



# FORGING THE

# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

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## Geronimos compete at Best Ranger event

### GUARDIAN STAFF

FORT POLK, La. — The U.S. Army Best Ranger competition began at 6 a.m. April 12 with a mass run from Camp Rogers, Georgia and continued at Fort Benning, Georgia with an obstacle courses, a swim in uniform, weighted carries, weapons ranges, marches, night land navigation and more.

Each day of the competition lowered the number of teams from the initial 28, and during the third and final day April 14, only 16 teams were allowed to continue and finish.

A team from the 1st Battalion (Airborne), 509th Infantry Regiment participated in the grueling event, and though an injury prevented them from completing the race, their efforts were lauded by their leadership and the installation command team.

First Lt. Morgan Ashmead and 1st Lt. Russell Mortinger were recognized by Brig. Gen. Patrick D. Frank, commanding general, Joint Readiness Training Center and Fort Polk, and Command Sgt. Maj.

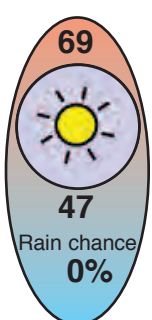
David W. Bass, JRTC and Fort Polk command sergeant major, who presented the two-man team with coins as a thank you for their dedication to the warrior spirit and taking on such an immense challenge.

The Best Ranger competition was just one of three multi-day races taking place during Infantry Week at Fort Benning. Other events included the Best Mortar Competition the Lacerda Cup combatives tournament. While Ashmead and Mortinger were engrossed in their challenges, another 509th team was working hard to achieve fifth place in the Best Mortar competition.

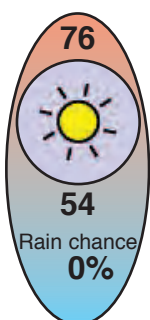
The four-man team, Staff Sgt. Steven Oser, Sgt. Antonio Hernandez, Spc. Orlando Iniguez and Spc. Dylan Tratten, endured numerous physical and mental challenges that tested their skill levels, pushed their limits and challenged their abilities. They placed fifth overall, and were also awarded coins from the command.

See the April 26 edition of the Guardian for a full story on these

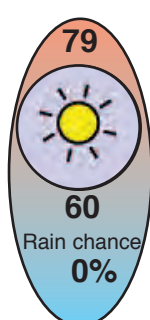
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# Viewpoint

## Silence no way to deal with sexual abuse

By Cpl. **DEVON DOUGLAS**  
Fort Polk BOSS president

FORT POLK, LA. — Today I'd like to tell my child molestation story to help raise awareness. I said I would take it to the grave but it could've put me in the grave.

As a child, I went through a traumatic event that I was silent about for more than 10 years. I questioned God, family, friends, everybody's sexuality and even my own life. I can remember not liking people hugging me or showing affection unless I felt safe.

See, I was never taught to stay away from people I knew, I was taught to stay away from strangers. I was silent because at the time I didn't know what was going on and once I learned about what the man on top of me was doing, I felt guilt, shame and fear. I thought I would be called a liar or ridiculed so I stayed silent.

I went through a lot of battles and did a lot of things I'm not proud of. Depression and suicide had my mind and addictions took my time, but through it all, I was still able to smile and touch lives.

But nobody knew how heavy this was; I only allowed people to see the good in my life. I took all of my pain and turned it around to motivate and inspire others to be better and do better. After all I went through, I forgave the man who molested me. I can say I'm at peace and it's because of the grace of God that I'm still alive today.

Everything you go through will have an impact on your life whether good or bad. Regardless if it was 19 years, 3 years or last year, it was wrong and you don't just get over it.

But you don't let your story control your life.

Talk to your kids about good touch and bad touch. That conversation went silent over the years but the crime is still being committed and no one appears before a judge. I promise telling your story won't be easy, but it's half the battle and that goes for anything you've been through.

I'm telling you this because it's a burden being lifted and a chapter being closed. It gives me a genuine

smile knowing I can help someone and bring awareness because it happens to people you know.

I have helped other people get their attackers in court or finally to tell the story they've been holding in. No longer should anyone be silent or ashamed.

I am not a victim: I am a survivor. All of us are survivors; we all have survived

something or else we wouldn't be here. So support and love each other. There is power in the words you speak.

To the queens of my heart, thank you for supporting this decision to tell my story and always praying for me — most days never knowing why. My best days are right in front of me because now I'm free, and this chapter is closed. You're looking at a miracle.

Feel free to share or ask questions, you never know who is going through this.



**Douglas, age 6**

### Commentary

## In our view

Guardian staff asked Fort Polk community members, "What is your favorite spring bloom?"  
Here are their responses:



**Sgt. Destiny Hoffpauir:** "I'm not a gardner, but I loved my Mom's hibiscus plant. It's tropical and really pretty."



**Pvt. Dusty Colley:** "My mom grows a plant called Naked Ladies (also known as the Belladonna Lily). I thought the name was cool and they are a simple and beautiful plant."



**Spc. Quentin Brown:** "I like tulips. My mother grew them and I think they are pretty."



**Gelisa S. Howard:** "My favorite plant is the wisteria. It has a whimsical bloom and reminds me of calm and peace."



## Guardian

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## Briefs

### RCI move

The RCI Housing Assistance Office has moved to bldg 330, Corps Road. The office is open Monday through Friday from 8 a.m.-4:30 p.m. Call 531-6000 for more information.

### Fitness program

The Joint Readiness Training Center and Fort Polk offers Army civilians up to three hours of excused absences per week, for up to six months, to participate in command sponsored physical training or education. Participants can begin the program after supervisors approve and submit packets to the Community Ready and Resilient Integrator. For more information call Luewana Hannon at 531-1191 or email [luewana.l.hannon.civ@mail.mil](mailto:luewana.l.hannon.civ@mail.mil).

### Denim day

On April 26 Fort Polk joins other installations and Sexual Harassment/Assault Response Program sister agencies in commemorating SAAPM with Denim Day.

The wearing of jeans or other denim outerwear is voluntary and at the discretion of commanders based on mission requirements.

### Road repairs

The following road repairs are slated for two areas of Fort Polk over the next few months:

- The contract to repair Fourth Street has a required completion date of May 24. Work includes shoulder repairs, culvert replacement, removing asphalt, repaving with new asphalt overlay and new pavement markings. The work will require closures, detours and flagging operations to complete the repairs while ensuring safety for motorists and construction crews. Repairs are planned for three phases to minimize impact to motorists. Alternate routes are encouraged to minimize delays and traffic congestion. At the completion of Fourth Street repairs, Mississippi Avenue repairs will begin and include shoulder work, crosswalks, milling, repaving and pavement markings.
- The contract to repair erosion along La. Hwy 467 has a required completion date of June 6. Work includes repairing a slope failure just southeast of access control point 2 (University Parkway) and eroded sites between Louisiana Avenue and ACP 2. The slope failure site requires a lane shift for in-bound and outbound traffic through April 26 to ensure safety for motorist and construction crews. Alternate routes are encouraged to minimize delays and traffic congestion.



JEAN DUBIEL / GUARDIAN

### Geronimos excel

Brig. Gen. Patrick D. Frank (left), commanding general, Joint Readiness Training Center and Fort Polk, along with Command Sgt. Maj. David W. Bass (right), JRTC and Fort Polk command sergeant major, awarded coins to members of 1st Battalion (Airborne), 509th Infantry Regiment "Geronimos" for their participation the U.S. Army's Best Ranger and Best Mortar Team competitions in Fort Benning, Ga. See next week's Guardian for full story.

## Fort Polk fields new training system

By KEITH HOUIN

Public affairs specialist

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk is preparing to field a virtual battlespace visualization tool.

To assist, a team from Dignitas Technologies visited Fort Polk April 9-11 to perform the initial set up, configuration and training on the Augmented Reality Sandtable at the Fort Polk Mission Training Center.

The system consisted of the following: Two TV stands with monitors supporting two projectors aimed downward at white plastic tiles; a mixed reality headset; Android tablets; and a set of two sensor stands and wand for controlling the 3D view of terrain on the monitors. It uses its own Wi-Fi router to connect the various components, Christopher Rockwell, ARES test engineer and support staff, Dignitas Technologies, said.

"All of these components are off the shelf, so it makes the system less expensive and more easily maintained," Rockwell said.

Those are not its only advantages.

"Existing means of battle space visualization consist of traditional sand tables and various map views, either physical or virtual on a flat computer screen," said Maj. Alvin Cavalier, chief of Training Analysis, Computer Support and Simulations, Operations Group, Joint Readiness Training Center said.

ARES provides a platform to integrate and interact with multiple sources of geospatial information in a variety of ways to enhance training and decision-making capabilities. "ARES provides a number of advantages for mission and

route planning and rehearsals using visual representations of an area of operations and related terrain and tactical data," Cavalier said.

"The system also allows users to save scenarios and go through multiple scenarios quickly, and envision the terrain in various ways. They can see the scenario in 2D via the tile display, 3D via the monitors, and using a wand they can get a first person perspective of the terrain," Rockwell said.

Each unit determines what components or combination meets their training and planning requirements, he said.

Fielding a system is more than just training on the system; the system must also be implemented into unit training.

For initial implementation Cavalier said, "We are sourcing units that have training events in the coming months to leverage, build their training plans and bring leaders into the Mission Training Complex to get a first-hand look at how their units can best utilize the ARES tool for training."

Units at each echelon, from small teams practicing land navigation to a brigade staff conducting mission rehearsals will all be part of the fielding and training, he said.

"Fort Polk has two systems. One is located at the MTC and the second will be given to a local unit that best demonstrates consistent usage to provide feedback to U.S. Army Researchers," Cavalier said.

ARES is not yet an official Army program of record. Feedback from units implementing the system will be provided to Army researchers for further development.



## Army artist position open to every career field

By **JOE LACDAN**

Army News Service

FORT BELVOIR, Va. — A dim, 120,000-square-foot vault within Fort Belvoir houses a vast collection of art, pieces of Soldiers' lives and exploits on the battlefield. The pieces have been stacked on thin metal walls featuring scenes from both World Wars, Operation Desert Storm and the Iraq invasion.

Located in the bowels of Belvoir's Army Museum Support Center, the pieces contained here capture candid moments often unseen by the public eye — embers of war that would otherwise remain lost in history.

Subjects could be a Soldier stopping to rest after a long day of marching through rough terrain. Another could show a Soldier in a poignant moment as the grief over losing a fallen comrade sinks in.

Some pieces depict startling battle scenes. Others portray raw human emotion such as "The Man without a Gun," an oil painting created by Lawrence Beall Smith, which shows a young Army medic during World War II. The piece exhibits the panic and fear of a non-combatant Soldier who cannot defend himself with a firearm. The Army's Center of Military History hosts the 16,000-piece collection whose subjects date as far back as the Revolutionary War.

Many of the works are inherently personal, with Soldiers — Army artists — documenting fellow Soldiers. And more often than not, the artists have experienced the trauma and emotions of their subjects firsthand.

But subject matter of the works often extends beyond battlefield turmoil.

"Art is very relatable. A lot of times we are able to humanize the art," said Master Sgt. Juan Munoz, the Army's current artist-in-residence. "We're not just capturing the cool Soldier repelling from the helicopter. We're also capturing the Soldier missing his family. We're capturing the Soldier being hot and tired and sleepy. So we're capturing all these common things as a Soldier we go through each and every single day."

Soldiers from all career fields now have the opportunity to apply for the unique position that allows a Soldier to empathize with his artistic subjects on the museum support

center's staff.

"It is Soldiers writing their own history in creating these artworks," said Sarah Forgey, chief art curator for the U.S. Army museums. "They bring a little extra 'something' to it that you can't create in a studio as somebody who hasn't experienced it firsthand."

Artists could be tasked to create art of a career field such as military dog handlers or document training of Special Forces units.

But the subject matter and creative parameters are left to the creators. Museum administrators give Army artists nearly full creative freedom.

"The artist is first and foremost a Soldier," Forgey said. "He or she is documenting their own experience."

One night while on assignment in the Florida Keys, Munoz observed a tired Soldier sitting on a curbside. The Soldier looked visibly exhausted from 12 hours of delivering food and supplies to nearby residents, whose lives were ravaged by the devastation of Hurricane Irma in the late summer of 2017.

The Soldier pulled out his phone and began to use the FaceTime app to talk to his wife.

"I saw him there and the expression on his face, to be able to reconnect with his wife," said Munoz, who has served as an Army artist for three years. "What it immediately reminded me of was a piece of art that we already have in the collection of a Soldier back in (the Korea War) where he received a letter and he had the same expression — the same emotion."

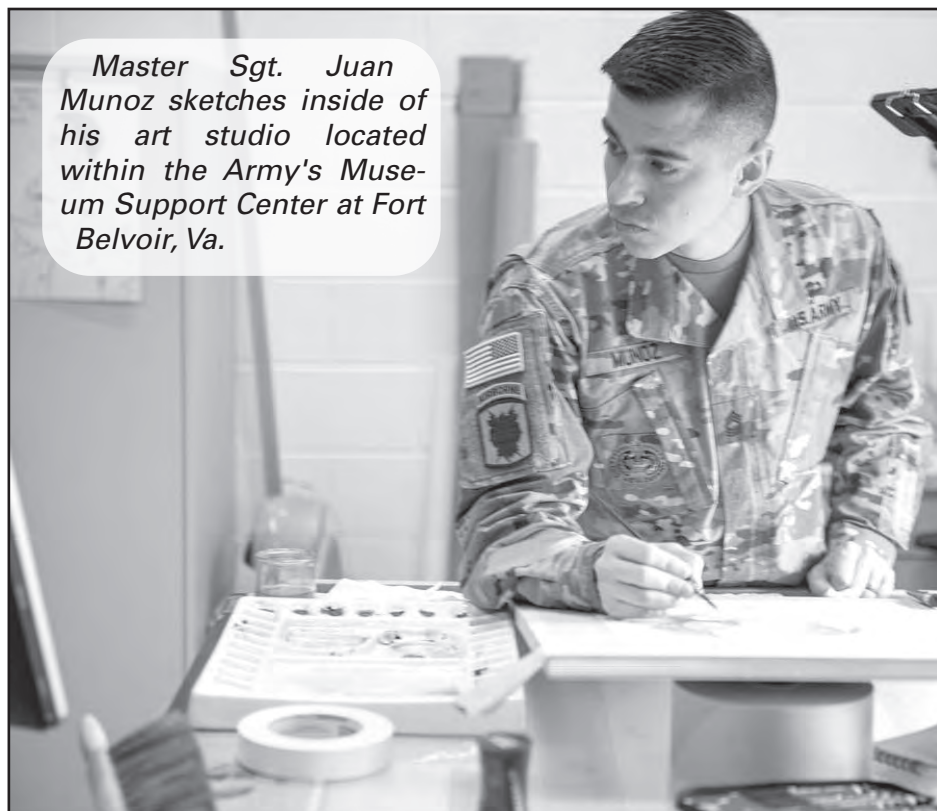
The art resonates across generations, even as technology changes. Munoz said something as simple as a painting of pulling guard duty could connect a Soldier of today to a troop who served during Desert Storm or in Vietnam.

One of Munoz's favorite pieces features a junior Soldier serving as a security guard in Baghdad.

"It shows the timelessness of emotion that our Soldiers portray throughout the history of our Army," Munoz said.

The program originally began during World War I with eight Soldiers chosen as artists. During World War II the Army had 43 Soldier artists and during the Vietnam War the service formed nine teams of creators. The service eventually narrowed the number to one artist

*Master Sgt. Juan Munoz sketches inside of his art studio located within the Army's Museum Support Center at Fort Belvoir, Va.*



JOE LACDAN / ARMY NEWS SERVICE

beginning in 1993 with occasional Soldiers serving as apprentices to the primary artist.

In his tenure as the artist-in-residence, Munoz has contributed 24 artistic creations to the collection stored within the climate-controlled vault. Across the Army's 47 museums worldwide, another 16,000 have been stored or displayed.

Eventually, more than 100 pieces of art will appear in the opening exhibit of the Army's new 185,000-square-foot National Museum, a \$250 million project that broke ground at Belvoir in September 2016.

Army artists contributed the vast majority of the pieces in the collection, although the museum welcomes contributions from Soldiers who create their own art, as well as civilian artists who have traveled with military units during historical campaigns.

Munoz deployed to both Afghanistan and Iraq to create his artistic works and also traveled to disaster areas after Hurricanes Irma and Maria documenting Soldiers during the relief efforts. Sgt. 1st Class Amy Brown, who served as the resident artist before Munoz, deployed to document Hurricane Sandy recovery efforts in the Caribbean.

In his most recent assignment, the former drill sergeant embedded himself with Soldiers from the 101st Airborne Division (Air Assault)

during Operation Inherent Resolve in Iraq. There he noticed a young Soldier, Spc. Jose Perez, perched atop a watchtower in Baghdad. Inspired by the Soldier's dedication, Munoz crafted a pen and ink rendering of Perez on a wooden panel.

Munoz captures these moments either by taking a still photograph he will later pore over in his studio, or, he will roughly sketch the piece at the same location.

Two-dimensional art mostly make up the 16,000-piece collection inside the warehouse that also includes commissioned and contributed works.

Munoz's pieces could be documenting ordinary or routine moments to Soldiers. But they could mark milestones in the Army's history.

Munoz has served as the Army artist at a pivotal time, during the Army's massive modernization overhaul. The next Army artist can look forward to possibly documenting new milestones.

Interested Soldiers in the ranks of staff sergeant to master sergeant can apply at the Center of Military History website: [www.history.army.mil/museums/armyArtists/apply.html](http://www.history.army.mil/museums/armyArtists/apply.html).

"It's a very unique and a very rewarding position," Munoz said. "Your art will become a part of the history of our Army. And overall, you'll get to see our Army from a whole different perspective."

# Dual military family finds relief through Army services

By Sgt. ASHLEY M. MORRIS

3rd BCT, 10th Mtn Div

FORT POLK, La. — “June 2016 was when Lorena left to go France. I was left trying to clear Hawaii, for the both of us, by myself. I was taking two college courses, had a kid and three dogs, and I was trying to do everything that goes with clearing an installation. It was stressful. I had to go and get a power of attorney and clear her. She didn’t do any of it. She just showed up and got on the plane,” said Jonathan as he jokingly recalled their move to Fort Polk.

Staff Sgt. Jonathan W. Whitaker, a 35 year-old infantryman from East New Market, Maryland, serves as Fort Polk’s 3rd Brigade Combat Team, 10th Mountain Division, tasking’s non-commissioned officer. He enlisted in the Army in 2008.

Lorena and Jonathan met in 2013 while working at the Defense Prisoner of War/Missing in Action Accounting Agency, at Joint Base Pearl Harbor-Hickam, Hawaii.

Sgt. 1st Class Lorena Whitaker, a 37 year-old from Trujillo Alto, Puerto Rico, who enlisted as a mortuary affairs specialist in 2006, serves as the sexual assault response coordinator for 3rd BCT, 10th Mtn Div.

The Whitakers completed a permanent change-of-station move to Fort Polk in September 2016, with their then one-year-old son, Luke Isaac. They now have two children — Luke and Adalind Auneis — and one on the way.

Like many other dual military couples with children, Lorena and Jonathan face many hurdles when it comes to planning for childcare and spending time together as a family.

“Preparing for missions or even something as simple as staff duty can be difficult,” Lorena said. “Having to decide who gets to go to the field and what we’re going to do with the kids, when you don’t have family nearby, is a challenge. Every time you move it is very difficult to build a new relationship with someone you can trust.”

When planning for field training exercises, the Whitakers said that they have to start planning months in advance to make sure they are financially prepared.

“We have to buy plane tickets so we can take our kids to Maryland,” Jonathan said.

“It can get very expensive traveling back and forth. It would be nice if child development centers

offered short-term child care, but for right now we’re happy with the day care.”

The Whitakers like to take advantage of Family Morale, Welfare and Recreation programs offered through Child and Youth Services. Both of their children are currently enrolled at the CDC on post.

The CDC offers something that is valuable to Lorena and Jonathan — flexibility.

“The CDC opens early enough that Jonathan can make it to PT in the morning, and I can make it to my early morning staff meetings,” Lorena said. “They have programs to accommodate Soldiers that have 24-hour duty, or duty outside the normal 6 a.m. to 6 p.m., but it has to be requested. Unfortunately many Soldiers do not know about these benefits.”

For Soldiers with children enrolled at the CDC, aftercare can be arranged by submitting a request signed by the Soldier’s company commander, verifying duty. The Whitakers take full advantage of the program, only having issues when last-minute missions occur without any preplanning.

Flexibility is not the only reason Jonathan prefers using the CDC to an off-post day care.

“I feel comfortable taking my kids to the CDC because they have a very good vetting process,” said Jonathan referring to the staff.

“The CDC values the safety of our children and they don’t keep bad caretakers. They are probably the most expensive childcare services in the area, but they really take care of you and your kids.”

To Lorena, the staff at the CDC are more than just caretakers, they are family.

“My kids are in the same day care and their caretakers are like family,” Lorena said. “They know our kids. They’ve come to their birthday parties. We take the time to know our caregivers and we love having what feels like a close relationship with them. It makes us feel comfortable.”

In addition to serving as the brigade SARC, Lorena was selected to serve as the president of the parent advisory board because of her active involvement with the CDC. She meets monthly with representatives from DFMWR and CYS to discuss upcoming services and activities.

Lorena and Jonathan are advocates for utilizing as many DFMWR and CYS facilities and services as possible. The youth sports program and DFMWR recreation facilities allow them to



Staff Sgt. Jonathan W. Whitaker and Sgt. 1st Class Lorena Whitaker, both assigned to 3rd Brigade Combat Team, 10th Mountain Division, pose with their two children at Fort Polk.

Sgt. ASHLEY MORRIS/3rd BCT, 10th Mtn Div

spend time with their children outside of the home in a safe environment.

Being stationed at Fort Polk presents a challenge for many parents as they try to find ways to keep their children entertained without having to spend a lot of time and money traveling outside of the area.

“When Jonathan was deployed and I had just had Adalind, Luke was able to play sports for free through the youth sports program,” Lorena said. “The prices were waived because of the deployment. It was a relief that I was able to take my kid somewhere and keep his mind busy during the deployment.”

Although Jonathan and Lorena acknowledge that Fort Polk does not offer as many facilities as larger installations, they are thankful for the covered playground near the library and Catfish Cove.

Despite the services that are available to Soldiers and their families, the Whitakers have noticed that the programs are not fully taken advantage of by their peers. They believe it is because of the high training tempo and the lack of knowledge about the programs.

“We enjoyed the Turkey Bowl and the Easter egg hunt, it was pretty awesome,” Lorena said. “But it would be nice if the brigade did more for families. The brigade

events are fun for families and improving morale, but we would like to have something like family time every week. We are constantly stressed from training and preparing for missions. Having that extra hour or two a week to spend with our kids can make all the difference in the world.”

Jonathan agrees that in addition to family time, leaders across the installation could do a better job at disseminating information, as far as things to do on the weekend.

“The post public affairs office does a good job at sending out weekly emails about events taking place on and off post, but most Soldiers on the line don’t have access to work computers to access their government emails,” said Jonathan.

“If the commanders aren’t putting the information out at formations, it is up to us as leaders to ensure that our Soldiers are aware of the programs and services that are offered on this installation.”

Despite the challenges that come with being a dual military couple with children, the Whitakers not only take advantage of the programs and services that help keep their family together, they also enjoy sharing information they learn with other Soldiers in hopes that they too will make the best out of what can sometimes be a difficult situation.



# Remembrance event looks at Holocaust through liberators' eyes

By **JEAN DUBIEL**

Guardian staff writer

FORT POLK, La. — During the Nazi regime in the 1930s and 1940s, Nazis operated hundreds of concentration camps throughout Europe to corral more than 11 million Jews, other minority groups that were deemed “inferior,” and any sympathizers. Some of these camps were used for forced labor, others were prisons, and some were extermination camps.

When people think of the Holocaust, images of emaciated men in black and white striped clothing may come to mind. Perhaps you can imagine the indignity of having a number tattooed on your hand or forearm, or the horror of being packed into railway cars and, eventually, gas chambers along with heartsick, fractured families — ordinary people living the final, tattered remnants of their lives in an extraordinarily cruel manner.

But there is another aspect of the holocaust that should be considered: The liberators. These are the American and Allied forces that came into the camps and freed any survivors, offering medical aid, food and other assistance. It sounds like heroic work, but many of these liberators didn't feel like heroes — they were sickened by what they saw and felt empathy for the prisoners. Some of the sights and encounters were so horrific the Soldiers could never discuss them.

But someone found a way to get them to share their stories.

During a Holocaust remembrance event held at the Joint Readiness Training Center and Fort Polk's Warrior Center April 17, sponsored by the Equal Opportunity Office and hosted by the 519th Military Police Battalion, Dr. Aliza Wong, director of European Studies at Texas Tech University, discussed how the Texas Liberator Project collected and published such stories for historical and educational use.

“This project was sponsored by the Texas Holocaust and Genocide Commission which promotes education (on this subject),” she said. “The commission sought out World War II veterans who were present when the doors and gates of the concentration camps opened after the fall of the Nazi regime. We found 19 of these liberators in Texas, who had never been interviewed before, and they were willing to speak with us — many of them for the first time in 70 years.”

Wong said one veteran had lived through the Battle of the Bulge and fought his way through much of Germany, and he could tell those stories without hesitation.



“But the story he had not told anyone for 75 years was of being there when they opened the doors at Dachau,” said Wong. “He hadn't been able to share the story with his children or his wife, and he only recently felt compelled to tell it because so many of ‘our greatest generation’ are passing on, and he wanted the history to be remembered.”

Wong said there were many such veterans who were touched and traumatized, who brought memories of man's greatest inhumanity home with them.

Here are few examples of the histories collected by the commission:

• Bob Anderson was a psychology professor that went on to pioneer dyslexia research after the war. He was a wireman, and one very cold day he had lost a glove and needed something to replace it. “He went up to a pile of Nazi corpses and he found a glove. As he pulled the glove on, he noticed the belt buckle of the Soldier had a swastika on it and three words: ‘Gott mit uns.’ This translates to ‘God with us.’ During the interview, this is where Bob Anderson starts crying, saying, ‘God with us? I’ve been praying to God all my life, and this man too,



*Brig. Gen. Patrick D. Frank (left), commanding general, Joint Readiness Training Center and Fort Polk, presents guest speakers Rabbi Cantor Raina Sirotty (second from left) and Dr. Aliza Wong (middle) with certificate of appreciation along with Command Sgt. Maj. David W. Bass, JRTC and Fort Polk command sergeant major, and Col. Sonja Whitehead, battalion commander, 519th Military Police Battalion, at the Holocaust Day of Remembrance event held April 17 at the Warrior Center.*

and yet we are enemies? This doesn't make sense!”

• Ted Hartman was a tanker that described the prisoners he liberated as “walking skeletons in striped pajamas.” He said when he was 19 years old, driving his tank across a concentration camp, he found himself surrounded by these “walking skeletons,” who swarmed around him just to salute the American Soldiers and kiss the front of the tank.

• William Dippo was in his late 80s when he was interviewed about his experiences. “If you can just imagine this little old man,” said

Wong. “This was someone's grandfather, someone's great-grandfather, sitting in his chair at home, and he says ‘If something like the Holocaust happened today, I would go — if the U.S. Army would take me again, I'd go back and fight, because this was my duty. It was my calling.’”

• Melvin Waters liberated a camp of female prisoners. He told the interviewers that when the American Soldiers first entered, the women ran screaming. “They had been raped, beaten, exploited and abused,” said Wong. “Waters said he and his men used the utmost sensitivity and care to reassure these

women that they were there to help and support them. He said it was a difficult experience to see and realize what the women had been through.”

• Lee Burg said during his interview that he wrote to his rabbi about what was happening as the camps were being liberated. “The rabbi wrote back to him, and said he had heard that there were people in the displaced persons camps, but he asked

Burg to remember that even though they have survived their ordeal, the story is not over for them,” Wong said. “They have no

home, no country, they have lost generations of their families and most of their possessions — be kind to these people, for they have suffered much. Lee Burg tells this story one time in his life, just for this interview, and said he can never speak of it again.”

Wong said many of the veterans interviewed felt like Burg, willing to share their stories now for the sake of preserving the history and teaching important lessons from it, but they won't talk about it again.

“They believe the story must be told, that we mustn't forget or forsake it, that we must graphically point out within the realm of our experience what a lack of tolerance can lead to,” said Wong. “We recognize that we must teach the younger generation that (holocaust days of remembrance) is not just a time to listen, but also to speak out. We believe that happens by educating children and giving them the opportunity to ask questions.”

You can read these testimonials and learn more about the Holocaust at [www.texasliberators.org](http://www.texasliberators.org).

Rabbi Cantor Raina Sirotty was also a guest at the remembrance. She explained that on Yom Hashoah — the Jewish name for Holocaust Remembrance Day — those who suffered through the greatest crimes of man against man are remembered. Sirotty also offered a prayer song in honor of the victims, survivors and liberators of the holocaust.

“The young, the old, the innocent, the 1.5 million children that were starved, shot, given lethal injections, gassed, burned and turned to ash because they were deemed guilty of the crime of being different,” said Sirotty. “On this day we remember what happens when hate takes hold of the human heart and turns it to stone, when victims cry for help and no one listens, and what happens when humanity fails to recognize that those who are not in our image are nonetheless in God's image.”



# Fort Polk's own 'Patriots' put through crucible training at JRTC

GUARDIAN STAFF

FORT POLK, La. — Soldiers with 3rd Brigade Combat Team, 10th Mountain Division and 1st Battalion, 64th Armor Regiment, 3rd Infantry Division participate in Rotation 19-06 at the Joint Readiness Training Center April 13. For more photos and videos of the rotation, visit the Joint Readiness Training Center Operations Group facebook page.



JRTC OPERATIONS GROUP





# BJACH operations chief wins Capt. John R. Teal award

By KATHY PORTS  
BJACH PAO

FORT POLK, La. — Capt. Leif Vestermark, Bayne-Jones Army Community Hospital's chief of operations, has received the Capt. John R. Teal Award.

Teal was the first Medical Service Corps officer killed in Operation Iraqi Freedom on Oct. 23, 2003. He was serving as a brigade medical planner in the 4th Infantry Division, when he was killed in action from an improvised explosive device attack near the village of Baqubah, Iraq.

Vestermark's leadership, intellectual capabilities, versatility, technical expertise and innovations have greatly improved BJACH's operational synchronization and communication in the healthcare facility.

Serving as the Medical Activity emergency manager planner, he ensured that the 2018 Emergency Op-

erations Plan and the Contingency of Operation Plan were updated and executed to ensure compliance with Joint Commission standards prior to the April 2018 Joint Commission Survey.

He also served as the Fort Polk Region 6 Louisiana Emergency Response Network Commission member to ensure BJACH was in full compliance.

He also had the lead on the Joint Readiness Training Center and Fort Polk Installation Full Scale Exercise that simulated an anthrax biological attack and was instrumental in meeting the intent of the exercise to validate the Joint Readiness Training Center and Fort Polk as a valid Point of Distribution site for the Centers for Disease Control.

Vestermark led BJACH's team as it transitioned from the six to four deputy structure. He developed and published BJACH's FY19 Command Training Guidance and Strategy fo-

cusing on implementing sustainable training to improve BJACH's readiness. He was also the lead planner for the upcoming JRTC and Fort Polk expert medical badge testing scheduled for 2019.

"I was humbled to be selected," said Vestermark. "It's a great honor and one I will always treasure."

Vestermark was also selected for the 2019 Long Term Health Education and Training program. He will attend the Uniformed Services University of the Health Sciences' Master of Health Administration and Policy Program. He was also selected for promotion to major.

According to Col. Marla J. Ferguson, MEDDAC commander, Vestermark is in the top of his peer group.

"He will be doing great things for the Army in the years to come," she said.

The Capt. John R. Teal Award was established in 2003 to recognize officers, noncommissioned officers



Vestermark

and civilian medical professionals serving in key operational positions who have made significant contributions to the Army Medical Department's mission.

## April ushers in Sexual Assault Awareness Month for 18th year

NSVRC

WASHINGTON — This year marks the official 18th anniversary of Sexual Assault Awareness Month — but its history can be traced even longer.

Even before its official declaration, SAAM was about both awareness and prevention of sexual assault, harassment and abuse. Looking at the history of the movement to end sexual violence, it's clear why: It's impossible to prevent an issue no one knows about, and it's difficult to make people aware of a problem without providing a solution.

The two work in tandem, and they always have. From the civil rights movement to the founding of the first rape crisis centers to national legislation and beyond, the roots of SAAM run deep.

### Roots of the movement

As long as there have been people who care about making the world a better place, there have been individuals advocating for sexual assault prevention. In the United States, movements for social change and equality began to gain traction in the 1940s and 50s with the civil rights era. Although open discussion of the realities of sexual assault and domestic violence were limited at these times, activists for equal rights began to challenge the status quo.

Efforts during this time were championed by Black women and women of color. Advocates like Rosa Parks worked at the intersections of race-based and gender-based violence (a framework that years later in 1989, advocate and professor Kimberlé Crenshaw would call "intersectionality").

Wide social activism around the issue of sexual assault continued into the 1970s, bringing with

it support for survivors and heightened awareness. The first rape crisis center was founded in San Francisco in 1971, the same city where the first U.S. Take Back the Night event was held seven years later.

The following decades mobilized survivors and advocates to call for legislation and funding that would support survivors, such as the Violence Against Women Act of 1993.

Monumental changes like VAWA demonstrated that national efforts promoting sexual violence prevention were needed.

Even before SAAM was first nationally observed in 2001, advocates had been holding events, marches, and observances related to sexual violence during the month of April, sometimes during a week-long "Sexual Assault Awareness Week."

In an effort to further coordinate awareness and prevention efforts, in 2000, the newly launched National Sexual Violence Resource Center and the Resource Sharing Project polled sexual violence coalitions. They asked organizations about their preferred color, symbol and month for sexual assault awareness activities. The results showed that those in the movement preferred a teal ribbon as a symbol for sexual assault awareness, and SAAM as we know it was born.

### NSVRC's role

For advocates at state coalitions, college campuses or other community organizations, funding and time are often barriers to developing campaigns or resources related to awareness and prevention. That is why, each year, NSVRC coordinates a national SAAM campaign complete with the resources, graphics and tools needed to hold an event or otherwise raise awareness.

Each year, NSVRC solicits feedback on SAAM, asking constituents about preferred topics to focus on. This feedback then informs the creation

of the theme, which spans from the slogan to the design elements to the type of resources created. Once those resources and supplies are created, NSVRC shares them with a wide range of state, territory and local organizations working to end sexual violence as well as individuals who want to make change in their communities.

In the early 2000s, the primary goal of SAAM was awareness — both raising visibility of the teal ribbon and the meaning behind it. By the mid-2000s, SAAM incorporated prevention more heavily, focusing on areas such as communities, workplaces and college campuses. These campaigns discussed ways that individuals and communities can stop sexual assault before it happens by changing behaviors and promoting respect.

These two goals of awareness and prevention carried over into the 2010s, laying the groundwork for the SAAM that we see today. While each campaign has a different theme, they all share same common goals: To raise visibility about sexual assault and share how it can be prevented, whether that's through education about healthy sexuality, consent or bystander intervention.

### Expanding audiences

In more recent years, SAAM has focused on bringing in audiences beyond advocates — those who may not realize they play an important role in preventing sexual violence.

Recent resources have focused on how people like parents, faith leaders and coaches can become agents of change, while sharing the practical things each of us can do to prevent sexual assault.

SAAM has also branched out to Spanish-speaking audiences as well, with campaigns in recent years that include Spanish content. Whether that's resources that cover the same information from the English campaign in Spanish, a different theme and style of resources, or a combination of the two, SAAM en español has helped even more communities get involved in prevention.





## Briefs

### School lunches

The following school lunch menu is for Vernon Parish schools for Wednesday through April 26. Meals are served with salad bar and choice of milk:

- Wednesday: Turkey roast with gravy, mashed potatoes, peas and carrots, pear halves, whole wheat roll.
- Thursday: Cheesy chili mac, buttered corn, fruit, creamy coleslaw, whole wheat garlic bread.
- April 26: Grilled cheese sandwich, vegetable beef soup, carrots/cucumber/broccoli cup, apple wedges, chocolate pudding.

### Hiring, education event

Fort Polk hosts a hiring and education event for the military community Thursday at 10 a.m. at the Warrior Fitness Center. For more information call the Soldier for Life-Transition Assistance Program at 531-1591.

### Easter services

The following Easter services are held in the Fort Polk Main Post Chapel:

- Saturday, 8-10 p.m., Catholic Easter vigil
- Sunday, 8:30-9:30 a.m., Catholic Easter mass
- Sunday 21, 10:30-11:30 a.m., collective Protestant service.

Call 531-7338 for more information.

### ARC VolunTeens

The American Red Cross' summer Volunteering Program is open to youth ages 13-17 and runs from June 10-July 26. Applications are due no later than May 17 at 4 p.m. and are available for pick-up between 9 a.m.-4 p.m., Monday through Thursday, and 9 a.m.-noon Friday, at the ARC office, 1778 Third St., bldg 220. For more information and to see if you qualify call Leslie Jones at (804) 385-0966.

### Soccer camp

Challenger International Soccer Camp is back at Fort Polk for two sessions: June 3-7 and July 22-26. Classes for TinyTykes (ages 3-5) are 8-9 a.m. and cost \$96. Classes for ages 6-12 are from 9:15 a.m.-12:15 p.m. and cost \$149. Applications can be picked up at Child and Youth Services, 6880 Radio Road. Mail applications and payment to:

Mike Rees  
Challenger Sports  
4403 Manchaca Road, Suite C  
Austin, Texas 78745  
Email [mrees@challengersports.com](mailto:mrees@challengersports.com) for more information.

## FES puts out APB on missing ducks

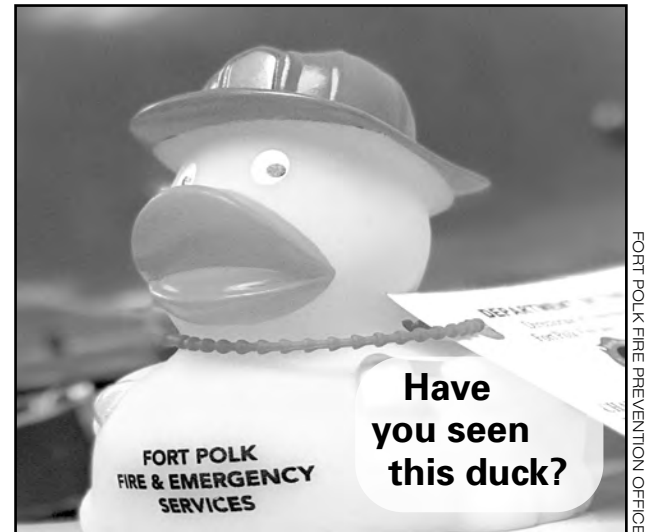
### FORT POLK FIRE PREVENTION OFFICE

FORT POLK, La. — Spring is here and summer right around the corner. This means kids will be out of school, beautiful weather and more outdoor activities. This is the time when barbecue pits come out and folks enjoy campfires. This is also when children are often careless with matches and lighters.

The Fort Polk Fire Prevention Office wants everyone to safely enjoy themselves without suffering a tragedy.

In the upcoming weeks you can read about fire safety tips covering barbecue and grilling, campfires and child fire safety in the Guardian. To help "spark" an interest in fire safety, the Fort Polk Fire Prevention staff kick this season off with their version of a duck hunt. They are calling it Operation Rubber Ducky Rescue.

The Fort Polk Fire Prevention staff has lost some of its rubber ducky friends. They have been spotted all over the Fort Polk footprint. Help is needed by every one in finding and returning the



FORT POLK FIRE PREVENTION OFFICE

ducks to the South Fort Fire Station. There will be rewards given to those who help us with their return. The staff would like to thank everyone in advance for helping with the return of their friends and keeping Fort Polk safe.

## VFW membership open to combat, Korea vets

### By MATTHEW J. WEST

Dept. of La. VFW state commander

**Editor's note:** This article was first published in the Guardian July 20, 2018. It is reprinted at the request of Matthew J. West, state commander, Department of Louisiana VFW due to the turnover of personnel on Fort Polk.

FORT POLK, La. — Many people ask, "What is the VFW and what do they do?"

The Veterans of Foreign Wars is the largest combat veteran organization in the world, with more than 1.7 million members, including the auxiliary. It serves veterans and ensures they are represented on Capitol Hill. The VFW is a community service organization as well and promotes patriotism, Americanism and loyalty.

Most people think of the VFW as a place for beer and bingo. That is not entirely untrue, however, the VFW does much more than that. Bingo at most VFW posts helps keep the lights on, supports VFW programs and assists needy veterans. The canteen is a place for a veteran to mingle with other veterans to relax and be themselves.

On a national level, the VFW has helped veterans recoup \$7.7 billion dollars in Veterans Affairs Benefits, awarded almost \$5 million in scholarships to veterans, and \$10.1 million in assistance to needy veterans.

The VFW is losing WWII and Korean War veterans at an alarming rate; Vietnam veterans are also passing. The newest batch of combat veterans from the Global War on Terror are important to this organization. The VFW is a voice on Capitol Hill for veterans. It has a legislative group that speaks in front of Congress each week about veteran-related issues.

Most active-duty service members do not con-

sider themselves veterans until they get out of the military. Nothing could be further from the truth. A service member is normally considered a veteran after completing their initial training. A person is considered a combat veteran after they deploy to foreign soil.

You also could have had a tour in Korea and be eligible for the organization, as a peace treaty has never been signed. Other than that, you must have deployed in support of combat operations. There are three qualifiers for membership in the VFW, as set out in its bylaws. An individual must meet all three to become a member. They are:

- Citizenship — must be a U.S. citizen or U.S. national.
- Honorable service — must have served in the armed forces of the United States and either received a discharge of honorable or general (under honorable conditions) or be currently serving.

- Service in a war, campaign or expedition on foreign soil or in hostile waters. This can be proven by any of the following: An authorized campaign medal; receipt of hostile fire pay or imminent danger pay verified by a military pay statement or orders; or service in Korea for 30 consecutive or 60 non-consecutive days

For those service members already released from service, these requirements can be found on your DD-214; for those still serving, a copy of your ORB/ERB will be used to verify qualification. Either way, it will be verified and returned to you. The VFW no longer maintains copies of DD-214s or record briefs for protection of personal identifiable information purposes.

For more information visit a local VFW Post, or go to [vfw.org](http://vfw.org), and click the "JOIN" button on the top of the page. You can also contact West at [lavfwcommander2018@gmail.com](mailto:lavfwcommander2018@gmail.com).



# Celebrating, protecting nature is focus of Earth Day

**WWW.EARTHDAY.ORG**

FORT POLK, La. — Earth Day is Monday, followed by Arbor Day April 26. It's the perfect time to admire nature. Maintaining the beauty and sustainability of the planet's forests, wildlife, seas and water supplies is vital for the future.

Earth Day is observed annually on April 22 to demonstrate and promote environmental awareness and for the protection of the planet.

This year's theme is "Protect Our Species." As Rachel Carson — an American marine biologist, author and conservationist whose book *Silent Spring* and other writings are credited with advancing the global environmental movement — said in 1962, "In nature, nothing exists alone."

As the possibility of plant and animal extinction rises, so too does the possibility that the human race could face the same fate.

Earth Day:

- Educates and raises awareness about the accelerating rate of extinction of millions of species and the causes and consequences of this phenomenon.
- Achieve major policy victories that

protect broad groups of species as well as individual species and their habitats.

- Builds and activates a global movement that embraces nature and its values.
- Encourages individual actions such as stopping pesticide and herbicide use.

Kathleen Rogers is president of the Earth Day Network, the organization that leads Earth Day worldwide.

Rogers said on April 22, 1970 — the first Earth Day — millions of people took to the streets to protest the negative impacts of 150 years of industrial development.

"In the United States and around the world, smog was becoming deadly and the evidence was growing that pollution led to developmental delays in children. Biodiversity was in decline as a result of the heavy use of pesticides and other pollutants," she said. "The global ecological awareness was growing and Congress and President Richard Nixon responded quickly. In July of the same year, the Environmental Protection Agency was created along with robust environmental laws such as the Clean Water Act and the Endangered Species Act."

Earth Day is now an annual global event, said Rogers.

"We believe that more than 1 billion people in 192 countries now take part in what is the largest civic-focused day of action in the world," she said.

## Fort Polk kids fish

In celebration of Earth Day, Fort Polk hosts its annual Operation Earth Friendly Youth Catfish Derby April 27 from 6:30 a.m.-noon at Catfish Cove. The event is a day to celebrate nature and have some outdoor fun.

## Explore a few simple ways to celebrate Earth day in your own backyard

**WWW.ALMANAC.COM**

FORT POLK, La. — Earth Day can probably feel overwhelming in the sense that there is so much to do, but don't give up. You don't have to make a huge change to make a difference.

Small changes can be just as important.

Celebrate Earth Day by appreciating and respecting the natural world. Here are a few simple family friendly Earth Day activities and ideas to inspire you to take action:

- Plant wildflowers!
- Go native. Plants thrive best when they're natural to your area.
- Bring nature into the garden with plants that attract butterflies and hummingbirds.
- Invite native bees to your garden. These are the bees that pollinate your plants for more flowers and food. Perhaps add a native bee house to your

backyard.

- Start an organic vegetable garden.
- Conserve water by creating your own rain garden — a garden of native shrubs, perennials and flowers planted in a small depression, which is generally formed on a natural slope. It is designed to temporarily hold and soak in rain water runoff that flows from roofs, driveways, patios or lawns — and learn to water any other gardens wisely.
- Clean up your community by organizing a group to pick up litter in a local park or roadway.
- Talk to your city about planting more trees and native garden beds in public spaces, or consider planting your own on your property.
- Cut back on plastic consumption and recycle what you use.
- Recycle in the garden by reusing plant pots and containers.

For more ideas visit [www.almanac.com](http://www.almanac.com).

## Unfortunate buzz on bees

Here are a few facts on bees. The information was found at [www.earthday.org](http://www.earthday.org) and [www.scienceabc.com](http://www.scienceabc.com).

- Pesticides, parasites and climate change are causing the decline of bees.
- Bees are indispensable pollinators of most ecosystems.
- Crops pollinated by bees make up 35 percent of global food production.
- If bees didn't exist, humans wouldn't either.





# Himalayan trip not needed to visit Shangri La

By **CHUCK CANNON**

Guardian editor

ORANGE, Texas — In his 1933 novel “Lost Horizon,” British author James Hilton introduced readers to a mystical, harmonious valley, enclosed in the western end of the Kunlan Mountains in Himalaya, called Shangri-La.

Since that time, Shangri-La has become synonymous with any earthly paradise isolated from the outside world. President Franklin D. Roosevelt enjoyed Hilton’s description of that modern day Eden so much that he named the presidential retreat— now known as Camp David— Shangri-La in 1942.

In April 1942, United States bombers secretly launched from the aircraft carrier Hornet to bomb Tokyo in a daring raid led by Col. Jimmy Doolittle. Since Tokyo was out of range of any American bomber base at the time, there was intense speculation as to where the bombers had come from. Roosevelt facetiously told a press conference that the bombers had flown from Shangri-La.

In 1937, Lutcher Stark, a prominent Texas philanthropist, started building his own Shangri-La in Orange, Texas. His version was a beautiful azalea garden situated along a cypress and tupelo swamp.

By 1950, thousands of people were traveling to Orange to visit Shangri-La. Every major magazine dealing with gardens published photographs of the beautiful Shangri-La in Texas.

In 1958, a major snowstorm struck east Texas, destroying thousands of azaleas and closing the garden for 40 years.

Shangri-La reopened in 2008, only to close again for nearly six months due to the damages sustained from Hurricane Ike that struck the area in September of that year.

It reopened to the public on March 7, 2009, sharing its beauty with visitors once again.

Shangri-La Botanical Gardens and Nature Center is nestled within 252 acres in the heart of Orange, Texas. It contains a mixed deciduous forest, cypress and tupelo swamp, wetlands and a large lake. Many of its trees were heavily damaged or destroyed by Hurricane Rita in September 2005.

The botanical gardens feature more than 300 plant species in five formal “rooms” as well as four sculpture “rooms.”

An historic color garden around the reflection pool known as The Pond of the Blue Moon pays tribute to the original Shangri-La, featuring 41 varieties of azaleas.

The nature center includes a hands-on exhibit called the Nature Discovery Center, a laboratory and three outdoor classrooms located deep in the swamp. Boardwalks lead visitors through wetlands filled with fish, reptiles and other wildlife. Boating excursions along Adams Bayou provide access to outdoor classrooms that include a swamp, upland forest and grassland.

The main pathway that encircles the botanical gardens is about one mile long and a full walking tour takes 45-60 minutes.

Adjacent to the botanical gardens is a bird blind which allows visitors to observe nesting birds in Shangri-La’s heronry on Ruby Lake. Included in the mix of birds are great egrets, roseate spoonbills, anhingas and cormorants.

Also situated within Shangri-La is “The Survivor,” a pond cypress tree estimated to be 1,235



*A great egret protects her young in Shangri-La's bird blind on Ruby Lake in Orange, Texas.*

CHUCK CANNON / GUARDIAN

years old. The tree, not normally found in Texas, has survived centuries of diseases, axes and storms, including Hurricane Rita. It was certified as a Champion Tree in 2003 through the Texas Big Tree Registry.

Visitors should be aware of the summer heat when visiting. Spring and fall are the best times. It can be very hot in the Texas summer, so it's best to visit in the morning.

According to its website, [www.shangrilagardens.org](http://www.shangrilagardens.org), Shangri-La's primary mission is education.

Schools bring classrooms through Shangri-La throughout the year on field trips.

Shangri-La Botanical Gardens and Nature Center is also the first project in Texas and the 50th project in the world to earn the U.S. Green Building Council's Platinum certification for LEED-NC (Leadership in Energy and Environmental Design-New Construction), which verifies the design and construction of Shangri-La reached the highest green building and performance measures.

Active-duty Soldiers and their Family members get in free by showing their ID card.

Shangri-La is open year-round Tuesday through Saturday from 9 a.m.-5 p.m. It is closed on Thanksgiving Day, Christmas Day and New Year's Day.

To reach Shangri-La from Fort Polk, take U.S. Hwy 171 south to Interstate 10 in Lake Charles and head west to Orange, Texas. Take Exit 877 in

Orange and follow the signs to Shangri-La.

For more information visit [www.shangrilagardens.org](http://www.shangrilagardens.org) or call (409) 670-9113.



**Roseate spoonbill**



# NPE hosts annual spring Eggonaut drop, Easter egg hunt, picnic



Due to weather concerns, the North Polk Elementary Eggonaut Drop event took place in the school's multipurpose room April 12.



North Polk Elementary students go on an Easter egg hunt April 12.

“

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.

”

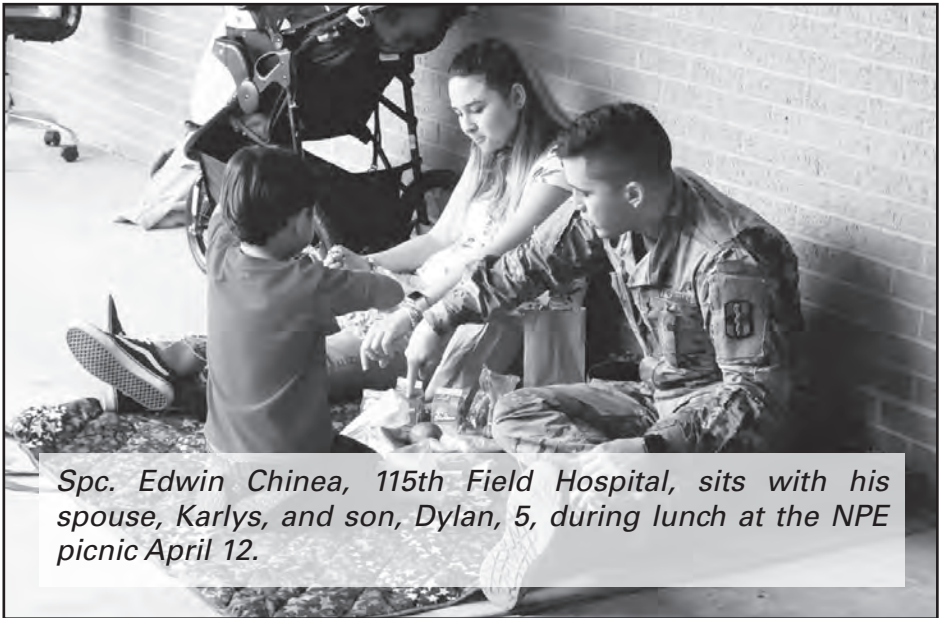
- Lauren Justice -  
Teacher • East Baton Rouge Parish

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WWW.REDFOREDLA.ORG



Yum, pizza. Tyrone Marnas, 5, and his mom enjoy lunch at the NPE picnic April 12.



Spc. Edwin Chinae, 115th Field Hospital, sits with his spouse, Karllys, and son, Dylan, 5, during lunch at the NPE picnic April 12.



# April time to develop plan to eliminate personal stressors

By **LEONARD RHODES**

BJACH Dept. of Health Promotion

FORT POLK, La. — Everyone feels stressed from time to time. But what is stress? How does it affect your health? And what can you do about it?

Stress is how the brain and body respond to any demand. Every type of demand or stressor can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with minor and major stress events so that you know when to seek help.

Here are a few things you should know about stress:

## **Stress affects everyone.**

Everyone feels stressed from time to time. Some people may cope with stress more effectively or recover from stressful events more quickly than others.

A stressor may be a short-term occurrence, or it can happen over a long period of time.

Examples of stress include:

- Stress related to pressure at work, school, family and other daily responsibilities
- Stress brought about by a sudden negative change
- Traumatic stress experienced in an event like a major accident, war, assault or a natural disaster where people may be in danger of being seriously hurt or killed.

## **Not all stress is bad.**

Stress can motivate people to prepare or perform, like when they

need to take a test or interview for a new job. Stress can even be life saving in some situations. In response to danger, your body prepares to face a threat or flee to safety.

## **Long-term stress can harm your health.**

Health problems can occur if the stress response goes on for too long or becomes chronic, such as when the source of stress is constant, or if the response continues after the danger has subsided.

With chronic stress, those same life-saving responses in your body can suppress immune, digestive, sleep and reproductive systems, which may cause them to stop working normally.

Different people may feel stress in different ways. For example, some people experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger or irritability. People under chronic stress are prone to more frequent and severe viral infections, such as the flu or common cold.

Routine stress may be the hardest type of stress to notice at first. Because the source of stress tends to be more constant than in cases of acute or traumatic stress, the body gets no clear signal to return to normal functioning.

Over time, continued strain on your body from routine stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes and other illnesses, as well as mental disor-

ders like depression or anxiety.

## **There are ways to manage stress.**

The effects of stress tend to build up over time. Taking practical steps to manage your stress can reduce or prevent these effects. The following are some tips that may help you to cope with stress:

- Recognize the signs of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed and having low energy.
- Talk to your doctor or health care provider. Get proper health care for existing or new health problems.
- Get regular exercise. Just 30 minutes per day of walking can help boost your mood and reduce stress.
- Try a relaxing activity. Explore stress coping programs, which may

incorporate meditation, yoga, tai chi or other gentle exercises. For some stress-related conditions, these approaches are used in addition to other forms of treatment. Schedule regular times for these and other healthy and relaxing activities.

- Set goals and priorities. Decide what must get done and what can wait, and learn to say no to new tasks if they are putting you into overload. Note what you have accomplished at the end of the day, not what you have been unable to do.

- Stay connected with people who can provide emotional and other support. To reduce stress, ask for help from friends, family and community or religious organizations.

If you're overwhelmed by stress, ask for help from a health professional.



## **SPECIAL EDITION**

**PUBLISHES MAY 17<sup>TH</sup>, 2019**

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**Must be submitted before Tuesday, May 7th, 2019**

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Bldg. 4919 Magnolia Dr.

Sample ads not actual size.



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Message: \_\_\_\_\_

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Love: \_\_\_\_\_

Contact #: \_\_\_\_\_ Cell #: \_\_\_\_\_

**For more information call Theresa Larue at 337-404-7242**



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Bayne-Jones Army Community Hospital's Dragon Boat team finished in second place at the Natchitoches Dragon Boat Races April 13.



## BJACH team competes in Dragon Boat race

By KATHY PORTS  
BJACH PAO

NATCHITOCHES, La. — Despite the rain, thunder and a lightning delay, Bayne-Jones Army Community Hospital's Dragon Boat team rowed to second place victory in the Fourth Annual Natchitoches Dragon Boat Races April 13.

The potential for severe weather forced race organizers to shorten the schedule in hopes of beating the approaching storms.

Originally 23 teams were registered, but only 15 showed up to battle the river, impending rain and intense thunderstorms that were approaching fast.

Many of the participating teams were headquartered in or around Natchitoches, BJACH being the only out of town entry. Time, distance and duty prevented BJACH from getting extra practices during race week but the team rallied at 7 p.m. April 12 to practice, under the coaching of five-time world championship rowing coach and retired Marine Lt. Col. Lee Cerozac. Cerozac had just returned from China after coaching Australia, Canada and China Dragon Boat rowing teams in an international competition. The Australian men's team took first place, while the American women's team placed fourth in the competition.

During the opening ceremony, Natchitoches

Mayor Lee Posey said BJACH's spirit and costumes were already the best and they definitely had the People's Choice Award.

BJACH's team — all volunteers — included Soldiers, Col. Marla Ferguson, MEDDAC commander, acting command sergeant major 1st Sgt. Norman Pickens, Department of the Army civilians and Family members.

Although the intermittent rain hampered some of the events, the "awakening of the sleeping dragon" by painting eyes on the decorative dragonhead pieces before they are mounted to the front of each boat took place. Spc. Austin Ke, a nutrition technician at BJACH's Dining Facility, painted the eye for BJACH.

Dragon Boat races date back centuries with its roots tied to an ancient folklore of contending villages, that have been held for more than 2,000 years throughout southern China. Traditional dragon boat racing coincides with the 5th day of the 5th Chinese lunar month — varying from late May to June on the modern Gregorian calendar.

Each boat has 20 paddlers — 12 male and 8 female — and one drummer, whose drumbeats are considered the heartbeat of the dragon boat. The drummer leads the paddlers throughout the races using rhythmic drum beats to indicate the frequency and synchronicity of the paddlers' strokes — basically the cadences — picking up or accelerating the pace.

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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.

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[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.



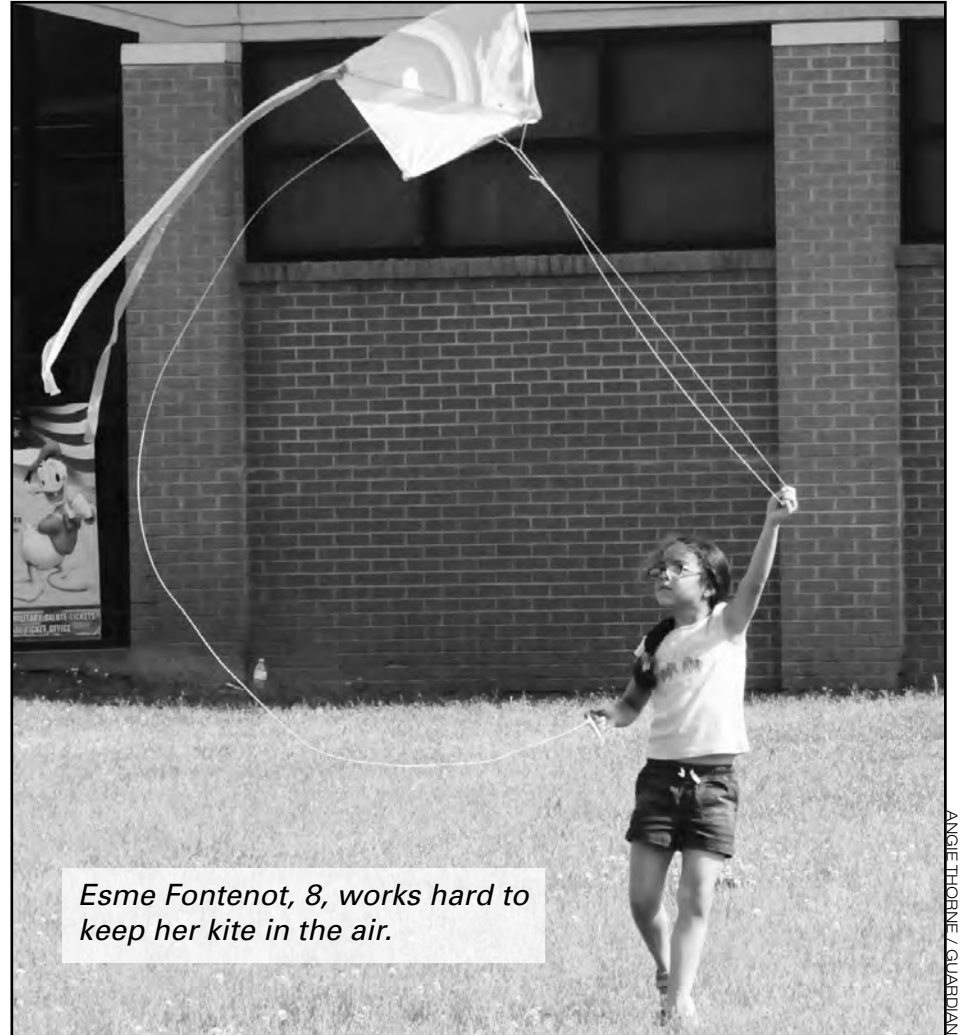
# Fort Polk kids have knack for keeping kites flying high



As part of Month of the Military Child celebrations, Fort Polk's Allen Memorial Library hosted Kites for Kids, April 16. Parents and library staff had almost as much fun as the kids while working to keep the kites airborne.



Curtis Bing, 8, runs with his kite to help it take flight at Kites for Kids April 16.



Esme Fontenot, 8, works hard to keep her kite in the air.

ANGIE THORNE / GUARDIAN

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# Lagniappe

## Festivals

### • International festival

Visit Lafayette for Festival International De Louisiane, Wednesday through April 28.

This is a premier International music and arts festival known for bringing a variety of unique and emerging performers to Louisiana while incorporating the best sounds Louisiana has to offer.

Downtown Lafayette transforms into an entertainment mecca for all ages, attracting more than 300,000 attendees over five days.

Join in the fun as music brings communities together for this cultural celebration.

Admission is free.

Check out this year's lineup at

[www.festivalinternational.org](http://www.festivalinternational.org).

### • Jazz festival

The New Orleans Jazz Festival celebrates 50 years of jazz history and music Thursday through May 5.

You'll enjoy performances by the Indigo Girls, Tank and the Bangas, Bonnie Raitt, Alanis Morissette, Jimmy Buffett, Chris Stapleton, Katy Perry, Pitbull, Santana, Logic, Trombone Shorty & Orleans Avenue, Gladys Knight, Leon Bridges and more as they take the stage for fantastic live performances. For more information visit [www.nojazzfest.com](http://www.nojazzfest.com).

### • Mayfest

Mayfest is an annual festival held in historic downtown Leesville. This year's festival takes

place May 3-4. Bring your lawn chairs and join the rest of the crowd on the courthouse lawn for free family fun including live music, vendors — from all over Louisiana and beyond offering home made arts and crafts, food and other items for you to browse — and more. For more information call (337) 238-0783 or visit [www.vernonparish.org](http://www.vernonparish.org).

### • Pirate festival

The Louisiana Pirate Festival takes place May 2-5 at the Lake Charles Civic Center, 900 Lakeshore Drive, Lake Charles. Pirates of all ages are invited to this unique festival celebrating the legend of pirate Jean Lafitte. The story goes that Lafitte docked his boat on the sandy shores of Lake Charles and buried his treasure

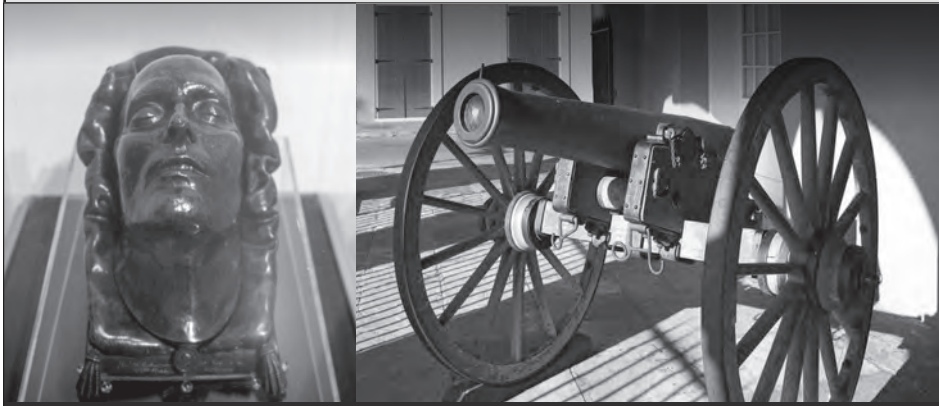
somewhere along its banks. If you love dressing like a pirate, or even or if you don't, folks of all ages are encouraged to stop by the festival filled with carnival rides, games, entertainment and live music on multiple stages.

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

### • Fair fun

The 30th annual Cajun Heartland State Fair, May 23-June 2, is an annual event that offers ride specials, food, free attractions, live entertainment and family oriented games that make an outstanding summer experience.

The fair takes place at the Cajundome, 444 Cajundome Blvd., Lafayette. For more information call (337) 265-2104 or visit [www.cajundome.com](http://www.cajundome.com).



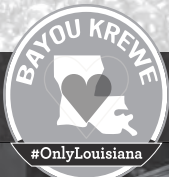
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www.thefortpolkguardian.com

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*Published for the community of Fort Polk, La.*

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### Information Security Specialist – Ft. Polk

Posting Date: 04-04-2019  
Position Name: Information Security Specialist  
Company: Fort Polk, LA  
SCA Wage Category: Exempt  
Shift: 1st  
Employee Type: Regular Full Time

Security Clearance Status: Active and/or Able to Obtain  
Security Clearance Type: Top Secret  
US Citizenship Required: Yes  
Job Level: Technician  
Travel: Negligible

As the Information Security Specialist, you will be responsible for assisting the Fort Polk NEC in meeting architectural and Defense-in-depth requirements for IA solutions and participate in the Risk Management Framework (RMF). You will provide information assurance vulnerability management (IAVM), system patches, and anti-virus updates from applicable original equipment manufacturer (OEM), industry, and government sources when published; evaluate each update against system components for operational impact; and deliver and implement each update to system components throughout the operations and maintenance phase of the system lifecycle.

**Highlights of Responsibilities:**

- Assist the Government in leading post-wide security initiatives that enhance overall network defense in depth, including DoD-mandated requirements in addition to local initiatives.
- Provide DoD PKI Services including directory support, certification validation, registration, interface to related Army systems, hosting of PKI-enabled servers, key management services and PKI solutions for required applications and objectives.
- Provide Security Risk Assessment support, perform risk analysis of resources, controls, vulnerabilities, threats and the impact of losing system capabilities of mission objectives.
- Facilitate decisions to implement security countermeasures or mitigate risk and implement approved countermeasures.
- Participate in the change management process and provide formal written recommendations to the Government for approval and implementation.
- Provide support to the Risk Management Framework (RMF) process in IAW AR 25-1 and NETCOM/ NEC guidance. Review, validate, and maintain Tenant Support Plans (TSP) and all other Certification and accreditation (C&A) requirements and documentation for each organization/activity/unit on the installation in order to identify and document each network point of presence.
- Support Information Assurance Vulnerability Alert (IAVA) compliance programs and compliance monitoring of all network connected assets, including touch labor support.
- Perform Network and Workstation scans weekly or more often as required and compile vulnerability reports to facilitate corrections.
- Assist the Government in development of the Mitigation Action Plan (MAP) and IAVM Plan of Action and Milestones (POA&M) IAW ARCYBER/NETCOM/NEC requirements and guidance.
- Ensure new contract personnel obtain the appropriate background investigation/security clearance prior to unsupervised privileged access or management responsibilities to any systems.
- Assist in the planning, implementation and management of a Defense In Depth for the total network and/or enclaves within the network to include such items as: scanning, remediation, host and network intrusion detection/prevention, virus programs, vulnerability scanning, wireless intrusion detection sensors (WIDS), content filtering, remote dial-in protection, Host Base Security Services, Directory Services, and Risk Management Framework (RMF).
- Review audit logs and report suspicious activity.
- Provide/push patches for each authorized network-connected device as required.
- Monitor automated systems to detect and report malicious or unauthorized activities on the network.
- Distribute local IA policy, including Network Security, Security Awareness, Remote Access, Acceptable Use, etc.;
- Comply with the management and documentation of hardware/software changes as identified by the local Change Control Board Charter

**Candidate Requirements:**

- Active DoD Top Secret Security Clearance
- Computing environment certification
- Windows Server 2012 R2
- Windows 10
- VMWare
- Host Based Security System (HBSS)
- ACAS Vulnerability Scanning
- Security Information and Event Management (SIEM)
- SCCM
- CompTIA Security+ certified
- Must obtain Computing Environment certification within 6 months of hire
- MS Office Suite Proficient

It is the policy of GC&E to provide equal opportunity in recruiting, hiring, training, and promoting individuals in all job categories without regard to race, color, religion, national origin, gender, age, disability, genetic information, veteran status, sexual orientation, gender identity, or any other protected class or category as may be defined by the federal, state, or local laws or regulations.

We affirm that all compensation, benefits, company-sponsored training, educational assistance, social, and recreational programs are administered without regard to race, color, religion, national origin, gender, age, disability, genetic information, veteran status, sexual orientation, gender identity. It is our firm intent to support equal employment opportunity and affirmative action in keeping with applicable federal, state, and local laws and regulations.

**We maintain a drug-free work place and pre-employment drug testing is required.**

The information above has been designed to indicate the general nature and level of work performed by employees with the classification. It is not designed to contain or be interpreted as a comprehensive inventory of duties, responsibilities, and qualifications required of employees assigned to this position

**E-mail to Recruiting@gcesg.com**

### IT Customer Service Desk– Ft. Polk

Posting Date: 04-04-2019  
Position Name: Computer Network Support Specialist Information Systems Mgr.  
Company: Fort Polk, LA  
SCA Wage Category: Computer Operator II  
Shift: 1st  
Employee Type: Regular Full Time  
Security Clearance Status: Active and/or Able to Obtain  
Security Clearance Type: Secret  
US Citizenship Required: Yes  
Job Level: Technician  
Travel: Negligible

As the Computer Network Support Specialist, you will provide remote and deskside Help Desk support to general users and VIP/Priority users. Support includes active directory account creations, shared drive permissions, local and network printer installs, software uninstall/reinstalls, and basic software and network troubleshooting. More detailed support may be required in troubleshooting detailed organization specific software, network printer/multifunctional devices and the ability to identify/replace faulty warranty supported hardware.

**Highlights of Responsibilities:**

- Diagnose computer errors and provide technical support
- Troubleshoot software, hardware, printer and basic network issues
- Provide quality customer service skills
- Utilization of ITSM Remedy ticketing system
- Complete workload within contractual timeframes
- Provide additional availability to support associated tasks

**Candidate Requirements:**

- Active DoD Secret Security Clearance
- Windows 10
- Safe Driver Training
- Understanding of the C4IM services list
- Understanding of I3A standards
- CompTIA Security+ certified
- Must obtain Computing Environment certification within 6 months of hire
- MS Office Suite Proficient

It is the policy of GC&E to provide equal opportunity in recruiting, hiring, training, and promoting individuals in all job categories without regard to race, color, religion, national origin, gender, age, disability, genetic information, veteran status, sexual orientation, gender identity, or any other protected class or category as may be defined by the federal, state, or local laws or regulations.

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**E-mail to Recruiting@gcesg.com**

### System Administrator Intermediate – Ft. Polk

Posting Date: 04-04-2019  
Position Name: System Administrator-Intermediate  
Company: Fort Polk, LA  
SCA Wage Category: Exempt  
Shift: 1st  
Employee Type: Regular Full Time

Security Clearance Status: Active and/or Able to Obtain  
Security Clearance Type: Top Secret  
US Citizenship Required: Yes  
Job Level: Technician  
Travel: Negligible

As the System Administrator-Intermediate, you will have an expert understanding of system Servers to include Storage Area Network Servers (SAN), Network Attached Servers (NAS) and replication software in physical and virtual environment for both classified and unclassified environments.

**Highlights of Responsibilities:**

- Manage File access control permissions
- Coordinate file access with customers
- Participates in technical research and development to enable continuing innovation
- Ensures that system hardware, operating systems, software systems, and related procedures adhere to government policies.
- Perform daily system monitoring, verifying the integrity and availability of all hardware, server resources, systems and key processes, reviewing system and application logs, and verifying completion of scheduled jobs such as backups.
- Manage servers and data
- Monitor and troubleshoot all servers for availability
- Plan and schedule the installation of Government-approved, new or modified hardware, operating systems, and software applications.
- Test government-provided software and continually review IT hardware and software to ensure it is responsive to end user needs
- Administer accounts, network rights, and access to systems and equipment.
- Maintain, update and correct systems configurations to resolve hardware/software interface and interoperability problems

**Candidate Requirements:**

- Active DoD Top Secret Security Clearance
- Computing environment certification
- VMWare
- SharePoint
- SQL Database
- SCCM
- CompTIA Security+ certified
- Must obtain Computing Environment certification within 6 months of hire
- MS Office Suite Proficient

It is the policy of GC&E to provide equal opportunity in recruiting, hiring, training, and promoting individuals in all job categories without regard to race, color, religion, national origin, gender, age, disability, genetic information, veteran status, sexual orientation, gender identity, or any other protected class or category as may be defined by the federal, state, or local laws or regulations.

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**E-mail to Recruiting@gcesg.com**



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www.thefortpolkguardian.com

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### STATEWIDES

**CAL/CAM PARISH PUBLIC AUCTION FRI & SAT, APRIL 26 & 27 AT 9AM.** Location: Burton Coliseum in Lake Charles, La Cars, trucks, trailers, farm machinery, construction & industrial equip, RVs, ATVs & miscellaneous items Online bidding available [www.TheBestAuctions.net](http://www.TheBestAuctions.net) Phone (337) 494-1333 Pedersen & Pedersen Auctions Mike Pedersen, auctioneer La license #622 (LA-SCAN)

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**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

### Guardian Tradin' Post Ad

\* 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  
☐ 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.

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

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



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**NOW LEASING RAILWAY OFFICE/RETAIL SUITES**

Suite	Sq. Ft.	Rent
#300	110	\$160
#301	345	\$230
#302	906	\$530
#306	132	\$190
#308	659	\$390
#309	257	\$200
#311	259	\$200
#313	305	\$230

CAN BE COMBINED FOR LARGER UNIT, UTILITIES INCLUDED IN ABOVE IN LEESVILLE, CLOSE TO FT. POLK

Also Available:

#1	1227	\$1030
#2	297	\$250
#3	264	\$220
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Units may be combined Six Month and Up Lease Terms  
**337-239-3885**  
 Morris Team Realty, LLC



# Fort Polk Guardian

www.thefortpolkguardian.com

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Ads Is Noon Tuesday

Turn in ads to the  
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