



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

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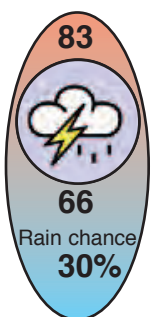
CHUCK CANNON / GUARDIAN

Escaping the sand

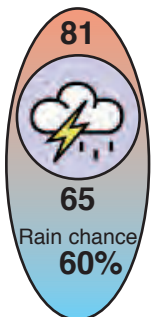
Sasha Kuebel (left) watches as Joel Haznedl blasts out of a sand trap on hole No. 1 of Fort Polk's Warrior Hills Golf Course during a two-person scramble April 27. The players were two of 22

linksters who spent the afternoon negotiating the rolling hills, traps and water hazards of the 18-hole course. For story and more photos see page 7 of today's Guardian.

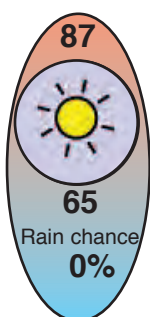
Weekend weather



Today



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Sunday

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Viewpoint

In our view

Guardian staff asked Fort Polk community members, "What makes someone a good leader?"
Here are their responses:



Staff Sgt. Shelly Anderson:
"Good leaders are those that lead from the front. I will not tell a Soldier to do something that I would not do myself."



First Sgt. Yolanda Brownlee:
"Someone who takes care of Soldiers first, trains and leads them and enforces the standards."



Sgt. 1st Class Eric Hayes: "A good leader is someone that doesn't ask their Soldiers to do something that they wouldn't do themselves."



Pvt. Helen Nogales: "A good leader maintains their professionalism and has accountability and credibility — people need to be able to trust you."



Capt. Irwin Johnson: "Someone who sets the standard and leads by example — practice what you preach."



Pfc. Dorissa Tschetter: "Somebody that is approachable and willing to help Soldiers by showing them what to do instead of just telling them what to do."



Master Sgt. Roger Green:
"Someone who doesn't forget the trials and tribulations of being a junior Soldier, can apply their experience to their leadership style, and knows when to employ empathy versus sympathy."

Spc. Joshua McDonnell: "I just became a leader myself, and I think it's important to take a hands-on approach and coach Soldiers with what they are doing rather than sitting behind a desk and waiting for them to come to you."



Guardian

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Briefs

ASIST class

An Applied Suicide Intervention Skills Training class is held May 8-9, from 8 a.m.-4:30 p.m., at the Fort Polk Education Center, Colorado Avenue, room 221-223. The class teaches participants how to recognize when someone may have suicidal thoughts, and work with them to create a plan to support their immediate safety. The class is limited to 15 participants. For more information or to register call 531-6187 or email john.l.pilgrim.civ@mail.mil.

CIF date change

The Community Information Forum originally slated for Wednesday at 10 a.m. has been changed to Tuesday at 9:30 a.m. at the Warrior Center.

Islander observance

An Asian American and Pacific Islander observance is held May 22 at Bayou Theater from noon-1 p.m. This year's theme is "Unite Our Mission by Engaging Each Other." Call 531-1911 for more information.

3rd Bn, 353rd Inf CoC

The 3rd Battalion, 353rd Infantry Regiment "Tiger Battalion" hosts a change of command ceremony May 31 at 10 a.m. on Fort Polk's Warrior Field. Lt. Col. Francisco J. Lopez will relinquish command to Lt. Col. Mark K. Snakenberg.

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, provided these activities are an integral part of a total fitness program. Participants can begin the program after supervisors approve and submit packets to the Community Ready and Resilient Integrator.

For more information about the program or to pick up a packet call Luewana Hannon at 531-1191 or email luewana.l.hannon.civ@mail.mil.

SSA inventory

Supply Support Activity is closed May 13-17 for a change of accountable officer inventory. Call 531-0950 for more information.

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

Please see **Briefs**, page 5



JEAN DUBIEL / GUARDIAN

Brig. Gen. Patrick D. Frank (left), commanding general, Joint Readiness Training Center and Fort Polk, and Command Sgt. Maj. David W. Bass (right), JRTC and Fort Polk garrison command sergeant major, are presented with an oversized check in the amount of \$824,633.68, the amount of money saved because of volunteer efforts at Fort Polk. Between them, from left, are the 2019 Volunteers of the year: Angie Donahue, Amber Orr, Rachel Steele, Natalia Langston and Allyson Galvin on behalf of her spouse, Sgt. Shawn Galvin.

Fort Polk volunteers honored at banquet

By **JEAN DUBIEL**
Guardian staff writer

FORT POLK, La. — Brig. Gen. Patrick D. Frank, commanding general of the Joint Readiness Training Center and Fort Polk, recognized the selfless efforts of Fort Polk's volunteer workforce with a banquet at the Warrior Center April 25.

While 48 volunteers were in attendance, Frank said they were the representation of some 1,000 volunteers spread throughout the installation that have provided 33,000 hours of service during the past year.

"If our garrison commander, Colonel (Jarrett) Thomas paid the salary for these incredible volunteers, it would be valued at \$824,000 — almost a million dollars. That is exceptional," said Frank. "These volunteers have dramatically impacted the quality of life we enjoy here at JRTC and Fort Polk."

Frank said it was important to recognize how the contributions of these individuals help make Fort Polk the Home of Heroes.

"This is one of the most important events that we do in our calendar year," he said. "We bring (together) our high-end volunteers and give them a special evening, so all of us in uniform can tip our hat and salute each of them. Congratulations and thank you for what you do for us."

Volunteers were nominated to be the volunteer of the year in five categories. They include:

Family Readiness Group nominees

Sgt. Marynelsie Abreu, Spc. Michael Ater, Sgt.

Edna Avitia, Karina Braun, Sgt. Tiffany Brown, Brittney Bush, Ashley Cox, Chanise Davis, Rebecca Henson, Staff Sgt. Timothy Kroon, Lisa Lyles, Lauren Martin, Sophia McMillion, Cassie Morrison, Jasmin Morrow, Luna Mulligan, Martina Piazzon, 1st Sgt. Rodney Rieger, Colleen Rodenberger, Julie Rush, Troy Salmond, Kristine Schou, Ashley Shelton, Paul Shumpert, Rachel Steele, Amy Stein, Sarah Sweetser, Pfc. Matthew Tartt, Maj. Abraham Umanah and Spc. Jelani Williams.

- Family Readiness Group Volunteer of the Year winner: Rachel Steele.

Large community group nominees

Katie Davis, Jennifer Dignazio, Angie Donahue, Chandra Fillmore, Carmen Mercado, Cassie Morrison and Diana Wu.

- Large community group Volunteer of the Year winner: Angie Donahue

Small community group nominees

Sgt. Jessica Alvarez, Spc. Dajon Davis, Amber Orr, Brynn Rivera and Samantha Rowlands.

- Small community group Volunteer of the Year: Amber Orr

Child and Youth Services group nominees

Shanon Anthony, Air Force TSgt. Daniel Blest, Sgt. Shawn Galvin and Ana Murray.

- Child and Youth Services group Volunteer of the Year: Sgt. Shawn Galvin.

Youth division group nominees

Emily Glenn and Natalia Langston.

- Youth division group Volunteer of the Year: Natalia Langston

Please see **Volunteers**, page 6

Army astronaut reflects on mission 250 miles above Earth

By SEAN KIMMONS
Army News Service

FORT MEADE, Md. — An Army astronaut on a six-month mission in space recently shared her experience, saying she still leans on her military training while aboard the International Space Station.

Lt. Col. Anne McClain, a former helicopter pilot who has flown more than 200 combat missions, blasted into space on a Russian Soyuz rocket in early December to serve as a flight engineer for her crew.

"I spent my whole career working high-risk missions in small teams in remote areas, which is what we're doing right now," she said in an April 24 interview.

McClain, 39, is one of five Soldiers in the Army Space and Missile Defense Command's astronaut detachment. Its commander, Col. Andrew Morgan, is slated to launch July 20, the 50th anniversary of the Apollo 11 Moon landing.

Spacewalker

During her stay, McClain has been able to complete two spacewalks — both about 6.5-hours long — for maintenance outside the space station, which is about the length of a football field.

On March 22, she and another American astronaut replaced batteries and performed upgrades to the station's power system.

Then on April 8, she and a Canadian astronaut routed cables that serve as a redundant power system for a large robotic arm that moves equipment and supports crews while outside the station.

When she first started to train for spacewalks back in Houston, McClain said it reminded her of being an OH-58 Kiowa helicopter pilot on a scout weapons team.

The spacesuits, she noted, are like small spacecraft that need to be constantly monitored for their occupants to stay alive against the extreme temperatures and vacuum of space. Suits have their own electronics, power and radio systems — similar to components helicopter pilots often cross-check while remaining focused on the mission.

Then there is the buddy team aspect of both operations.

"Up here on a spacewalk, that's the other astronaut that's outside with you," she said.

"On the ground, that was the other helicopter that I was flying with.

"Most importantly, you have to be able to work with that other person and their system — their spacesuit, their helicopter — to accomplish the mission," she added.

"It was actually amazing to me how many of the skills carried over into that environment."

Space research

Unique from her Army days has been her participation in scientific experiments on the station, the only research laboratory of its kind with more than 200 ongoing experiments.

An upcoming experiment, she said, is for an in-space refabricator, a hybrid 3D printer that can recycle used plastic to create new parts.



Astronaut Lt. Col. Anne McClain uses the robotics workstation inside the International Space Station to practice robotics maneuvers and spacecraft capture techniques April 16.

NASA

"That's a really exciting new technology to enable deep-space exploration," she said.

In December, NASA announced plans to work with U.S. companies to develop reusable systems that can return astronauts to the moon. Human-class landers are expected to be tested in 2024, with the goal to send a crew to the surface in 2028.

What's learned in these missions could then help NASA send astronauts to Mars by the 2030s, according to a news release.

While currently in low Earth orbit, McClain explained that resupply vehicles can come and go. Beyond that, crews would need to be self-sustained for longer periods of time.

"We're using the space station as a test bed for some of the technologies that are going to enable us to work autonomously in space," she said, "and hit some of our deep-space exploration goals."

As with other astronauts, McClain has also become a guinea pig of sorts in human research tests that study how the human body reacts to microgravity.

One experiment she has been a part of is monitoring airway inflammation up in space.

With a lack of gravity, dust particles don't fall to the ground and will often be inhaled by astronauts. The tests measure exhaled nitric oxide, which can indicate airway inflammation, she said.

This research could be important if astronauts are sent back to the moon, which is covered with a fine dust similar to powdered sugar, she said.

"If that's in the air and we're breathing that for months on end, if we're doing extended stays on the lunar surface," she said, "we need to understand how that affects the human body."

Overview effect

While there is no typical day in space, McClain said their 12-hour shifts normally start with a meeting between them and support centers in the U.S., Russia, Germany and Japan.

When not helping with an experiment, astronauts do upkeep inside the station that includes plumbing, electricity work, changing filters, checking computer systems, or even vacuuming.

The best parts of her day, she said, are when

she gets the chance to peer down on Earth.

Every day, the station orbits around the planet 16 times, meaning astronauts see a sunrise or sunset every 45 minutes.

"One of the cool things about going to the window is if you're not paying attention, you don't even know if it's night or day outside," she said. "You could look out and see an aurora over the Antarctic or you could look out and see a beautiful sunrise over the Pacific."

After seeing Earth from above with her own eyes, McClain has come to realize people there are more dependent on each other than they may think.

"You get this overview effect where you realize how small we are and how fragile our planet is and how we're really all in it together," she said. "You don't see borders from space, you don't see diversity and differences in people on Earth."

Those back on Earth can also gaze up and enjoy a similar effect.

"Sometimes we focus too much on our differences, but when we all look up into space, we see the same stars and we see the same sun," she said. "It really can be unifying."

Whenever she glanced up at the stars as a young child, she said it was a magical experience and eventually sparked her interest in becoming an astronaut.

Her family supported her dream and told her she could do whatever she wanted as long as she put in the work.

"They didn't tell me how much work it was going to be," she said, laughing, "but it certainly was a lot more than I anticipated."

Before she was selected to NASA's human spaceflight program in 2013, McClain, of Spokane, Washington, attended the U.S. Military Academy and was commissioned in 2002.

She later became a Marshall scholar and earned two master's degrees. She then flew more than 2,000 flight hours on 20 different aircraft and became a Kiowa instructor pilot.

In June, she is set to return back to Earth.

"No matter what your passion is, you really can find it within the Army," she said.

"The opportunities are endless and the sky is not the limit."

Lancon Soldier Center Medical Home named for heroic medic

By **JEAN DUBIEL**

Guardian staff writer

FORT POLK, La. — A dozen school friends from the New Iberia Senior High School Class of 1969 visited Fort Polk April 26 to attend a ceremony for the newly-named Lancon Soldier Centered Medical Home in bldg 1260. They wanted to be there for the official naming of the building because Spc. Larry Joseph Lancon, a Soldier and combat medic killed in action in Vietnam, was their classmate, and this year marks the 50th reunion for the class of 1969.

Lancon was born in New Iberia, Louisiana Dec. 22, 1950. After high school he joined the Army and served in Vietnam with Headquarters and Headquarters Company, 1st Battalion, 8th Cavalry, 1st Cavalry Division (Mobile). He was awarded the Distinguished Service Cross for extraordinary heroism in connection with military operations involving conflict with an armed hostile force in the Republic of Vietnam. Lancon was accompanying a friendly force up a steep, densely vegetated hill, when the lead element came under intense fire from a well-entrenched enemy. While under enemy fire, he skillfully applied first aid to a wounded Soldier and assisted him to a rear position. Lancon then returned to the area of contact to retrieve two more wounded comrades. Though fatally wounded by enemy fire, he continued to treat his fellow Soldiers and assist them to safety until he collapsed.

Lancon's other awards include the Bronze Star, Purple Heart, Air Medal, Army Good Conduct Medal, National Defense Service Medal, Vietnam Service Medal, Vietnam Campaign Medal and the Combat Medic Badge. He is also an inductee into the State of Louisiana Military Hall of Fame in Abbeville, Louisiana.

Brig. Gen. Patrick D. Frank, commanding general, Joint Readiness Training Center and Fort Polk, said the Lancon Soldier Centered Medical Home takes care of Soldiers every day, primarily those for the 3rd Brigade Combat Team, 10th Mountain Division.

"There is probably no greater devotion than being a combat medic," he said. "We have a theme here at Fort Polk which we call 'Forging the Warrior Spirit.' Across the U.S. Army we call



Alumni from the New Iberia Senior High School Class of 1969 surround the plaque honoring their fallen classmate, Spc. Larry Joseph Lancon, at the building dedication ceremony for the Lancon Soldier Centered Medical Home at Fort Polk April 26.

JEAN DUBIEL / GUARDIAN

that the 'Warrior Ethos,' and inside that ethos we talk about never leaving a fallen comrade. Lancon lived the Warrior Ethos, which is why he returned (to the area of contact) to aid those men."

Frank said that each day, when the Soldiers of the 3rd BCT, 10th Mtn Div enter the facility for medical aid, Lancon's spirit lives on. "When the Patriot Soldiers enter here they will know this building is named after a hero, and they will be inspired by what he did on a battlefield half a world away in Vietnam many years ago."

Robbie Leblanc was one of the alumni in attendance. He said he remembered Lancon as a quiet and reserved individual, down-to-earth and always friendly. Both men ended up serving in the Army. "After high school I came to Fort Polk in 1970 for basic training, and in my fifth week we found out that Larry got killed in Vietnam," he said. "It really touched my heart because I was a classmate of his and I really wanted to be here today, and it just so happened that this is also our

50th high school reunion, and Larry got picked out of so many Soldiers to have his name on a building. That is prestigious."

Ronnie Bodin was a close friend of Lancon. He explained that in 1969, there was a draft and everyone either went to college or into the military. "There was an early enlistment program that allowed you to sign up while you were still in high school. Larry did the early enlistment and shortly after graduation he went to boot camp, then came home briefly to marry his high school sweetheart," he said. "Then he left for Vietnam — and didn't come back."

Bodin said he has thought about his friend often through the years, and wondered if anyone else would ever remember him. "This building being named after him means he will be remembered even after the rest of us are long gone, which I think is appropriate," said Bodin. "He should be remembered for the great guy that he was."

Briefs

Continued from page 3

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 and eroded sites between Louisiana Avenue and access control point 2. The slope failure site requires a lane shift for in-bound and outbound traffic April 15-26 to ensure safety for motorist and construction crews. Alternate routes are encouraged to minimize delays and traffic congestion.

Patriot Inn opens May 13

GUARDIAN STAFF

FORT POLK, La. — Fort Polk's Patriot Inn Dining Facility will hold a reopening ceremony and special meal May 13 beginning at 11:15 a.m. with a ribbon cutting.

Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, is slated to attend and assist with the ribbon cutting for the DFAC that serves the Soldiers of the 3rd Brigade Combat Team, 10th Mountain Division, as well as other Soldiers stationed at Fort Polk.

The grand reopening meal includes steak, turkey and crab legs

and fried shrimp, along with twice baked potatoes, rice pilaf, grilled asparagus, corn on the cob and fried okra.

The salad bar includes potato, tossed, spinach and macaroni salads, and cornbread and hot rolls.

Desserts include cheesecake, various pies, banana pudding and chocolate chip cookies.

Meal price is \$5.60 for Soldiers E-5 and above and their Families, and Department of the Army civilians. Soldiers E-4 and below and their Family members pay \$4.25.

For more information call 531-1239.



BJACH hosts Army Combat Fitness Test, Pose running training

By Maj. MELISSA FOLSOM

Chief of physical therapy

FORT POLK, La. — Bayne-Jones Army Community Hospital hosted an Army Combat Fitness Test and Pose running method training course in early March for Fort Polk.

Col. Marla J. Ferguson, Medical Activity commander, identified a need to train Soldier instructors on the new ACFT, which is set to replace the Army Physical Fitness Test in October. Her focus on the prevention of injuries led her to designate the BJACH Department of Rehabilitation Team to take the lead in hosting the conference. A team of subject matter experts from the U.S. Army Physical Fitness School trained 30 Soldiers as level 2 instructors for the ACFT and as instructors on the Pose method of running, which incorporate poses into running to avoid wasting energy on inconsequential movements.

The ACFT improves Soldier readiness, transforms the culture of Army fitness, reduces preventable injuries and attrition, enhances mental toughness and stamina, and contributes to increased unit readiness. The ACFT is both gender and age neutral. If all events of the ACFT are completed, the prediction rate of success in combat conditions is 80 percent.

Six events make up the new ACFT: Deadlift, standing power throw, hand release push-up, the sprint/drag/carry, the leg tuck and two-mile run. The Army's goal is full implementation of the ACFT by Oct. 1, 2020.

The events replicate movements Soldiers use in both combat and daily activities. The deadlift assesses the maximum amount of force that can be generated by a muscle or muscle group and is highly predictive of lower body and core muscular strength. This event applies to Soldier tasks such as lifting and transporting heavy loads, casualty evaluation and extraction and lifting heavy loads off the ground.

The standing power throw assesses the ability to generate maximal force in a short period of time and is highly predictive of upper and lower body explosive power. This event correlates to Soldier tasks such as lifting loads off the ground and onto a vehicle, jumping, leaping, climbing over obstacles, throwing a grenade and moving obstacles or vehicles.

The hand-release push-up is an indicator of the ability of muscle groups to perform repetitive work over a period of time to volitional fatigue and is highly predictive of upper body endurance and core strength. This event applies to Soldier tasks such as pushing loads up, onto, and over obstacles, employing progressive levels of force, carrying loads and dynamic balance while under load.

The sprint-drag and carry event tests a Soldier's ability to sustain moderate to high intensity muscular work over a short duration and is predictive of aerobic power and endurance. This event applies to Soldier tasks such as moving quickly over uneven terrain under load, moving over, around, and through obstacles, casualty evacuation, extraction, moving supplies of ammunition, 3-5 second rushes and movement under fire.

The leg tuck tests the ability of muscles or muscle groups to repetitively perform work for an extended period of time to volitional fatigue. This test is highly predictive of upper body, grip strength, core strength and endurance. This event applies to Soldier tasks such as climbing up, onto, and over vehicles, traversing a rope ladder or bridge, loading vehicles and dynamic balance under load.

The 2-mile run tests the ability of large muscle groups at a level between moderate to high intensity for more than a few minutes and is a highly predictive test for aerobic endurance.

The Army's proposed scoring method is based on the physical de-



KATHY PORTS/BJACH

Army Combat Fitness Test students learn how to do the new hand release push-ups properly during ACFT instructor training in March.

mand of a Soldier's or unit's military occupational specialty. Soldiers in the moderate physical demand unit/MOS will be required to meet Gold standards (minimum standards). Soldiers in a significant physical demand unit/MOS will be required to meet Silver standards. Soldiers in heavy physical demand unit/MOS will be required to meet black standards. The scoring system will maintain occupational fitness requirements for close combat battalion and below units regardless of age or gender.

The best way to prepare for the ACFT is to start now. The Army Physical Readiness Training (PRT) doctrine, FM 7-22 (October 2012), Army PRT application for smart devices (iOS and Android), and Combined Arms Lessons Learned (CALL) ACFT Guide can assist with the complete training program. A digital version of this CALL publication is available to view or download from the CALL website: <http://call.army.mil>.

In addition to the ACFT Training, Soldiers received training on the Pose technique of running from Lt.

Col. Charles Blake, director of the U.S. Army Physical Fitness School. The Pose technique of running was developed by two-time Olympian Dr. Nicholas Romanov to diminish injuries and improve athletic performance.

Most people were not born with perfect running technique. Running is a skill that requires practice. The Pose method of running teaches running as a skill, based on scientific principles, concepts and foundational exercises.

The ACFT and Pose training included Soldiers from BJACH medical, dental and veterinary services, Joint Readiness Training Center Operations Group, 46th Engineer Battalion, 519th Military Police Battalion, 32nd Hospital Center and 3rd Brigade Combat Team, 10th Mountain Division. These Soldiers are level 2 ACFT certified and fully trained to instruct running technique classes.

If you are interested in receiving training at your unit, please reach out to the instructors within your unit or contact Kathy Ports at kathy.l.ports.civ@mail.mil.

Volunteers

Continued from page 3

The following overall Volunteers of the Year won an engraved crystal plaque and \$100 gift card:

The JRTC and Fort Polk installation youth Volunteer of the year: Natalia Langston.

Langston volunteers with the Child and Youth Services Youth Sports Program at Fort Polk. She coached youth soccer during the spring and fall seasons, focusing on fundamental skills, sportsmanship, teamwork, fair play, cooperation and enjoyment of the sport.

She encourages parents to participate and get involved in their children's growth. Her patience

while working with the youngest participants was outstanding as evidenced by the enthusiasm and joy seen on the faces of the children she worked with as they attended practice. Her involvement in the youth sports program has played a role its success.

The JRTC and Fort Polk adult Volunteer of the Year: Rachel Steele.

Steele is paving a new path to demonstrate that career spouses and Families can find ways to connect and support the Army in a volunteer capacity. She serves as volunteer coordinator in the Fort Polk Spouses' Club, supporting and promot-

ing monthly social events and fundraising. She is the club's point of contact, keeping the club up-to-date on volunteer requirements and certifying hours. Serving as an Operations Group general volunteer, she focuses on the Soldiers and Families of Task Force 1. Steele is a reliable volunteer that empowers others with knowledge and resources.

After the presentation of awards and certificates, the winners of each of the five categories presented an oversized check to Frank with the total dollar amount of their service contribution to Fort Polk — \$824,633.68.

O'Brien, Hoyt claim WHGC two-person scramble

By **CHUCK CANNON**
Guardian editor

FORT POLK, La. — Twenty-two golfers faced the challenge of Warrior Hills Golf Course April 27 during a Directorate of Family Morale, Welfare and Recreation Intramural Sports Office two-man scramble on the scenic 18-hole layout in the heart of Fort Polk.

Club professional Mike O'Brien and Mac Hoyt claimed the top spot, firing a two under par 70. Tom James and Jim Crum finished a close second with a one over par 73.

For both O'Brien and James, the tournament capped the end of a long day as both linksters competed in the Leesville Rotary Club's Bill Bailey four-person scramble earlier in the day.

"I wasn't going to play this afternoon," O'Brien said at the end of the evening's event. "But Mac (Hoyt) showed up without a partner and I never want to turn anyone away from the course, so I agreed to play with him."

Wade Tripp and Scott Lamb were two other golfers who played both tournaments at WHGC April 27.

"It was a long day and I'm exhausted," Tripp said. "The course was in good shape, but the wind was brutal this afternoon."

Lamb agreed.

"The course played well and is in good shape," he said. "As we move into summer, the dormant grass will come out and it (the course) will be in even better shape."

Sean McCroary, who heads up the DFMWR Intramural Sports Of-

fice, said there is a lot in store for the course during the summer months.

"Right now we have a summer series, or league, in the works," he said. "We've got to solidify some dates, but we're hopefully starting that at the end of May."

McCroary said the event would consist of a weekly scramble where Soldiers could compete either weekly or season-long, similar to the current Wednesday evening 9-hole scrambles at WHGC.

"There will be weekly and season-ending awards offered," he said. "We're looking at having more two- and four-man scrambles and working to develop more partnerships between the golf course and other DFMWR programs. For instance, today's awards were actually purchased from DFMWR Arts and Crafts Center."

Warrior Hills Golf Course is situated on rolling hills in the middle of the South Fort Polk cantonment area. In 2018, the course received a facelift that included 18 new greens and 50 well-groomed tee boxes. The improvements also included an expanded driving range and practice putting green.

O'Brien said he's excited about what the future holds for Warrior Hills Golf Course. He said he hopes to get more Soldiers involved by hosting unit-level tournaments and scheduling the monthly Fort Polk scramble around rotations.

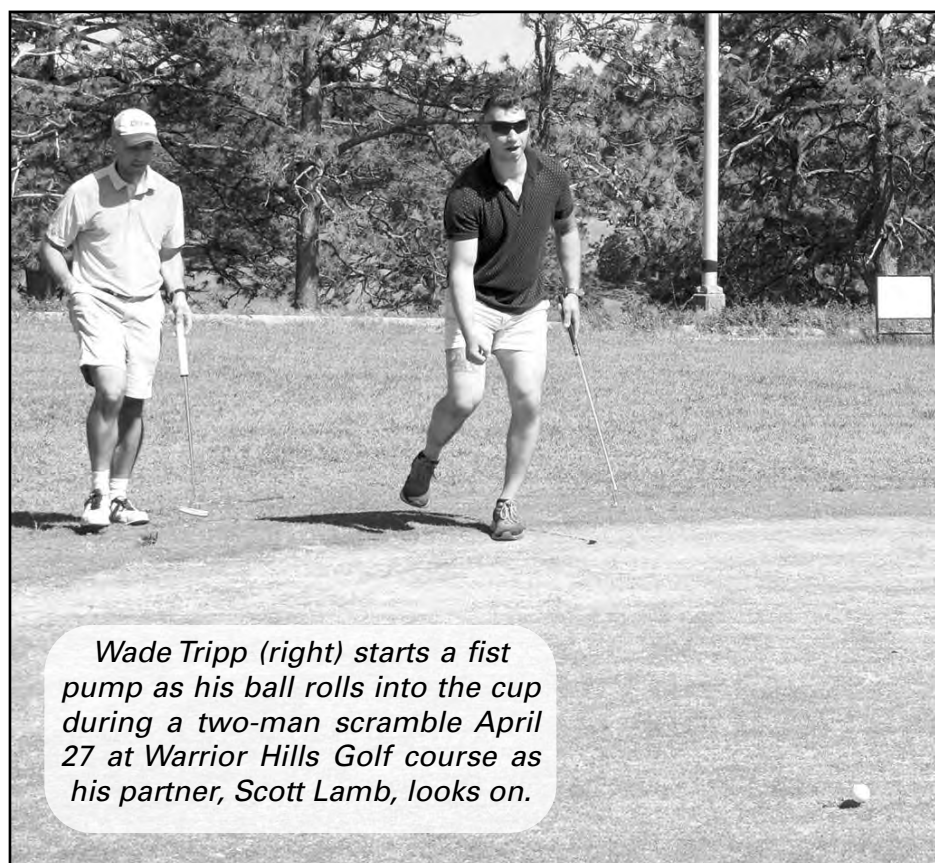
"We're looking at working with individual units to host company-

Please see **Golf**, page 8

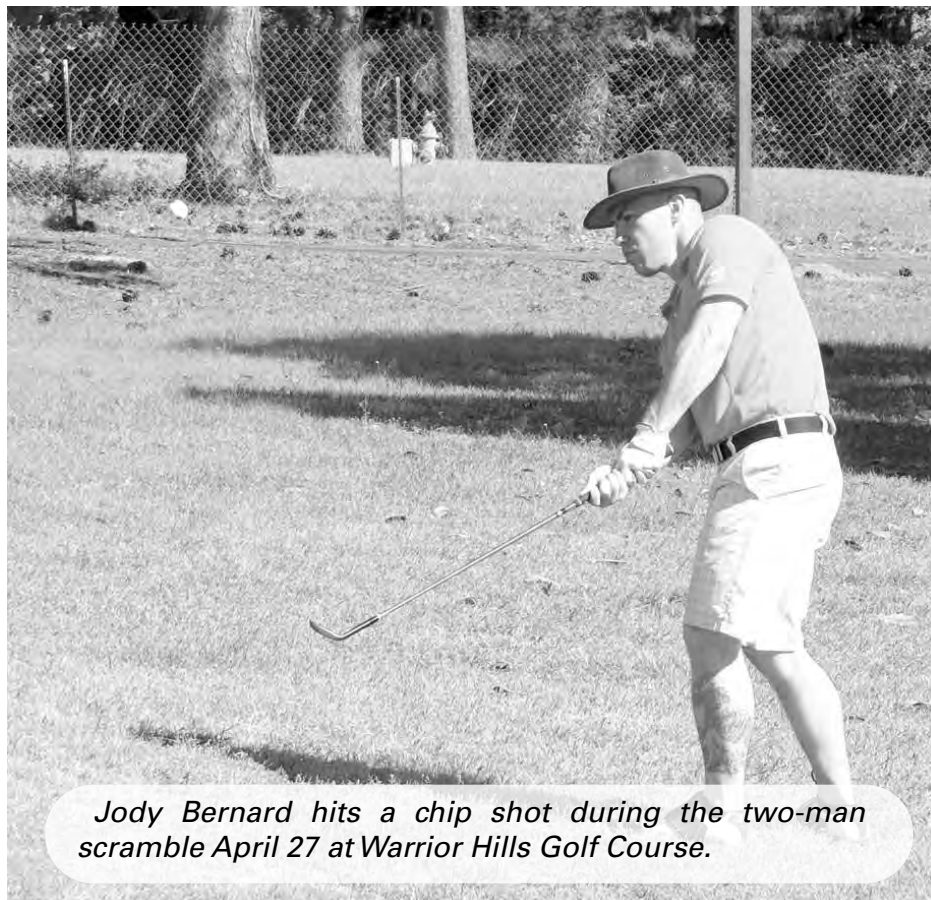


Mike O'Brien (left), Warrior Hills Golf Course professional, and Mac Hoyt won the two-man scramble April 27 with a score of 70.

CHUCK CANNON / GUARDIAN



Wade Tripp (right) starts a fist pump as his ball rolls into the cup during a two-man scramble April 27 at Warrior Hills Golf course as his partner, Scott Lamb, looks on.



Jody Bernard hits a chip shot during the two-man scramble April 27 at Warrior Hills Golf Course.

Golf

Continued from page 7

and battalion-level tournaments and other activities," he said. "We're also looking to increase the number of spouse and Family member classes and activities."

The next tournament on tap at WHGC is the monthly Fort Polk Scramble, starting at 11:30 a.m. today. Other tournaments and special events include:

- Two-Person Team Championship, held May 25-26. Tee times start at 7:30 a.m. each day. Cost is \$50 for members and \$60 for non-members and includes cart, greens fee and range balls. Grand prize is \$500 and lunch is provided at the award ceremony.

- Weekly Wednesday evening scrambles, starting at 5 p.m.

- Golfing dads can take advantage of Father's Day Golf all day June 16. Dads play for \$16 that covers 18 holes and cart rental.

"First and foremost, Warrior Hills Golf Course is for our Soldiers and we want to do everything we can to accommodate them," O'Brien said. "But we also invite the local civilian community to join us."

The course is open seven days a week, Monday through Friday from 8 a.m.-6:30 p.m., and Saturday and Sunday, 7 a.m.-6:30 p.m. After their round, golfers can grab a bite at Mulligan's. For more information about WHGC tournaments call 531-4661.



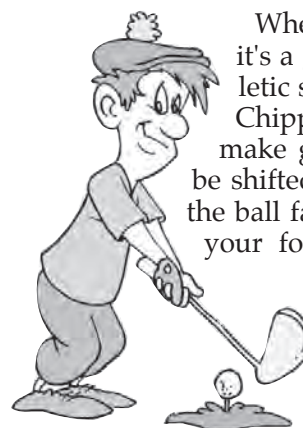
Above: Golfers participate in the two-man scramble April 27 at Warrior Hills Golf Course.

Below right: Steve Landry attempts to use a little body english to coax his ball into the hole during the two-man scramble April 27 at Warrior Hills Golf Course.

Below left: Gonzo Fernandez (left) watches as teammate Ramon Defreites putts during the two-man scramble at Warrior Hills Golf Course April 27.



Golf "Tip of the Week"



When you're using a driver or an iron, it's a good idea to have a balanced, athletic stance that lets you sweep the ball. Chipping's a totally different animal. To make good contact, your weight should be shifted to your forward leg. If you play the ball farther back in your stance as well, your forward weight will help create a steeper downswing. And steeper is better when it comes to chipping. It'll help pop the ball up and let it run out toward the hole. Hope the tip helps you to better scores.

CHUCK CANNON / GUARDIAN

Briefs

School lunches

The following school lunch menu is for Vernon Parish schools for Monday through May 10. Meals are served with salad bar and choice of milk:

- **Monday:** Steak fingers, mashed potatoes and gravy, Italian green beans, peaches and Jell O cup, whole wheat roll.
- **Tuesday:** Barbecue ribettes on whole wheat bun, Cajun French fries, peas and carrots, pineapple chunks.
- **Wednesday:** Oven fried chicken with barbecue sauce cup, white Northern beans, broccoli rice, cantaloupe, whole wheat cornbread.
- **Thursday:** Port roast with gravy, whole grain rice, sweet peas, fruit, sherbet, whole wheat roll.
- **May 10:** Ham and cheese sandwich, French fries, ranch style beans, watermelon, coleslaw.

Surplus sale

The Fort Polk Directorate of Family Morale, Welfare and Recreation Spring Surplus Outdoor Recreation and Boat Sale will take place via an online auction.

For details visit the Fort Polk DFMWR website at www.polk.armymwr.com and its Facebook page: www.facebook.com/fortpolkmwr. There are two physical viewing dates for customers to see items in person. Those dates and times are: May 17 and May 22, 8 a.m.-6 p.m.

Call 531-1787 for more information.

Housing survey

The Department of the Army's Residential Communities Initiative Privatized Housing annual survey runs through May 24.

Lt. Gen. Gwen Bingham, assistant chief of staff for Installation Management, said that recently, housing conditions and management practices that are unacceptable were uncovered.

The survey was shortened from 2018 and concentrates on questions that focus on priority customer service areas. It guides Army and RCI partners in future improvements to privatized housing facilities and services, leading to a better quality of life for all residents and Families. The respondent information is kept confidential and not linked to survey results shared with DA and RCI partners.

Only one member of each household will receive a survey. If no survey is received residents should contact their RCI property management office at 537-5036.

Please see **Briefs**, page 15

Student spotlight

Riley Phillips embraces school life

By VIVIAN LOPEZ

Fort Polk Progress

DeRIDDER, La. — DeRidder Junior High School eighth-grader Riley Phillips embraces his school, engaging in as many activities as he can and striving for academic excellence.

At school, Phillips plays basketball and has also immersed himself in the arts.

"I like to draw," Phillips said. "My teachers encourage me to be creative and have fun."

Phillips, a military-connected student, is also committed to his academic success. He proudly said he gets As and Bs in his classes, and most recently, achieved straight-As in his latest report card.

"It made me feel happy," Phillips said. "My academics are important to me as a student because I want to get a scholarship."

When asked what motivates him in school, he said, "I want to go to college."

Phillips said his favorite subject is science, "because I like learning about the Earth."

His science teacher at DeRidder Junior High School, Jennifer Galloway, describes Phillips as a leader who is always prepared.

"He is always involved in whatever we're doing," Galloway said. "If we're doing a whole class discussion, he's always one of the first to

raise his hand and give some input. If he's in a group, he takes charge to complete whatever the group needs to get done."

Galloway enjoys seeing Phillips succeed academically and his love of science grow.

"He's always very interested in whatever topic we're learning about," Galloway said. "He's a good role model for the other students, displaying leadership skills and eagerness to learn in class."

She said it's fulfilling to see Phillips continuously strive for academic excellence.

"It's a good feeling for me as a teacher to see that he is reciprocating what I'm teaching; it makes me feel like I'm doing my job," Galloway said. "It validates that I'm getting the content across and the activities that I have planned are working and interesting to the students."

In his spare time outside of school, Phillips stays busy, but also takes time to rest.

"I like sleeping, building computers and playing games with my friends," he said.

Looking to the future, Phillips already has big career plans at a young age.

"I would like to be a game developer," he said.

He said he has received plenty of support from his teachers and school to get to where he is today.

"I get help when I need it and I have the resources for help at home," he said.



Phillips

Preteens, teens target audience for HPV vaccine

MILITARY HEALTH SYSTEM COMMS OFFICE

WASHINGTON — Donna, the mother of three children, kept hearing about a vaccine that health-care experts recommend for preteens and teens. With her own twins approaching middle-school age, she wanted to learn more. So she did some research on the vaccine for human papillomavirus, or HPV.

Donna discovered the HPV vaccine is safe and has few, if any, mild side effects. It's most effective for adolescents before they're exposed to the virus. Most significantly, Donna learned the vaccine is almost 100 percent effective in preventing HPV infections, which eventually may cause several types of cancer.

Armed with this knowledge, Donna got her twins vaccinated at their local military treatment facility. She said she'll also ensure her youngest child receives the vaccine in a few years, as recommended.

"This wasn't a difficult decision for me at all," said Donna, whose real name is not being used to protect her family's privacy. "The HPV vaccine is part of preventive health care."

HPV is very common, according to the Centers for Disease Control and Prevention. About 79

million Americans have at least one of about 120 different HPV strains. The virus spreads through intimate, skin-on-skin contact.

Nearly 14 million new cases of HPV infection occur every year, with about half of all new infections among 15- to 24-year-olds, said Dr. Bruce McClenathan, the medical director of the Defense Health Agency Immunization Health Care Branch's South Atlantic Region Vaccine Safety Hub, Fort Bragg, North Carolina.

"HPV can cause many different types of cancer," said Lt. Col. Ruth Brenner, deputy chief of the DHA's Immunization Health Care Branch. "For successful cancer prevention, people need to receive the vaccine before they're exposed to the virus."

But there's no way to predict who will clear the virus and who won't, McClenathan said. If an HPV infection persists, it eventually may cause genital warts — and worse. Almost all cervical cancer is HPV-related, he said.

For HPV vaccination of service members, the Department of Defense follows guidelines published by the Advisory Committee on Immunization Practices.

TRICARE covers the HPV vaccine as recommended by the CDC.

Fort Polk celebrates Operation Earth Friendly Youth Catfish derby



Fort Polk's Earth Day at Operation Earth Derby, hosted by the Environmental and Natural Resources Management Division, took place at Catfish Cove April 27. Parents and children had fun catching fish and learning about the environment and conservation. Attending the event, Clara Belle Jeane, 7, waits patiently as her mom, Meghan, gets the fish she just caught off the hook so she can cast again.



Zackery Magly, 9, (right) uses his whole body to bring in a fish April 27 at Fort Polk's Catfish Cove as his parents, Nikki (center) and Chris stay close in case he needs help.



Ervin Gatson watches as his daughter Sasha, 11, reels in a large catfish.



Harper Bross, 6, picks out the best worm to put on her hook.



After reeling in a pinecone, Kelly Lowman shows that you can't catch a catfish every time you cast.

Please see **Derby**, page 11

Derby

Continued from page 10



Jina Call, 14, and her brother Kurt, 14, take a break from fishing at the Catfish Derby held April 27 to play with an inflatable ball.



Fort Polk Families lined both sides of Catfish Cove during the annual Operation Earth Friendly Youth Catfish Derby April 27.



Jenna Wood (left), water resource analyst, Environmental and Natural Resources Management Division, explains to Jacob Champagne, 11, (center) and Maysn Williams, 10, water conservation as they look at pond life through microscopes April 27 at the Operation Earth Friendly Youth Catfish Derby. Fort Polk's conservation branch had booths set up to teach kids about water resources, recycling and more. Those attending also enjoyed winning raffles, freebies and fish fillet demonstration.



Dustin Pelon takes a moment to work on a fishing line April 27 at Catfish Cove.



Joel Burnett (left) helps Kathryn Burnes and her son Garrett, 7, reel in a catfish April 27.



Kids attending the Operation Earth Friendly Youth Catfish Derby watch a fillet demonstration April 27 at Fort Polk's Catfish Cove.

Creole Nature Trail offers chance to live Louisiana's myths

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — So, you've arrived at your newest assignment, Fort Polk, and you're wondering if all those myths you've heard about Louisiana are true. You know, the ones that say everyone has a boat in their backyard, every meal has a bit of a kick to it, and alligators — not dogs — chase cars down the road.

While those tales might be a bit tall, if you spend a day traveling the Creole Nature Trail All-American Road through the "Louisiana Outback," you could very well see why those stories were started.

The trail is convenient to those who call Fort Polk home. If you head south on U.S. Hwy 171, then take La. Hwy 27 in DeRidder, you've entered the northernmost realm of Louisiana's Outback, although it's not until you pass through Sulphur that you really begin your South Louisiana experience.

The first clue that you've entered a unique area comes as you cross the Intracoastal Waterway just north of Hackberry. When you approach the crest of the bridge that spans the heavily traveled shipping lane, a panoramic view of Louisiana's coastal marsh and prairie stretches as far as the eye can see. As you descend, the marsh, with its canals picking their way through the tall grasses, comes right up to the shoulder of the road, forming a barrier that seems to say, "Enter at your own risk."

A few minutes later, as you approach the town of Hackberry, you realize there might be a shred of truth about the boat myth as shrimp and charter boats fill every available space along the canal that passes through town. The small town is a center for commercial crabbing, fishing and shrimping, and is home to some of the first oil wells drilled in Louisiana.

If you stop and sample the fare at one of the small restaurants in Hackberry, you learn that the second myth is true: The food can be spicy. Hackberry also serves as a rest stop before you enter the Sabine National Wildlife Refuge. If you're low on gas, need a restroom stop or something to drink, now is the time to stock up. While the refuge has a couple of restroom stops, there's little else but nature.

Then again, nature is what the Sabine National Wildlife Refuge and the Creole Nature Trail are all about. They also offer proof that the alligator myth has a ring of truth to it. All along the wide ditches — or canals — that line La. Hwy 27 one can see alligators sunning themselves. The area is probably one of the few places you'll ever see an "Alligator Crossing" sign on a state highway.

The refuge offers two opportunities to get up close and personal with the flora and fauna of South Louisiana: The Blue Goose Walking Trail and The Sabine National Wildlife Refuge Wetland Walkway. The Blue Goose trail is a 1-mile roundtrip hike to the shore of Calcasieu Lake along a canal. Butterflies and birds are the main sights along the path.

The Wetland Walkway offers hikers a chance to get a bit closer than they might wish to Louisiana's largest reptile — the American alligator. The marsh area through which the walkway weaves teems with alligators of all shapes and

A mother alligator watches over her brood at the Sabine National Wildlife Refuge Wetland Walkway.



The Pintail Wildlife Drive in Cameron Prairie Refuge boasts a large variety of migratory birds throughout the year.



There are numerous spots along Louisiana's Creole Nature Trail that offer areas to fish, shrimp or crab, like this father and son.



Please see **Trail**, page 13

Continued from page 13

sizes, from babies to behemoths that top 12 feet in length. The gators seem intent on soaking up the sun's rays for the most part, although park rangers are quick to point out that visitors should keep their distance and never — ever — feed the voracious eaters.

Alligators aren't the only sights along the walkway. Migratory birds, including ducks, geese, coots, pelicans and the flamingo-looking rose breasted spoonbill call the marsh home during different times of the year. Also, you're likely to catch a glimpse of turtles, rabbits, nutria and that scourge of Louisiana's waters, the water moccasin.

It takes about 40 minutes to complete a leisurely trip along the walkway, a must-see for anyone traveling the Creole Nature Trail.

Once you've resumed your trek along the trail, you've got a decision to make — do you continue east on La. Hwy 27, or do you head west on La. Hwy 82, the western spur of the Creole Nature Trail?

The western spur takes visitors to Peveto Woods Bird and Butterfly Sanctuary, as well as five of Louisiana's beaches: Constance, Gulf Breeze, Little Florida, Long Dung and Martin-Erbelding beaches.

The Peveto Sanctuary is open year-round for self-guided excursions.

Should you decide to head east, you'll continue on the main route of the Creole Nature Trail. After passing through Holly Beach, a ferry takes motorists across a shipping channel leading from Calcasieu Lake to the Gulf of Mexico. Be sure to watch for dolphins playing in the channel as you ride the ferry.

The next stop on the Creole Nature Trail is the Port of Cameron, one of the leading seafood and offshore oil industry supply ports in the U.S. Cameron offers a chance to refuel both your automobile and your body.

About 10 miles east of Cameron, motorists are faced with another decision — continue east on La. Hwy 82 (eastern spur of the Creole Nature Trail) to the Rockefeller Refuge, or stay on La. Hwy 27 and the main route.

Should you opt for the eastern spur, the Rockefeller Wildlife Refuge offers opportunities for fishing, crabbing and birding. To visit the refuge you must purchase a Wild Louisiana Stamp or a Louisiana basic fishing license.

If you continue on the main trail, you'll soon



The Pintail Wildlife Drive in Cameron Prairie Refuge offers up close looks at American alligators.

CHUCK CANNON / GUARDIAN



The Sabine National Wildlife Refuge Wetland Walkway offers visitors an up close view of Louisiana's marsh lands.

reach the Pintail Wildlife Drive in the Cameron Prairie Refuge. This 3.5-mile driving tour allows another up close and personal view of alligators and birds. A sign at the entrance warns visitors to stay in their vehicles as the opening and closing of doors might scare off the refuge's birds. However, it's not long before you realize the real reason for the warning is to keep visitors from becoming lunch for alligators. As you slowly motor along the path, it's not unusual to see alligators cross the road or ease up to the side of your car, mouths agape showing long rows of big, sharp teeth.

The drive also offers views of birds that seem more at home in the African savannah. When thousands of birds lift off from the water in flight, it's an awesome sight to behold.

Just north of Pintail Wildlife Drive on La. Hwy 27 is the Cameron Prairie National Refuge Visi-

tors Center. The center offers restrooms and a boat launch.

Once you leave the refuge, you begin your trip back to civilization, or in this case, Lake Charles. La. Hwy 27 turns into La. Hwy 14, which then merges with U.S. 171 and soon you're on your way home.

All along the Creole Nature Trail are designated places for visitors to fish, crab or shrimp. There are also plenty of places to stop for a picnic or just enjoy a view of nature.

When planning a trip along the Creole Nature Trail, allow plenty of time to soak in the scenery and wildlife. Take your time and enjoy a part of Louisiana you might have al-

ways wondered about. Along the way, you might learn that in all myths, there are grains of truth.

For more information about the Creole Nature Trail visit www.CreoleNatureTrail.org.

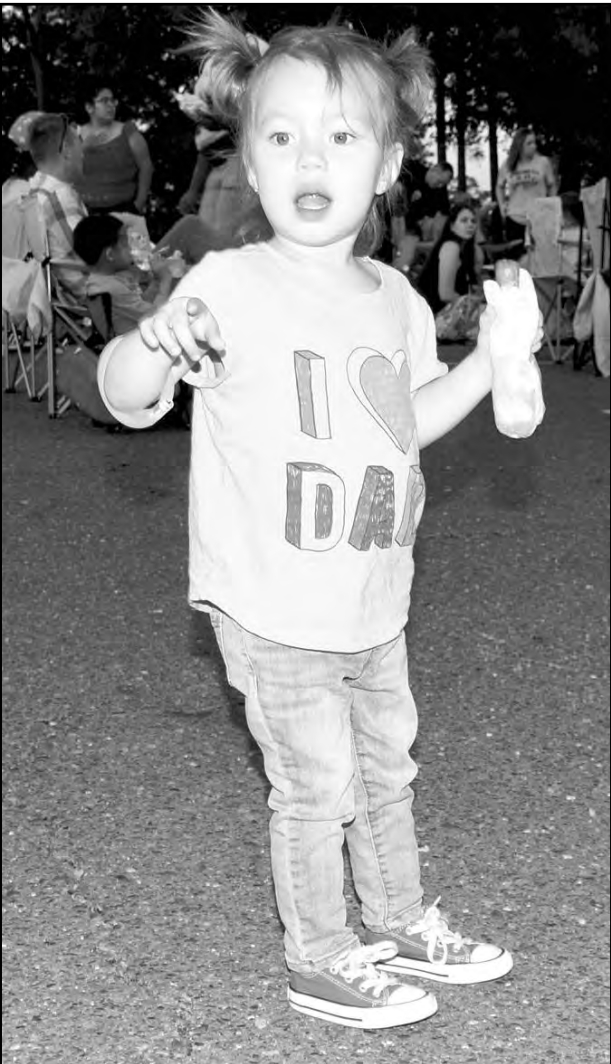
Louisiana's state bird, the brown pelican, is a common sight along the Creole Nature Trail.



Spiderman movie 'invades' Fort Polk Headquarters Field parking lot

GUARDIAN STAFF

FORT POLK, La. — Fort Polk's Directorate of Family Morale, Welfare and Recreation hosted a Movie Night featuring "Spiderman: Into the Spider-Verse" April 27 in the parking lot of Headquarters Field. Movie goers of all ages came out to enjoy the free popcorn, hot dogs and movie. These pictures are just a sample of the great time had by all.



CHUCK CANNON / GUARDIAN



Continued from page 9

PX hiring

The Fort Polk Exchange has immediate job opportunities for people with a passion for serving the best customers in the world.

Those interested in applying for Fort Polk job opportunities can visit **AppMyExchange.com** or contact the Fort Polk Human Resources office at 537-0268, ext. 202.

Intramural softball

Team registration for the 2019 unit softball season is extended until 3:30 p.m. today.

Teams may consist of between 10-15 players and is open to active duty, dependents, retirees and Department of Defense civilians 18 years of age and older.

To register or for more information call 531-2056 or email sean.p.mcroary.naf@mail.mil.

Sidewalk sale

The Fort Polk Commissary is hosting a side walk sale May 16-18, from 9:30 a.m.-6 p.m. each day. Shoppers can purchase limited items by the case at bargain prices.

Call 531-7678 for more information.

Exchange events

The Fort Polk Main Exchange offers the following events:

- Patriot Pet Just Say "Treat" Photo Contest. Through May 31, Fort Polk shoppers can submit a patriotically-themed photo of their furry friends at ShopMyExchange.com/sweepstakes for a chance to win prizes.

One grand-prize winner will receive a \$1,000 Exchange gift card, while four first-place winners will receive \$500 Exchange gift cards. Complete contest rules can be found at **ShopMyExchange.com/sweepstakes**. Winners will be selected on or around June 6.

- Fort Polk Soldiers and their families can receive 15 percent off all purchases made the first day when they open and use a new Military Star account from May 16 to 30.

Call 537-1792 for more information.

ARC VolunTeens

The American Red Cross' summer Volunteer 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 by popular demand 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, bldg 400, 6880 Radio Road.

Mail applications and payment (checks payable to Challenger Sports) to:

Mike Rees
Challenger Sports
4403 Manchaca Road, Suite C
Austin, Texas 78745
Email mrees@challengersports.com for more
formation.

Mulligan's hours

Hours of operation for Mulligan's Deli, Bar and Warrior Center Catering are as follows:

- Warrior Center Catering, Monday through Friday, 8-10:30 a.m. and 2-4 p.m.; call 531-4440.
- Mulligan's Deli, Monday through Friday, 11

a.m.-2 p.m., Saturday and Sunday, 11 a.m.-5 p.m.;
call 531-7668.

- Mulligan's Bar, Tuesday through Friday, 4-8 p.m., Saturday and Sunday 11 a.m.-5 p.m.; call 531-7668. For details visit **polk.armymwr.com**.

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

A vertical poster for a movie night event. The background is a gradient of blue and purple, decorated with a repeating pattern of the words 'MOVIE NIGHT' and 'ENJOY SOME FAMILY TIME' in a lighter blue, semi-transparent font, along with small white stars. The main title 'MOVIE NIGHT IS ON US.' is prominently displayed on the right side in large, bold letters, with 'MOVIE NIGHT' in orange and 'IS ON US.' in white. On the left, event details are listed in white text: 'New Llano Park', 'Stanton Road', 'Leesville, LA', 'Saturday, May 11, 2019', 'Festivities start at 6 pm', and 'Movie begins at 8:15 pm'. The bottom of the poster features a large orange semi-circle containing three dark blue circles. The leftmost circle contains the 'NAVY FEDERAL Credit Union' logo, which includes a globe icon. The middle circle contains the text 'Featuring: Mary Poppins Returns'. The rightmost circle contains a quote: 'Family night doesn't need to break the budget. Come enjoy a film and free family-friendly activities, brought to you by Navy Federal.' The overall design is vibrant and family-oriented.

Federally insured by NCUA. © 2019 Navy Federal NFCU 10161-FPL (4-19)

Lost rubber duckies slowly making way home to fire station

FORT POLK FIRE PREVENTION OFFICE

FORT POLK, La. — Two weeks ago a litter of rubber ducks escaped from the South Fort Polk Fire Station and Fire Emergency Services posted an all points bulletin seeking help in locating them.

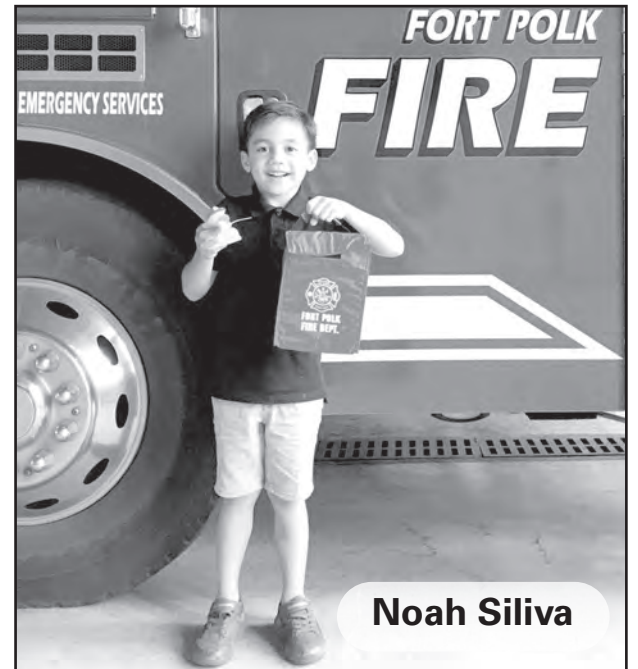
The evasive feathery fiends have been spotted across the Fort Polk footprint, and to date, some of them have been rescued and returned to their

fire fighting family. But there are still a couple who have managed to evade capture. Pictured are some of the rescuers, but area fire fighters have promised they will not rest until all are safely home.

If you happen to spot one of the missing ducks, please secure them and return them to the South Fort Polk Fire Station. Rewards will be given to those who help.



Myong Powers (left) and Pamela Garay (right)



Noah Siliva



Jaxson Bell (seated)

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.

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

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Learn real history of Cinco de Mayo celebrations

WWW.HISTORY.COM

FORT POLK, La. — Sunday is Cinco de Mayo. Whether a person's roots began in Mexico or not, commemorating this day has become synonymous with celebrating the country's customs and traditions — especially when it comes to delicious Mexican food and top notch margaritas.

But if you ask people what the origins of the celebration are really about, there's a good chance they don't know. So, here's a little history lesson courtesy of www.history.com.

Cinco de Mayo, or the fifth of May, celebrates the date of the Mexican army's 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. The day is also known as Battle of Puebla Day. While it is a relatively minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican-American populations.

Cinco de Mayo history

In 1861, Benito Juárez — a lawyer and member of the indigenous Zapotec tribe — was elected president of Mexico. At the time, the country was in financial ruin after years of internal strife, and the new president was forced to default on debt payments to European governments.

In response, France, Britain and Spain sent naval forces to Veracruz, Mexico, one of the country's oldest and largest ports on the coast of the Gulf of Mexico, demanding repayment. Britain and Spain negotiated with Mexico and withdrew their forces.

France, however, ruled by Napoleon III



— the nephew of Napoleon I and the first elected president of France — decided to use the opportunity to carve an empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large force of troops and driving President Juárez and his government into retreat.

The Battle of Puebla

Certain that success would come swiftly, 6,000 French troops under General Charles Latrille de Lorencez set out to attack Puebla de Los Angeles, a small town in east-central Mexico. From his new headquarters in the north, Juárez rounded up a ragtag force of 2,000 loyal men—many of them either indigenous Mexicans or of mixed ancestry—and sent them to Puebla.

The vastly outnumbered and poorly

supplied Mexicans, led by Texas-born General Ignacio Zaragoza, fortified the town and prepared for the French assault. On May 5, 1862, Lorencez gathered his army — supported by heavy artillery — before the city of Puebla and led an assault.

Although not a major strategic win in the overall war against the French, Zaragoza's success at the Battle of Puebla on May 5 represented a great symbolic victory for the Mexican government and bolstered the resistance movement. In 1867—thanks in part to military support and political pressure from the United States, which was finally in a position to aid its besieged neighbor after the end of the Civ-

Please see **History**, page 18

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.

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



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History

Continued from page 17

il War —France finally withdrew.

Cinco de Mayo in Mexico

Within Mexico, Cinco de Mayo is primarily observed in the state of Puebla, where Zaragoza's unlikely victory occurred, although other parts of the country also take part in the celebration.

Traditions include military parades, recreations of the Battle of Puebla and other festive events. For many Mexicans, however, May 5 is a day like any other: It is not a federal holiday, so offices, banks and stores remain open.

Why is Cinco de Mayo celebrated in the United States?

In the United States, Cinco de Mayo is widely interpreted as a celebration of Mexican culture and heritage, particularly in areas with substantial Mexican-American populations.

Chicano activists raised awareness of the holiday in the 1960s, in part because they identified with the victory of indige-

nous Mexicans (such as Juárez) over European invaders during the Battle of Puebla.

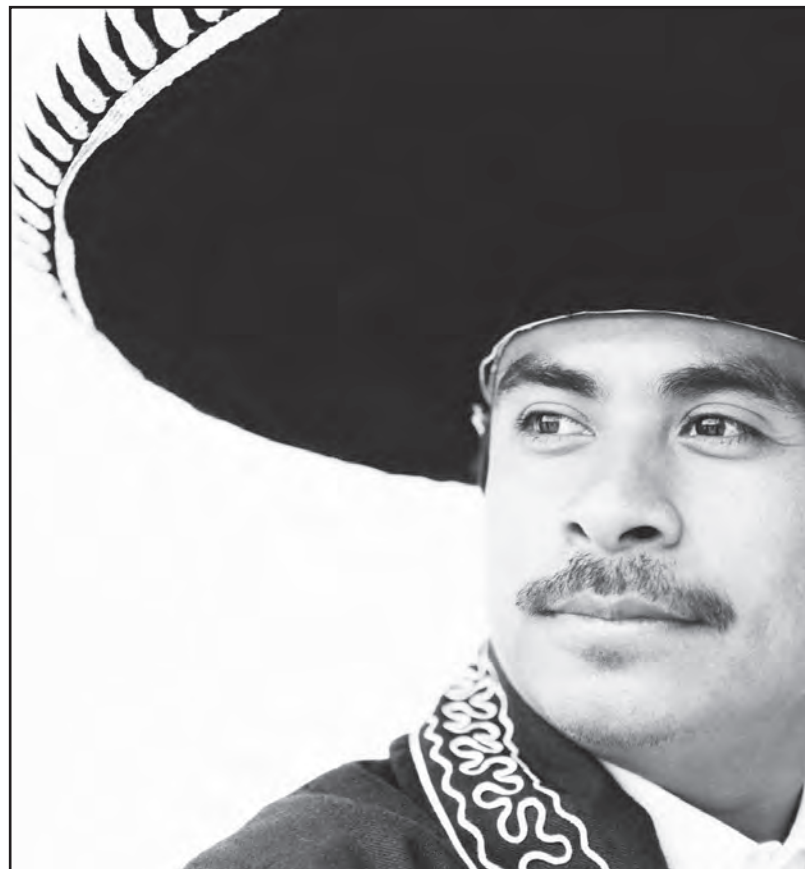
Today, revelers mark the occasion with parades, parties, mariachi music, Mexican folk dancing and traditional foods such as tacos and mole poblano. Some of the largest festivals are held in Los Angeles, Chicago and Houston.

Confusion with Mexican Independence Day

Many people outside Mexico mistakenly believe that Cinco de Mayo is a celebration of Mexican independence, which was declared more than 50 years before the Battle of Puebla. Independence Day in Mexico (Día de la Independencia) is commemorated on September 16.

Now that you have your Cinco de Mayo historical facts straight, you can celebrate the win at the Battle of Puebla by toasting the celebration with a smile.

Cinco de Mayo celebration



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- Anita Augustus -
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Lagniappe

BOSS

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

Festivals

• River festival

The City of Alexandria introduces the Alexandria Red River Festival — today through Sunday — where culture, arts, food, and music come together. You can enjoy an art walk, live music, dragon boat races, barbecue cookoff and classic car and truck show. For more information visit www.redriverfestival.com.

• Music festival

Visit the 23rd annual Natchitoches Jazz and R&B Festival May 10-11. Enjoy music from a wide range of performers including the Luke Jazz Trio, John "Papa" Gros, Smashmouth and more. Tickets range from \$10-\$30 per person for a day pass. For more information visit www.natchjazzfest.com.

• Jazz festival

The New Orleans Jazz Festival

celebrates 50 years of jazz history and music through Sunday. 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.

• Fair fun

The 30th annual Cajun Heartland State Fair, May 23-June 2, offers ride specials, food, free attractions, live entertainment and family oriented games to make an outstanding summer experience. There's something for everyone to enjoy at the midway and around the fairgrounds. The fair takes place at the Cajundome, 444 Cajundome Blvd., Lafayette. For more information call (337) 265-2104 or visit www.cajundome.com.

Miscellaneous

• Treasure fest

Shop the day away Saturday from 7 a.m.-3 p.m. in DeRidder at West Park with more than 100 yard sales in one location. Call (337) 463-5534 for details. Admission is Free.

• Sale trail

Ready to "shop 'til you drop?"

The El Camino Real Sale takes place today and Saturday along 111 miles of the historic El Camino Real de los Tejas trail. Make plans to drive the trail for yard sale bargains. Hop in your car and go

along La. Hwy 6 starting at Natchitoches and then travel west across Toledo Bend Lake to Texas Hwy 21 and keep going for a great adventure and great finds. For Please see **Lagniappe**, page 20

23rd Annual
Natchitoches JAZZ/R&B Festival
May 10 & 11
2019
Downtown Natchitoches
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Lagniappe

Continued from page 19

more information call (800) 358-7802.

• 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. Today's artist is Rootsicana.

• Children's theatre

The Children's Theatre Company, located in the Central School of the Arts & Humanities Center, 809 Kirby Street, Lake Charles, presents its third season of pizza pie theatre with a performance of James & The Giant Peach May 11 at 7:30 p.m. and May 12 at 3 p.m. Audience members enjoy pizza, beverages and dessert

30 minutes before the performance.

Tickets are \$13 per child 13 and under and \$15 per adult — which includes the performance and pizza. For more information call (337) 433-7323.

• Hearth cooking

Create your own experience in living history during an open hearth cooking demonstration at Audubon State Historic Site, 11788 La. Hwy 965, St Francisville, May 18 from 10 a.m.-3 p.m. Explore hearth cooking from the 1800s as costumed demonstrators use period techniques, equipment and recipes to show how much effort it took to create the meals of yesterday.

The program is included in the standard grounds charge for the park. Admission is \$10 per adult ages 18-62; \$8 per seniors ages 62

and older; \$6 per student ages 4 to 17 and free for children 3 and under. For more information visit www.lastateparks.com.

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 June 5. For more information call Miguel Moyeno at (636) 577-4274.

• Bass Masters

Join the Fort Polk Community

Bass Masters. The club meets monthly on the Tuesday before each tournament. Meetings are held at 7 p.m. at the New Llano American Legion, Post 387, 500 Vernon St., New Llano. The May tournament takes place at Toledo Bend May 25. The entry fee is \$40.

For more information visit www.fortpolkcommunitybassmasters.com.

• Lose weight

Join Take Off Pounds Sensibly (TOPS) every Thursday at the Vernon Parish Library meeting room. Weigh in is from 5-5:50 p.m.

The meeting starts at 5:50 p.m. For more information call (337) 208-0896.



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Sample ads not actual size.



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Message: _____

Love: _____

Contact #: _____ Cell #: _____

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



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www.thefortpolkguardian.com
Published for the community of Fort Polk, La.

Theresa Larue
Advertising Manager
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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.

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

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

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.

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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.

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

Fort Polk Guardian

www.thefortpolkguardian.com

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