care is any care given or provided in a home in excess of 10 hours per week that is being provided on a regular basis without the proper certifications, which is a violation of the housing lease agreement.

A "child care" hour is defined as one child for 10 hours per week or two children for five hours per week each. Children from the same Family count as one child.

Heather Owens, CYS program operations specialist, is a former FCC director. She said she loves the FCC program and wants to see it grow at Fort Polk.

"I think it's a fantastic option for Soldiers and



*Xenia Vazquez, a Family Child Care provider, works with her little helpers to clean up toys and blocks from playtime.*

Families that don't want to enroll their children at a CDC," she said.

Owens said some Families feel their child may be more comfortable in a home.

"Parents can take comfort in the fact that an FCC provider is still following the same curriculum, as well as teaching the same concepts for social and emotional development, but in a home setting," she said. "The providers also form a really strong relationship with the Families of the children they help care for."

The ratio of child to provider is low with a maximum of six children, and FCC providers are able to offer multi-age care (ages 4 weeks to 12 years old), so siblings can stay together. In addition, the cost is 15 percent less than facility-based care.

Providers undergo extensive training to include CPR and first aid, developmentally appropriate practices and more, said Owens.

"They have to meet the same standards a center does, but they are a one-woman (or man) show," she said.

Wadman said the FCC program isn't baby sitting. "It is child development in the home," she said.

In addition to training, the FCC program offers many benefits for military Families, said Wadman.

"The program is designed to help meet the Soldier's mission. There is a flexibility that fills a gap when odd schedules and training doesn't stop and a child development center closes at 6 p.m.," she said.

FCC is regulated, said Wadman.

"We visit the homes weekly. Potential providers go through a thorough background check, the same one the centers use — their Family members go through a minimal background check," she said. "They are inspected four times a year — three times by the installation and once by Army higher headquarters."

As far as home visits go, Hammond said she doesn't want providers to feel intimidated — she doesn't just make visits for inspections.



*Dylan Davis, 4, happily twirls like a ballerina as she picks up blocks at her FCC provider's request.*

"I also make friendly visits to see how things are going or if they need anything. I'm part of the support system for the providers," she said.

Stacey Delgado, Fort Polk Employment Readiness program manager, said another benefit for Families using the FCC program is that military Families understand military life.

"An FCC provider has a built-in understanding of events like deployments and training and the types of behaviors they might see as a result of military life. These types of behaviors — separation anxiety and so forth — are just some of the things providers are trained to combat," she said.

On the flip side, Wadman said there are also many advantages to becoming an FCC provider.

**Please see Family, page 10**



# North Polk Elementary pedals away for Trike-A-Thon event



North Polk Elementary students line up to take part in a trike-a-thon March 15 to support St. Jude's Children's Research Hospital. Students brought bikes and tri-cycles to ride around the parking lot circle in front of the school for a good cause while also having some fun.



Safety first! NPE staff help some of the students put their helmets on before the trike-a-thon gets started March 15.

Please see **Pedal**, page 11

## Family

Continued from page 9

"Your potential to earn an income, depending on how much you want to work and the flexibility of your schedule can be really good," she said. "Earning potential depends on the number of children you care for and what type of care the provider is offering. On average, a provider can make about \$600 per child per month or more."

FCC can also open the door for employment at child development centers because providers already have all the proper background checks and training, making it an easy transition, said Wadman.

After Hammond and her Family moved to Fort Polk, she said she was an FCC provider for about a year.

"I stopped after my Family purchased a house off post. I applied for and got a job at a CDC center, which was easy thanks to all my FCC training and experience. I also used my training as an FCC provider to transfer into college credits. That was a big help when I was working toward my degree," she said.

Hammond said being a provider is a portable career.

"Once they have the initial training, their spouse is active duty and they remain in government housing, they can pack it up and take it from installation to installation as their Family moves on to their next duty station," she said.

Owens said many providers choose this career because they have young children.

"They want to be able to raise their child while working from home and still make a good income. FCC provides them that opportunity," she said.

Delgado said many spouses want to work from home and that's exactly what becoming an FCC provider is all about.

"Information and awareness is key to getting the word out when spouses ask about job opportunities at Fort Polk," she said. "I think this type of career is a lot more beneficial than taking on a customer service position. It's providing spouses an avenue to further their education while helping them bring in a paycheck."

Don't get frustrated with the amount of time it takes to become official in the program, said Wadman.

"We live in a microwave society where everyone wants things done right now, but it takes time," she said.

Hammond said the process can take anywhere from three to six months for a provider to be fully operational depending on training time.

For spouses that are interested in becoming an FCC provider, Hammond hosts orientation briefings on the second and fourth Thursday of each month at Child and Youth Services, bldg 400.

"That's where we introduce the program and explain all of its requirements. After the orientation, you receive an application packet, fill it out and turn it back in. That gets the process started," she said. "We also assist the provider with start-up costs. CYS has a lending library with supplies and materials, so the costs for the provider are minimal. The program also assists providers with food costs."

Owens said she has seen providers begin the training and fall in love with the process.

"I've had them tell me they don't know what they would do if they weren't able to work from home," she said.

Xenia Vazquez, has been a Fort Polk FCC provider a year and a half. She said she likes being with the kids, which allows her to take care of her son at the same time.

"The process took a while but it has been worth it. I was determined to be a provider," she said. "I love helping these kids learn while feeling secure in a home environment. I think their parents also feel comfortable leaving their child in what they feel is a safe place."

For more information call 531-1961.



Xenia Vazquez, a Family Child Care provider, gives Jaxon Davis, 23 months (right), and Andrew Varrasco, 11 months, a little extra attention.



# Pedal

Continued from page 10



Get set, go! North Polk Elementary students, led by Lee Coriell, NPE principal, pedal for St. Jude's Children's Research Hospital at its annual trike-a-thon March 15.



Atley Romero, 5, seems to enjoy riding her bike at the NPE trike-a-thon.



Rhea Dauser, 4, gives her baby doll a ride while participating in the trike-a-thon at NPE March 15.



Parents line up to watch their kids pedal around the NPE parking lot at the trike-a-thon held March 22.



Christopher Magley, 4, races around the NPE circle in a cool shark helmet March 15.



Savannah Pierce, 4, (left) and Zya Riney, 4, look like they are having a ball at the NPE trike-a-thon.



# Polk CYS basketball players take trip to NOLA

## CYS SPORTS

FORT POLK, La. — The Directorate of Family Morale, Welfare and Recreation’s Child and Youth Services Sports program made a trip to New Orleans March 16 to watch the hometown Pelicans take on the Dallas Mavericks in a Military Appreciation Night contest.

The youngsters were treated to hot dogs, popcorn and soda in one of the Pelicans’ VIP suites before joining the pros on court for pregame introductions.

John Stromberg, CYS sports director, said a great time was had by all.

“The kids were paired up with one of the Pelican players during the introduction and got to shake hands and give high fives to them as they took the court,” Stromberg said. “The Pelican organization treated us well.”

Prior to the pregame meal, two Fort Polk youth teams took the Pelicans’ home court and were allowed to play a game.

“This is something these kids will remember for the rest of their lives,” Stromberg said. “To actually play on a professional team’s court is amazing.”

The photos on this and the following page show the youth at play during the event.

Please see **Pelicans**, page 13



JOHN STROMBERG / CYS





# Pelicans

Continued from page 12



JOHN SQTOMBERG / CYS



# Sports

*Mitchell McDonald (with ball), Forward Support Company, 46th Engineer Battalion, shoots over Quinterra Ilion (10) and Marquel Lemons (1), 32nd Hospital Center, as teammate Brandon Harrell looks on in the FSC's 38-28 win in the championship game of the Fort Polk Intramural Sport's battalion level basketball tournament March 20.*



## Engineers topple medics to claim crown

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — Granted, Forward Support Company, 46th Engineer Battalion, was favored headed into the finals of the Fort Polk Intramural Sports battalion-level basketball tournament finals March 20.

The Engineers had just won the regular season intramural league and tournament titles and appeared poised for a sweep as they were facing basically the same teams they had squared off with all season.

But as they prepared to face the 32nd Hospital Center in the finals, they encountered a major hurdle — they had only four players.

Basketball aficionados will tell you the game calls for five players, although technically, it's not necessary. But when your opponent has five players and you only have four, it definitely puts the undermanned squad at a disadvantage.

Undaunted, the FSC foursome toppled the medics 38-28 to claim the title as undisputed champions of Fort Polk for 2019.

At the game's outset, it appeared the hospital squad would use its extra player to its advantage. With about 5 minutes gone in the first half, 32nd HC led 11-2, but the FSC players maintained their composure and gradually cut into the lead, finally moving in front 15-14 with four minutes left in the half. The engineers led 20-18 at halftime.

The score remained close in the early minutes of the second half, but a technical foul called on one of 32nd HC players for shoving a FSC player signaled a momentum change and FSC slowly pulled away to its 10-point win.

Ron Bartley, who tallied 15 points to lead the engineers and served as the team's coach, said the above-mentioned technical foul was the turning point of the game.

"Once they got that tech, it was a mental

buster for them," Bartley said. "People don't realize the game is 80 percent mental and only 20 percent physical. Once they began worrying about the refs and calls, we knew they were done and we started using our mental game against them."

Corey Washington added 13 points to join Bartley in double figures for FSC.

Bartley said having defeated 32nd HC four times earlier in the year gave his teammates confidence they could win again, even with the numbers stacked against them.

"We won the company level, and we all knew each other's game and accepted our roles," Bartley said. "That makes the game a lot easier. I told our guys 'KYP' — know your personnel. You could have only three guys and you can still win. We all have good basketball backgrounds and that helps, no matter the circumstances."

And while the earlier wins gave his team confidence, Bartley said he also thinks it got into the heads of the 32nd HC players.

"We had played them before and knew what kind of team they were," he said. "I think it was a mind thing with them; we had beat them before and that was part of the battle."

While Bartley and Washington were the big scorers for FSC, the coach said center Brandon Harrell was probably the biggest reason their team won.

"He's our work horse," Bartley said of Harrell. "He doesn't say anything about not getting the ball; he just wants to play defense and rebound, and that's exactly what he did tonight. It seemed like he grabbed every rebound."

Bartley said Harrell showed no effects of an ailment he complained about before the game began.

"He said he had a bad back, but he's young," Bartley said. "He can take it."

Jhovane Bailey scored 14 points to pace 32nd HC.

## Sports briefs

### Soccer event

Fort Polk Intramural Sports hosts a seven-on-seven soccer tournament Monday through Wednesday from 6-9 p.m. at the Soldiers Athletic complex.

The tourney is open to active-duty Soldiers, Family members, retirees and Department of the Army civilians age 18 and up.

Register at [Eventbrite.com](https://www.eventbrite.com). Call 531-2056 for more information.

### Golf scramble

Wednesday night golf scrambles at Warrior Hills Golf are ongoing and run through Sept. 5.

Sign up by 4:45 p.m. for 5 p.m. shotgun start. Cost is \$20 for members, \$25 for non-members.

Price includes cart, golf and prizes. For more information call 531-4661.

### Strongest youth

A strongest youth competition is held Saturday at Perez Field. Register on site at 9 a.m. Contest begins at 10 a.m. Free and open to the public.

Age categories: 8-9; 10-11; 12-14; and 15 and up. Events include log toss, tire flip, sled pull and more. Call 531-6004 for more information.

### Gymnastic classes

The Directorate of Family Morale, Welfare and Recreation Child and Youth Services hosts the following gymnastic classes at bldg 2070, Youth Gym:

- Parent and child gymnastics, ages 12 months to 3 years, Mondays at 10 a.m., 10:30 a.m. and 11 a.m., and Fridays at 5:30 p.m., \$25 a month.

- Preschool gymnastics, ages 3-5 years, Monday, Tuesday and Friday 4:30 p.m., and Wednesday 11 a.m., \$35 a month.

- School age gymnastics, ages 6-9 years, Mondays at 5:30 p.m. and Wednesdays at 6:30 p.m., \$45 a month.

- School age gymnastics, ages 10 and up, Wednesdays at 5:30 p.m., \$55 a month.

Children must be registered with CYS.

Call 531-6004 for more information.

### Jiu Jitsu classes

The Fort Polk Directorate of Family Morale, Welfare and Recreation and Child and Youth Services offers Brazilian jiu jitsu classes for ages 6 and up for \$48 a month. Classes are held in bldg 744 Tuesdays and Thursdays from 5:30-6:30 p.m. and 6:30-7:30 p.m.

Participants must be registered with CYS. Call 531-6004 for more information.



# Measles: Global health concern hits close to home

By TONI PRITCHARD, BSN, MSN, EDD  
Army Public Health Nurse

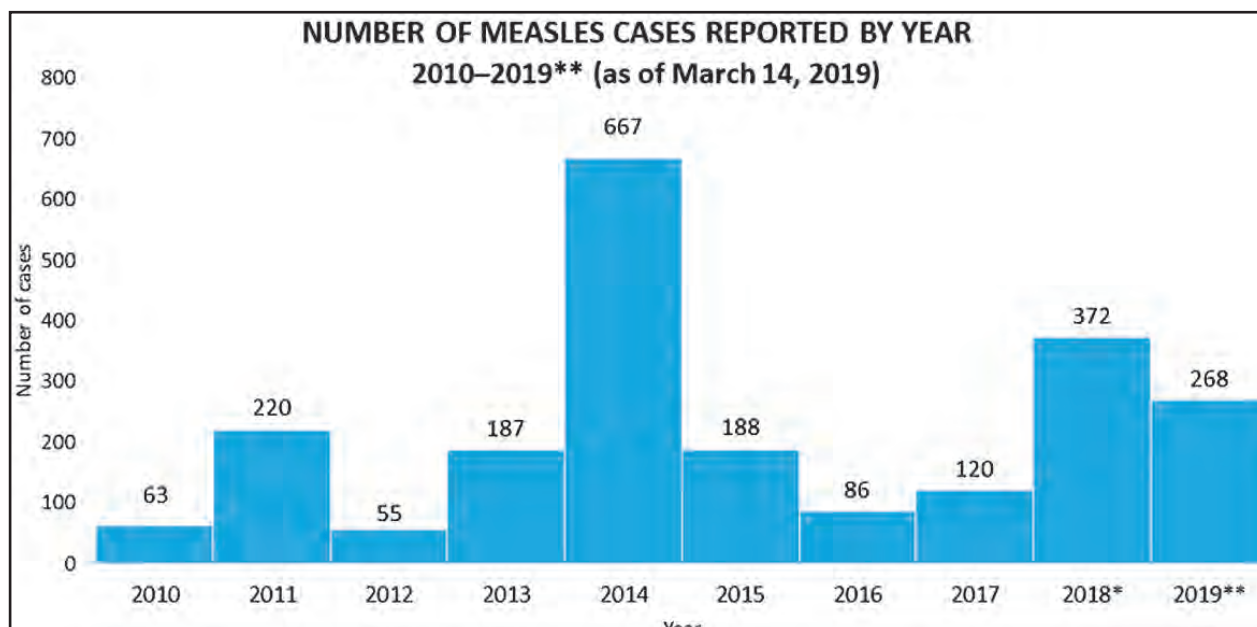
FORT POLK, La. — Nineteen years after the Centers for Disease Control and Prevention declared that measles had been “eliminated” from the United States, there are outbreaks taking place around the country.

In 2018 there were a total of 372 cases of measles in the United States. So far this year, the CDC has documented over 260 cases of measles in 15 states; there are reports of outbreaks (defined as three or more cases) in California, Illinois, New York State, New York City, Texas and Washington. The CDC has linked these outbreaks to travelers who brought the disease back from areas of the world where large measles outbreaks are occurring.

In 2018 the CDC identified 82 people who brought measles into the country; the highest number of imported cases since 2000. Areas of the world where travelers are contracting the measles virus include Israel, Ukraine, Somalia and the Philippines. The U.S. Department of Commerce reported that 93,038,257 international trips originated in the U.S. in 2018, while some travelers made multiple trips. The volume of travel is unprecedented.

Prior to 1963, when measles vaccinations became available, up to 4 million people per year in the US caught the measles. Of those, 48,000 were hospitalized; 4,000 developed encephalitis (swelling of the brain) and 400-500 people died of the disease annually. Today, measles continues to be a leading vaccine-preventable killer of children around the world.

Measles, also known as rubeola is a childhood infection caused by a virus which is spread by airborne droplets (coughing and sneezing) and can live for up to two hours in the airspace where the infected person coughed or sneezed. The CDC estimates that 90 percent of unvaccinated people exposed to the virus will become infected.



Symptoms of measles usually appear seven-to-14 days after the person is infected and include a high fever, cough, runny nose and red watery eyes. Small white spots (Koplik spots) may appear inside the mouth two-to-three days after the onset of symptoms.

Measles rash is usually seen three-to-five days after symptoms begin. The rash typically starts out as flat red spots on the face and hairline and spreads down the body and small raised bumps may develop on top of the red spots. With the onset of the rash the patient may also spike a fever of 104 degrees or higher.

Complications associated with measles can be serious, especially for children under the age of 5 and adults over the age of 20. The CDC reported that one in 10 children with the measles will have ear infections which can result in hearing loss; one in 20 children with measles will get pneumonia, the leading cause of death associated with measles in young children; and one out of every 1,000 children who gets the measles will develop

swelling of the brain which can cause hearing loss and/or impaired intellect and death.

The measles vaccine is administered as two doses. The Advisory Committee on Immunization Practices and the CDC recommend the first dose of measles vaccine be given between ages 12 and 15 months old, and the second dose with the 4-6 year old vaccines. Persons born before 1957 are considered to be immune since they were most likely infected and developed natural immunity.

However, if you were born after 1957 and vaccinated between 1957 and 1975, and are planning to travel overseas, you may need to be re-vaccinated since the vaccine induced acquired immunity may diminish over time.

For more information visit the following:

- Centers for Disease Control and Prevention (CDC), <https://www.cdc.gov/measles/>.
- U.S. Department of Commerce, International Trade Administration, National Travel and Tourism Office (NTTO), <https://travel.trade.gov/>.

## Eat well, live well by following proper dietary guidelines

WWW.HEALTH.MIL

FALLS CHURCH, Va. — Who doesn't have a friend or family member trying out the latest paleo, keto or other diet that eliminates processed foods including grains and sugar? Perhaps you are the one following a strict eating regimen because you want to improve your health. But have you wondered if it's your best option?

"Many of the fad diets that we see today are just recycled old ones with new names," explained Lt. Col. Saunya Bright, chief, health promotion nutrition, Air Force Medical Support Agency, Falls Church, Virginia. Bright described the Paleolithic or "paleo" diet as one including foods that can be hunted or gathered, such as meat, fish, chicken, eggs, vegetables, fruits and berries. The ketogenic or "keto" diet is a low-carbohydrate, high-protein and high-fat eating pattern meant to burn fat rather than carbohydrates for fuel.

While some of these diets emphasize eating more fruits and vegetables and less processed food, "some also cut out complete food groups, such as whole grains and dairy," said Bright. She cautioned that such diets are difficult to sustain

over long periods. "Eliminating food groups or types of foods increases the risk of some nutrient deficiency or disordered eating."

1st Lt. Vladi Ivanova, chief, outpatient and community nutrition at Madigan Army Medical Center, agreed. "Following a keto diet means eliminating a full food group. When we restrict certain foods, our bodies notice and may not respond in the way we want."

Options and choices about what to eat, from diets to trendy snacks and drinks, are plentiful. The result is confusion, according to Ivanova: "My patients are asking a lot of questions, whether a diet is good or bad, or if eating certain foods will help them lose weight. They are overwhelmed by all of the information available."

According to Bright, a return to the basics is what's needed. "The most important suggestions for good nutrition are captured in the 2015-2020 Dietary Guidelines for Americans," she said.

These guidelines, developed jointly by the U.S. Departments of Health and Human Services and Agriculture, provide evidence-based tools and resources that enable everyone to follow a healthy eating pattern for life.

Ivanova likes to use "MyPlate," a tool devel-

oped by the U.S. Department of Agriculture, as a visual aid with her patients. "It shows how to fill a healthy plate of food: One-half should include fruits and vegetables, one quarter whole grains, and one quarter lean protein," she said.

Using the guidelines, both experts agreed that a healthy eating pattern includes a variety of vegetables; whole fruits; fat-free or low-fat dairy, including milk, yogurt and cheese; and a variety of proteins, including seafood, lean meats and poultry, eggs, beans, nuts and seeds.

Bright said to avoid excess sugar, sodium and saturated and trans fat as part of establishing a healthy eating pattern.

"With all the new and trending foods, it's important to consider how substituting a certain type of food with another can impact your nutritional intake," she said. "There are instances where foods that are advertised as 'lower fat' or 'no fat' contain increased sodium or sugar, so being aware of trade-offs is important."

Ivanova said good nutrition is key to service members' ability to carry out their mission as well — responding to their needs for quick, healthier meals on-the-go, and also ensuring their families are making good choices.



# Spring perfect time to poison proof homes, work spaces

## FORT POLK SAFETY OFFICE

FORT POLK, La. — National Poison Prevention Week is the perfect time to poison proof your home and protect loved ones. Poisons are everywhere and can affect anyone, anywhere at any time of life.

Protect yourself and others from being poisoned by learning what a poison is, who is at risk, and how to prevent a poisoning from happening.

### What is a poison?

A poison is anything that can harm someone if it is used in the wrong way, by the wrong person or in the wrong amount. Some poisons may be harmful if they come into direct contact with your eyes or skin. Others may be toxic if you breathe them or swallow them. Poisons can come in four forms: Solids (such as pain medicine pills or tablets), liquids (such as household cleaners, including bleach), sprays (such as spray cleaners) and gases (such as carbon monoxide).

### Who is at risk?

You may think poisoning affects only a certain group of people — such as young children or older adults. This, however, is not true. Anyone, regardless of their age, race, ethnicity or career, can be poisoned. According to the Health Resources and Services Administration, in 2008, 2.5 million people called a poison center because someone had been exposed to a poison. Children under age 6 accounted for half of all human poison exposures reported to poison centers. However, adults are also at risk. That year, more than three-quarters of all poisoning deaths reported to poison centers occurred among people ages 20 to 59.

### What are the risks throughout life?

Certain kinds of poisonings are common among specific age groups. For example, older adults specifically need to be aware of the poisoning risks involved with taking prescription medications. Children are commonly poisoned through painkillers, cosmetics, personal care or cleaning products, pest killers and plants. Pre-teens through older adults are commonly poisoned through herbal products, prescription drugs, alcohol, over-the-counter medicines and spoiled food.

People of all ages may be stung by a bee, splashed with a chemical or exposed to carbon monoxide in their homes.

### What can you do?

- Do not panic. Not all medicines, chemicals or household products are poisonous. Not all contact with poison results in poisoning. Follow the advice you receive from your poison center.

Some additional first steps include:

- If the person inhaled poison, get to fresh air right away. If the person has poison on the skin, take off any clothing the poison touched. Rinse skin with running water for 15 to 20 minutes. If the person has poison in the eyes, rinse eyes with running water for 15 to 20 minutes. Poison proof your home.

More than 90 percent of the time, poisonings happen in people's homes. The majority of these poisonings occur in the kitchen, bathroom and bedroom.

That is why it is important to follow simple steps to prevent a poisoning from happening at home. Teach your family to never touch or put anything in their mouths unless they know what it is.

### Carbon monoxide

- Have a working carbon monoxide detector in your home. The best places for a CO detector are near bedrooms and close to furnaces.

### Household products

- Keep products in their original containers. Do not use food containers (such as cups or bottles) to store household cleaners and other chemicals or products. Keep all laundry products locked up, high, and out of the reach of children.

### Chemicals

- Keep antifreeze and all chemicals and household products in their original containers.

### Back to school/art supplies

- Some art products are mixtures of chemicals. They can be dangerous if not used correctly. Make sure children use art products safely by reading and following directions. Do not eat or drink while using art products. Wash skin after contact with art products. Clean equipment. Wipe tables, desks and counters. Keep art products in their original containers.

### Food

- Wash hands and counters before preparing all food. Store food at the proper temperatures. Refrigerated foods should not be left out at temperatures above 40 degrees F (5 degrees C). Use clean utensils for cooking and serving.

### Animals/insects

- Know what poisonous snakes live in your area and wear proper attire when hiking outdoors.

- Check the label on any insect repellent. Be aware that most contain DEET, which can be poisonous in large quantities.

Find more information and useful tips and tools at <https://poisonhelp.hrsa.gov/>.

## Poison emergency

If you or someone you know may have been poisoned, call the toll-free Poison Help line right away at (800) 222-1222, which connects you to your local poison center. If the person is not breathing, call 911. Do not wait for signs of a poisoning before calling the Poison Help line. When you call, you will speak with a poison expert at your poison center.

## LUNG CANCER? Call Now !

Asbestos exposure at refineries, shipyards, chemical plants, power plants, pipelines, on ships, offshore rigs, or other maritime jobs, industrial, construction, manufacturing jobs, or the military may be the cause. Family in the home were also exposed. Throat, Stomach, and Colon cancers may also be asbestos related.

Call 1-866-377-6209 or email [cancerLA@breakinginjurynews.com](mailto:cancerLA@breakinginjurynews.com).

\$30 billion is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit.

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\*Individual Plan. Coverage not available in all states. Acceptance guaranteed for one insurance policy/ certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY, call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN) 6197AW19-1034

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**318-238-4050**

**32<sup>ND</sup> ANNUAL ACADIANA RV & BOAT SHOW**

**Cajun Field • March 29-30-31**  
**AcadianaRVBoatShow.com**



# 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.

BOSS meetings are held the second and fourth Wednesday of each month from 10-11 a.m. at the Home of Heroes Recreation Center. The next meeting is March 27.

## Festivals

### • Shreveport festival

Crawfest is an admission free, family friendly event held today and Saturday at Shreveport's historic Betty Virginia Park from 11 a.m.-7 p.m.

Enjoy a long list of live entertainment thanks to a wide range of performances by local and regional talent.

A family fun zone features a

kids carnival atmosphere, with bouncies, putt-putt, rock climbing and more. If you aren't in the mood for crawfish, a wide range of other food is also available.

For more information visit Facebook at Crawfest at Betty Virginia Park.

### • Film festival

If you love movies, you might enjoy the Cane River Film Festival today and Saturday in historic downtown Natchitoches.

The event highlights the work of student/independent filmmakers and Natchitoches' contribution to the film industry.

The festival's mission is to showcase, nurture and support emerging creative filmmakers. For more information visit

[www.caneriverfilmfestival.com](http://www.caneriverfilmfestival.com).

### • Boudin festival

Have you tried the Louisiana favorite called boudin? If not, you aren't going to want to miss the Boudin Festival held in Scott, a lit-

tle more than two hours away from Fort Polk along Interstate 10. The festival takes place April 5-7.

There will be live music, fun carnival rides and plenty of chances to eat tasty Louisiana treats, especially boudin.

For more information visit [www.scottboudinfestival.com](http://www.scottboudinfestival.com).

## Miscellaneous

### • Azalea trail

Enjoy the first blooms of spring on the historic azalea trail. The Lafayette Azalea Trail winds through the historic districts, grand boulevards and streets of Lafayette with about 20 miles of

floral splendor within the city's urban core. Some of the bushes are more than 80 years old.

For more information visit <https://azaleatrail.org/>.

### • 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.

Please see **Lagniappe**, page 20

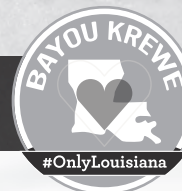


## GET THE KIDS TO LOOK UP FOR ONCE

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“

As a teacher in Louisiana, I oftentimes find myself dipping into my own pockets to purchase needed learning materials and basic necessities for the kids in my class.

”

I love being an educator, but my personal finances shouldn't have to suffer just because I want the best for my students.

- Lauren Justice -  
Teacher • East Baton Rouge Parish

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Great Public Schools for Every Child

**LOUISIANA** ASSOCIATION OF EDUCATORS

[WWW.REDFOREDLA.ORG](http://WWW.REDFOREDLA.ORG)



# Kisatchie Forest offers plethora of spring sights

By **CHUCK CANNON**  
Guardian editor

FORT POLK, La. — Spring in Central Louisiana means flowing trees and shrubs bursting forth throughout the Kisatchie National Forest, located on the border of Fort Polk.

Dogwoods, wild azaleas, crab apples, wild plums, Bradford pears and other seemingly nameless showy blooms add color to the deep green pines and hardwoods that populate Kisatchie.

The pink wild azaleas populate nearly every bubbling stream and placid lake that calls wide-ranging forest home. Look to the skies and

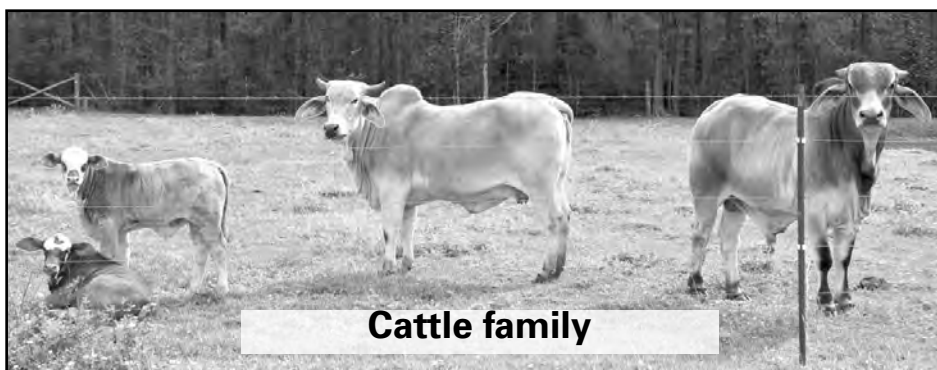
you're apt to spy a bald eagle; peer closely among the trees and you might catch sight of a squirrel, rabbit, deer or fox.

Interspersed in the forest are homesteads where you can glimpse ageless barns and herds of sheep and cattle. There is even a cave — Wolf Cave — to explore, if you dare.

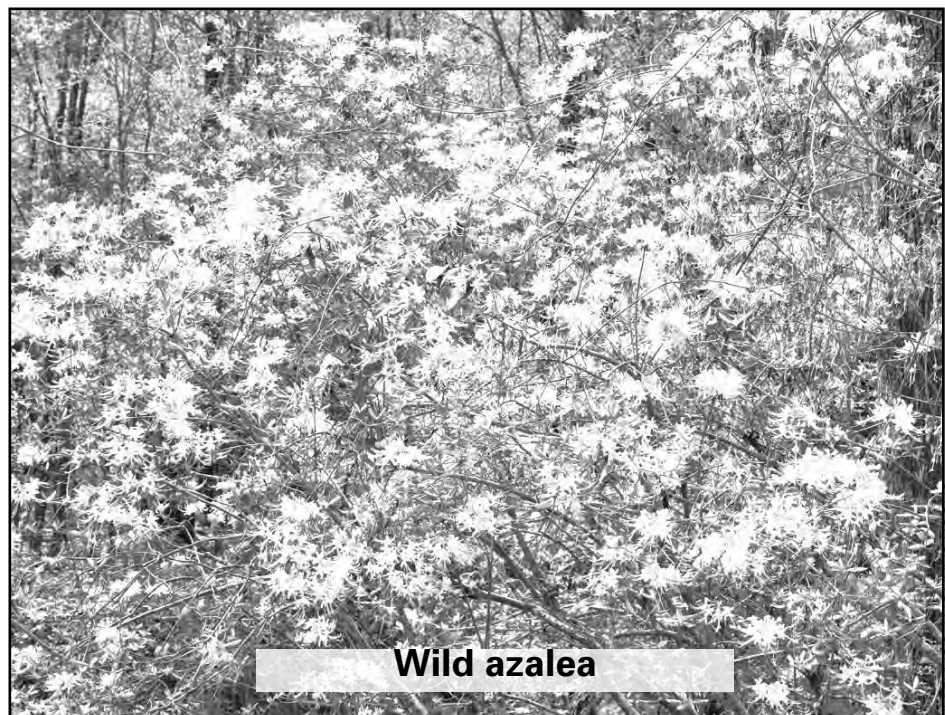
And it's all within minutes of Fort Polk.

To enjoy a day in Kisatchie you can drive La. Hwy 10 on the south side of Fort Polk, or head north on La. Hwy 117. Either trip will soon have you looking at sights such as those seen on these pages.

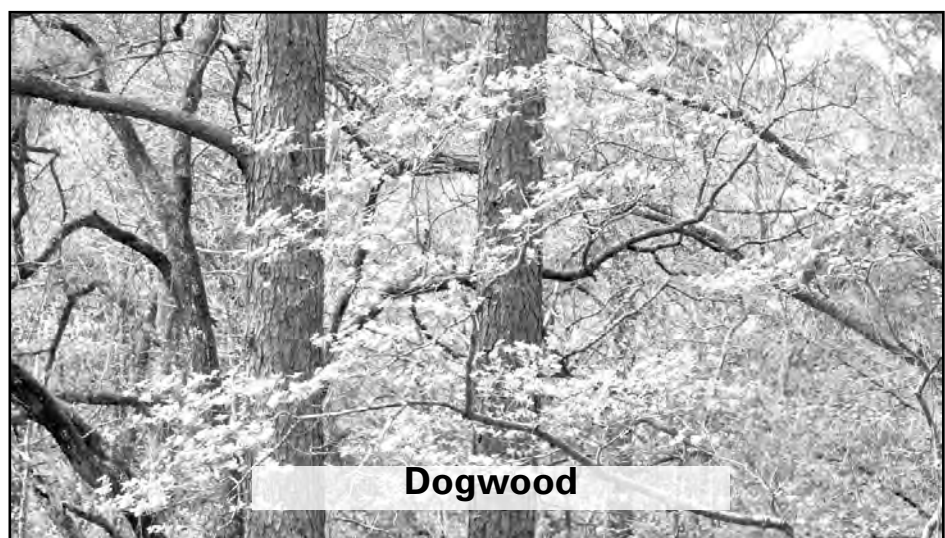
Please see **Kisatchie**, page 19



**Cattle family**



**Wild azalea**



**Dogwood**

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# Girls Weekend

## Natchitoches, La

April 5th-7th, 2019

FOR MORE INFORMATION CALL 318.652.7078

WWW.GIRLSWKND.ORG





Butterfly dining on wild azalea



Wild crab apple



One of the creeks meandering through Kisatchie National Forest.

CHUCK CANNON / GUARDIAN

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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.





# Lagniappe

Continued from page 17

## • CyPhaCon

If you love anime, science fiction, fantasy and gaming genres, don't miss CyPhaCon, a sci-fi/fantasy and gaming culture convention in Lake Charles April 12-14 at the Lake Charles Civic Center. Tickets can be purchased on the CyPhaCon website, via the Civic Center box office, or through Ticketmaster.

For more information visit [www.cyphacon.org](http://www.cyphacon.org) or the Facebook page at [www.facebook.com/cyphacon](http://www.facebook.com/cyphacon).

## • Symphony feast

The Lake Charles Symphony hosts its annual Wild Beast Feast April 6 from 5-8 p.m. at VFW post 2130, 5676 Lake St., Lake Charles. The event features culinary creations of game including pork, poultry and seafood from local cooking teams, with a dash of Cajun flair.

Prizes will be awarded to the top three chef teams, as well as a people's choice award.

Live entertainment is provided. General admission is \$50 per person or \$25 per student. For more information or to purchase tickets go to

[www.lcsymphony.com](http://www.lcsymphony.com).

## • Ballet performance

Celebrating 50 years, Lake Charles Civic Ballet (LCCB) and the Southwest Louisiana arts community present Assemblé 2019 — A Dance Down Memory Lane, Saturday and Sunday at the Lake Charles Civic Center, 900 Lakeshore Dr. Excerpts from select pieces that were originally created and performed in Southwest Louisiana over the past 50 years will be performed, including an excerpt from Alice in Wonderland (Assemblé 2017), Hungarian Dances (choreographed by LCCB founding member Libby Lovejoy), and the all-time favorite, Louisiana Saturday Night, accompanied on-stage by local Cajun band Chris Miller & Bayou Roots.

For more information, contact the Lake Charles/Southwest Louisiana Convention and Visitors Bureau at (337) 436-9588, or visit [www.visit-lakecharles.org](http://www.visit-lakecharles.org).

## • Concert series

The City of Leesville, in conjunction with KJAE radio, hosts the 2019 Leesville Concert Series each Friday on the Polk stage in downtown



Leesville at the corner of Texas and Fourth Streets at 6 p.m.

The event includes live music, food trucks and encourages dancing. The lineup is as follows: April 5 — Casey Peveto Band, April 12 — The jazz sounds of Robert Richard, April 19 — Dani Lacour, April 26 — Michael Kuk and May 3 — Rootsicana.

## 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 April 3. For more information call Miguel Moyeno at (636) 577-4274.

### • 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 next meeting takes place Tuesday. The March tournament takes place on Sam Rayburn Lake March 30. The entry fee is \$40.

For more information call (337) 535-7591 or visit [www.fortpolkcommunitybassmasters.com](http://www.fortpolkcommunitybassmasters.com).

### • Lose weight

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

## OPEN ENROLLMENT FOR 2019-2020

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Fax: 337-239-0714

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Website: [Leesvillefaca.org](http://Leesvillefaca.org)

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# Fort Polk Guardian

www.thefortpolkguardian.com

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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

### SCHOOLS

**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.

### FOR SALE

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

**VACATION PACKAGE FOR SOUTH PADRE ISLAND** from 19 May to 26 May 2019. You will stay at the Royal Beach Tennis Resort. Asking \$500, Call 337-396-1832 for more Information.

**PRO-FORM TREADMILL** for sale. Asking \$100. Call 337-396-1832 for more information.

### FOR RENT

**ONE BEDROOM HOUSE** with two baths and Townhouses (\$700 per month), References required. Call 318-793-8901

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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.

### STATEWIDES

**PREGNANT? CONSIDERING ADOPTION? CALL** us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-855-780-8359 (LA-SCAN)

**APPLYING FOR SOCIAL SECURITY DISABILITY OR APPEALING A DENIED CLAIM?** Call Bill Gordon & Assoc., Social Security

Disability Attorneys, 1-844-883-2045 FREE Consultations. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. (TX/NM Bar)] (LA-SCAN)

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\* Advertising is FREE for soldiers, family members and DA civilians.

\* Businesses will not receive free advertising. All business ads must be prepaid. We accept Visa and Mastercard.

(This includes child care, quarters-cleaning, or the sale and/or breeding of multiple pedigreed/registered animals)

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

Turn in ads to the Public Affairs Office, Bldg. 4919, Magnolia Dr.  
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  
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Advertisement: In 25 words or less (one word per block) give description, price, telephone number and other pertinent information. For garage sales, list time, date and location.


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.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Phone: \_\_\_\_\_



# Fort Polk Guardian

www.thefortpolkguardian.com

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