



# FORGING THE

# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

May 10, 2019

### Princeton graduate students visit JRTC, Fort Polk

By JOHN BECKWITH  
JRTC Ops Gp PAO

FORT POLK, La. — Graduate students from Princeton University's Woodrow Wilson School of Public and International Affairs visited the Joint Readiness Training Center and Fort Polk April 19 to gain a broader understanding of how the U.S. military trains for war against a near peer competitive threat.

The experience introduced them to the organization of the Joint Force Brigade Combat Team structure and capabilities; the sustainable readiness model; and unit training methodology and development. The students also visited with brigade, battalion and company level leaders as they observed tactical combined arms maneuver operations on a simulated decisive action battlefield.

Lt. Colonel Peter L. Gilbert, the inaugural U.S. Army War College Fellow at Princeton University, led the visit. He recognized the mutually beneficial opportunity to bring security studies students to one of the Army's three combat training centers to observe first-hand how military organizations prepare for ground combat.

"I recently participated in a graduate level seminar on American foreign policy and the return of great power competition," Gilbert said.

"I was able to offer military context to the discussion, however, I quickly realized that many of my colleagues were interested in learning more about unit training methodologies, sustaining combat readiness and Army modernization initiatives. This led me to draft a proposal as part of the Center for International Security Studies Strategic Education Initiative to bring future



JOHN BECKWITH / JRTC OPS GP

*Joint Readiness Training Center and Fort Polk Commander Brig. Gen. Patrick D. Frank discusses the importance of the Decisive Action Training Environment with students from Princeton University's Woodrow Wilson School of Public and International Affairs Center for International Security Studies during their visit to JRTC April 19.*

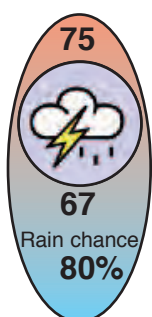
diplomats and policymakers 'out of the classroom and into the box' to our premier combat training center at Fort Polk, Louisiana."

The visit began with an operations overview

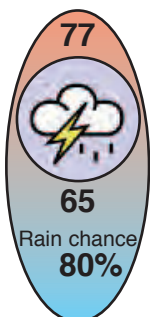
of the training center and an aerial tour of the nearly 90,000 acres of training area known as "the

Please see **Students**, page 5

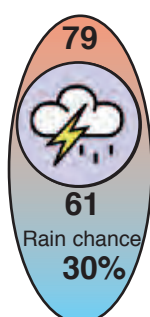
### Weekend weather



Today



Saturday



Sunday

### Inside the Guardian

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# Viewpoint

## In our view

Guardian staff asked Fort Polk community members, "What's your favorite thing to eat at the dining facility?"



**Spc. Latasha Davis:** "I like Soul Food Thursdays at Guardian Inn."



## Patriot Inn reopens Monday

Fort Polk's Patriot Inn Dining Facility in bldg 1162 off of Alabama Avenue (behind Glory Chapel) reopens Monday at 11:15 a.m.

with an official ribbon cutting. The grand reopening meal includes: Steak, turkey, 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, cornbread and hot rolls.

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

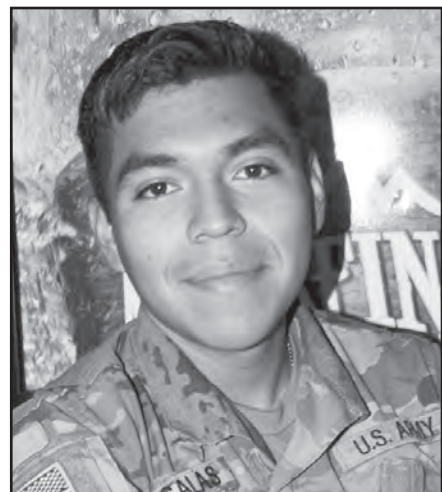
Meal price is \$5.60 for Soldiers E-5 and above and their Families and Department of the Army civilians.

Soldiers E-4 and below and their Family members pay \$4.25.

For more information call 531-1239.



**Pfc. Susan Gomez:** "I like the breakfasts, especially the omelette bar."



**Pvt. Marcos Salas:** "Breakfast foods are my favorite."



**Sgt. Cody Hostetler:** "Pecan-crusted fish was always my favorite."



**Cpl. Kiara Feliciano:** "The spaghetti with meat sauce."



**Pfc. Matthew McGee:** "I like the shredded potato hash browns."



**Cpl. Luis Sotogarcia:** "The meat-loaf is worth the trip."



## Guardian

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## Briefs

### Palmetto Town Hall

Palmetto residents are invited to a meet and greet beginning May 13 at 4 p.m. on Reed, Lewis and Berkeley courts, followed by a town hall in the Palmetto Club House, bldg 5300, Palmetto Terrace Neighborhood Center. This is the first in a series of town halls held for residents of Fort Polk's neighborhoods. Future dates and times will be announced when available.

### Geronimo DZ 10K

The Joint Readiness Training Center and Fort Polk, along with the Directorate of Family Morale, Welfare and Recreation, will host the Geronimo DZ 10K June 1 from 7-11 a.m. The event consists of an adult 10K run, adult 10K bike race, youth 10K bike race and youth 5K run. There are categories for both male and female in each race and will start at the Geronimo War Memorial and take place on the running trails around Geronimo Drop Zone. Check-in and same day registration begins at 6 a.m. Online registration continues through May 30 at [Eventbrite.com](http://Eventbrite.com). The event is free and open to authorized DFMWR users ages 8 and older. Race packet pick up is May 31 at Alligator Lake Recreation Site. Call 531-2056 or email [sean.p.mccroary.naf@mail.mil](mailto:sean.p.mccroary.naf@mail.mil) for more information.

### Memorial Day

The Joint Readiness Training Center and Fort Polk hosts a Memorial Day Ceremony May 23 at 11 a.m. at Warrior Memorial Park. Everyone is invited to attend.

### 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

Please see **Briefs**, page 8



Students taking the Career Skills Program pipefitting course, sponsored by KBR, at Central Louisiana Technical Community College get hands-on instruction.

## Soldiers take advantage of Career Skills Program

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — "We must open the doors of opportunity. But we must also equip our people to walk through those doors," said Lyndon B. Johnson, the 36th President of the United States.

Obviously, Johnson wasn't talking about the Soldier for Life — Transition Assistance Program when he said these words, but that doesn't mean they aren't fitting when it comes to giving Soldiers ready to transition out of the military the skills they need to be successful in civilian life.

One of the ways SFL-TAP provides this training is through its Career Skills Program.

There are currently three career courses offered at Fort Polk. They include the industrial electrician course through McDermott, industrial pipefitting through KBR and truck driving through Praxair.

The electrical and pipefitting are 16-week courses held at Central Louisiana Technical Community College. Truck driving is an 11-week course.

The costs of the courses are:

Electrician — \$1,760

Pipefitter — \$1,500

Truck driver — free

In addition to the career skills training offered at Fort Polk, the program offers access to 166 Career Skills Program courses across the United States. Soldiers interested in these programs must have permissive temporary duty assignment and cover all of their own travel and living expenses for the length of the course.

Active duty Soldiers ready to transition must complete the SFL-TAP courses to be eligible for the Career Skills Program. Courses include dress for success, family concerns, interview techniques, skills development and more.

Other necessary requirements include getting a commander's endorsement, filling out the ca-

reer skills application, turning in the resume completed in SFL-TAP and more.

Soldiers can learn all they need to know about the program by attending the Career Skills Program brief held in room 215 of the Education Center on the first Monday of each month — unless there is a holiday and then it falls on the second Monday of the month.

Clifton Hill, Fort Polk Education Center, Career Skills Program coordinator, leads the Career Skills Program brief.

Hill said not everyone is prepared to go the traditional route of a four-year college and he wants Soldiers to understand that this program and the training and skills it provides, gives them an advantage in the workforce they are about to enter.

"I love that active-duty Soldiers transitioning out of the military have an alternative way to learn a skill while being paid. Once they graduate, they can find jobs with these companies and begin earning money immediately. Some jobs start anywhere between \$20 and \$25 an hour," he said.

Hill encourages Soldiers to attend the briefing and learn more about the opportunities the program provides.

Civilians are also eligible to participate in the program. Chevina Phillips, Fort Polk Education Center education services officer, said the number of civilians applying to take part in the program isn't huge, but there have been a few.

"Last August we had two female spouses take part in and complete the industrial electrician course. There have also been children of service members who have taken part in the program," she said.

No more than 20 students per class are accepted into the courses and there is a possibility Family members, veterans and civilians can get in but

Please see **Skills**, page 5



# Army news

## 'Reach Your Peak'

### STRONG B.A.N.D.S. campaign encourages health, well-being

By **SUSAN A. MERKNER**

IMCOM Public Affairs

JOINT BASE SAN ANTONIO, FORT SAM HOUSTON, TEXAS — "Reach Your Peak" is the theme for the U.S. Army's ninth annual STRONG B.A.N.D.S. campaign in May, emphasizing physical health and well-being as vital components of readiness and resiliency.

Seventy-seven Army garrisons and locations will hold STRONG B.A.N.D.S. (Balance, Activity, Nutrition, Determination, Strength) programs and activities that support health and physical fitness in May.

The Installation Management Command's G9 Family and Morale, Welfare and Recreation's Army Sports, Fitness and Aquatics program is coordinating the 2019 campaign. The campaign is timed to coincide with National Physical Fitness and Sports Month.

The program is open to all Soldiers, Family members, veterans, retirees and military civilian employees.

"I encourage everyone to get involved in STRONG B.A.N.D.S.," said Lt. Gen. Bradley A. Becker, IMCOM commanding general. "Physical fitness is a crucial component of readiness and resiliency," Becker said. "Garrisons across the Army are offering fitness classes, sports activities and community events that appeal to all fitness levels and areas of interest. Visit your garrison FMWR website to find all the events offered in May." At Fort Polk that is <https://polk.armymwr.com/>.

Becker is featured in a 30-second video promotion for STRONG B.A.N.D.S.

Because physical fitness has a direct impact on Army readiness, Soldiers must be mentally and physically fit. Not only are physically fit Soldiers essential to the Army, they also are more likely to have enjoyable, productive lives. Proper exercise programs enhance a person's quality of life, improve productivity, and bring about positive physical and mental changes.

Army FMWR and other organizations coordinate numerous fitness programs for Soldiers and Families.

All Army Sports offers opportunities for Soldier-athletes to compete against other service members in basketball, boxing, ice hockey, soccer, tae kwon do, wrestling and many other sports.

The Army's World Class Athlete Program allows Soldiers to compete at the highest international levels of sports while serving their country. Participants can aim for the Olympic and Paralympic Games, as well as other national and international achievements.

BOSS Strong is an Army program for single Soldiers that uses peer-to-peer support and a holistic approach to wellness. The Better Opportunities for Single Soldiers program helps participants maintain a balanced life through leisure and recreation activities, community service and quality of life.

*Lt. Gen. Bradley A. Becker, IMCOM Commanding General, lifts weights during filming of a video for STRONG B.A.N.D.S. April 5 at JBSA-Fort Sam Houston.*



Brittany J. Nelson, IMCOM Public Affairs

Soldiers and Families also can get physically fit in FMWR facilities such as bowling centers, swimming pools, fitness centers, golf courses and through intramural sports.

U.S. Army Recruiting Command created two new fitness teams based at Fort Knox, Kentucky that are gaining attention.

USAREC selected 15 of the Army's elite to serve on the new Warrior Fitness Team, an outreach team that supports awareness and recruiting efforts.

The Warrior Fitness Team will participate in competitions such as Strongman, Olympic lifting and Ninja Warrior. Its six-Soldier functional fitness team dominated the field at the Arnold Sports Festival in Columbus, Ohio in early March, winning the CrossFit Endeavor competition.

A 20-member Army Esports Team uses gaming as an outreach tool to help create awareness about Army careers and benefits. Engaging in social communities built for gamers allows Soldiers to be more relatable and educate young people about who they are and what they do in an authentic way.

USAREC also produces articles and videos for its Fitness Friday feature on Soldier athletes. The Army's annual Best Warrior competition is the culminating test for non-commissioned officers and Soldiers across the globe striving to be the best at warrior tasks such as ruck marches, navigation, communications, range qualifications, interviews and essays. The winners earn the titles Army NCO of the Year and Army Soldier of the Year.

After years of study, the Army is changing its physical fitness test. The Army Combat Fitness Test will become the Army's physical test of record by October 2020, replacing the Army Physical Fitness Test.

The ACFT differs from its predecessor by emphasizing military tasks that Soldiers might use in combat. Army officials expect it to further decrease injuries, and to improve personnel readiness and combat effectiveness.

The Army Center for Initial Military Training launched a campaign, Holistic Health and Fitness (H2F), to focus on improving the Soldier selection process, physical performance, performance education and transforming and improving Soldier fitness/training. Some of the new measures are being tested at installations. The field manual for Army Physical Readiness Training, FM 7-22, is now being rewritten with the name Holistic Health and Fitness.

This year's STRONG B.A.N.D.S. campaign includes two external partners.

The Exchange is partnering with Army FMWR this year by tying its "Be Fit" program to the STRONG B.A.N.D.S. campaign through social media, in-store videos and web content.

The Human Performance Resource Center, the educational arm of the Consortium for Health and Military Performance at the Uniformed Services University of the Health Science, also is providing educational videos and social media posts to support the campaign.

Army garrison-level STRONG B.A.N.D.S. activities this month may include walks/runs, softball, basketball, weight lifting, walks that feature children's books, CrossFit, bicycling and other events. Garrison participants will receive black and gold Army STRONG B.A.N.D.S. wristbands symbolizing their commitment to a healthier lifestyle.

Army Sports, Fitness and Aquatics program officials will track garrison involvement. During the 2018 STRONG B.A.N.D.S. campaign, more than 68,000 people participated in approximately 350 events at 77 locations.



# Students

Continued from page 1

box.” The tour highlighted the diversity of terrain, training facilities and mock urban areas where brigades train for the wide range of contingencies in a decisive action training environment.

The students visited the 3rd Brigade Combat Team, 10th Mountain Division’s Tactical Operations Center where the BCT’s leadership had gathered for a Combined Arms Rehearsal around a large terrain model to prepare for upcoming operations. After the CAR, the students spoke with the Brig. Gen. Patrick D. Frank, commanding general of JRTC and Fort Polk, about how the training aligns with a shift in U.S. military strategy away from counter insurgency operations and toward great power competition with adversaries such as Russia and China.

“This training is a deterrent for threat actors, and it signals our level of U.S. combat readiness and capability to potential adversaries,” said Katherine Elgin, Ph.D. candidate in security studies. Frank agreed and added that the training conducted at JRTC has proven relevant enough that China recently built a combat training center where their opposing force is modeled after a U.S. Army BCT.

Students also met with Soldiers from the JRTC opposing force, 1st Battalion 509th Infantry Regiment (Geronimo). The OPFOR Soldiers replicat-

ed a highly trained, free thinking near peer adversary.

Toshiro Baum, a master’s in public affairs candidate who previously served at the U.S. Agency for International Development in Libya and Lebanon, found the most interesting part of the visit to be, “how realistic and challenging Geronimo made the training and how the red team (OPFOR) made rotational unit leadership think outside the box and push their limits.”

As part of unit diplomatic training objectives, students visited the replicated U.S. Consulate in the mock village of Dara Lam. There, they met with Ambassador Kenneth Gross and his team of role players that replicated Department of State officials, local politicians and non-governmental organizations. All of the interagency role players had extensive experience working for DoS or non-governmental organizations. They emphasized three themes for units to be successful: Inter-organizational cooperation; country and bad actor frameworks; and the importance of the DoS and DoD to be seen and heard as one voice.

“It was great to see the interagency cooperation included in the scenario,” Baum said. “Everyone must learn to work with the DoD to achieve national security goals.”

The students walked the live fire lane on the last day of their visit. They moved with elements

of the 2nd Battalion, 2nd Infantry Regiment, 3rd BCT, 10th Mtn Div as they assaulted enemy positions in a mock village. The Soldiers simultaneously laid down support by fire machine gun positions, sniper positions, mortar firing points and employed AH-64 attack helicopters to suppress enemy positions.

The students followed the Soldiers through the breach lane and into the village. Manna Selassie, a masters candidate who was selected to join the Foreign Service next year said, “the training model, from constructed to live-fire, the rigor and hardships of the training and building the toughness in the Soldiers,” was the most interesting part of the experience.

“Brigadier General Frank and his operations group not only supported the initiative but permitted access to every aspect of the training area to the students,” Gilbert said. “The 36-hours we spent on the ground with 3rd Brigade Combat Team, 10th Mountain Division enabled students to grasp the realities of training for ground combat in a decisive action environment against a near peer competitive threat. Everything from observing leader actions at the CAR to walking the live fire exercise with Soldiers from 2-2 Infantry provided context for the students that they would simply not receive in a classroom back on campus.”

# Skills

Continued from page 3

only if there is room after active duty Soldiers apply.

“The program was originally designed for those first-time Soldiers ages 18-24. They get first shot. Soldiers E-5 and above are the next in line for a spot in the classes. After that, if there is room, then civilians can apply for a slot in the class,” said Phillips.

Attending the briefing held May 6, Keshant Quattlebaum, an active duty Soldier going through his Medical Evaluation Board, said he wants to attend college and graduate with a degree in computer animation, but he would also like to have a back up plan to make his future secure.

“I’d like to have both,” he said.

Attending the career skills briefing to learn more about his options is his first step toward achieving his goals.

“Once I get out, I’d like to be able to work in a career I’ve been training in. I’m interested in the industrial electrician classes here at Fort Polk or possibly the heating, ventilation and air conditioning program offered at Fort Lewis, Washington,” he said.

Quattlebaum said the career program is exciting because it offers a Soldier many opportunities to be successful after they leave the Army.

“This program is important because many young Soldiers have never had a job beyond the military. Once they get out, the program gives them the chance to possibly go to work immediately and make good money,” he said.

Tom Brown, Universal Technical Institute military admissions representative, spoke to the Soldiers at the briefing about signing up for a 16-week permissive TDY opportunity with the Marine Corps at Camp Pendleton, California, that

would teach them to become BMW automotive technicians. His program is one of the 166 career skills programs offered across the United States.

Brown retired from the Marine Corps as a master sergeant. He said he wishes there had been a program in place like this when he retired.

“Many of the Soldiers transitioning out of the military are looking for hands-on skills instead of a traditional education and this program gives them the option to follow a career path that interests them,” he said.

Brown said the partnership between industry and the military has made the program a success. “Industry loves the military because its Soldiers bring something more to the table,” he said. “They have better leadership skills, responsibility and dedication to get the job done.”

Boguslav Sakhan graduated from the industrial electrician course sponsored by McDermott. Sakhan was a sergeant in the Third Brigade Combat Team, 10th Mountain Division. He took the 16-week course from Jan. 2-April 19.

“This program provided valuable skills in a trade in which I hope to have a long career,” he said.

Sakhan said his experience was a positive one.

“I couldn’t have achieved everything I have without this program and its instructors. They were informative, qualified, professional throughout the course,” he said.

Sakhan said he thinks employers will look at him with a lot more certainty now that they know he has these skills.

“Based on the training and knowledge I learned through this program, I feel confident in skills and am confident in my earning potential and future,” he said.

Phillips said the partnership between Fort

Polk, CLTCC and industries partnering here at Fort Polk such as McDermott, KBR and Praxair, as well Brown’s Universal Technical Institute is essential to the success of transitioning Soldiers.

Phillips said some Soldiers might not realize how important the program is to their future. As a veteran, Phillips said when she got out of the Navy the economy was great but soon took a nosedive.

“The skill sets that I had coming out of the Navy were all I thought I needed to find a good job. I thought I was going to be employed with no worries. It didn’t work out that way. It took several jobs that barely made ends meet before I found my career path. The whole process was stressful,” she said. “But these Soldiers have a chance to train while on active duty. If they take part in the program in the proper time frame they have an opportunity to be paid to learn a new skill that can grow into a career while still on active duty. That is to their financial benefit and can bring them peace of mind about their future.”

The Career Skills Program has graduated 195 participants, said Phillips, including:

- 91 electricians
- 37 pipefitters
- 64 welders
- 3 truck drivers

Phillips said in addition to the number of graduates, another indication of the success of the program is Fort Polk has seen a 43 percent decrease in unemployment insurance paid out.

“That means Soldiers are now getting out of the military employed. That’s a great thing,” she said.

For more information call the Education Center at 531-5269.



# Soldiers of 'Vermont Brigade' experience JRTC rotation

GUARDIAN STAFF

FORT POLK, La. — Soldiers with the “Vermont Brigade,” the 86th Infantry Combat Team — Mountain, are tested by way of rigorous, rele-

vant training at the Joint Readiness Training Center during Rotation 19-07. The unit conducted live fire rehearsals and cold load training with rotor wing aircraft. See page 7 for additional photos.



OPERATIONS GROUP





# Rotation

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OPERATIONS GROUP





# May 15 set aside to honor, remember fallen peace officers

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

FORT POLK, La. — In a few weeks our country will rightly and justly observe Memorial Day, the day set aside to honor the thousands of military men and women who have fallen in service to the country.

But on Wednesday a much less publicized event will take place — National Fallen Peace Officer Day.

This is a day that is just as important to recognize the sacrifice of the men and women of law enforcement as Memorial Day is for fallen Soldiers. It would be naive of anyone to think that



Leslie

the military and the law enforcement of this country do not have some sort of “familial relationship,” recognized or not.

Without law enforcement personnel doing their job, protecting families and keeping communities safe, military members could not do ours.

Let me repeat that — without the level of professionalism and sacrifice of the law enforcement officers of this country, it would be impossible for a military that has been in persistent conflict for 18 years to deploy and be at a level of readiness to perform the mission we have to do.

Imagine a country so volatile and insecure that when deployed, the warrior would have to worry about the safety and security of their family.

I have been there and seen firsthand the impact of such an environment on a fighting force, and so have many of you.

In Afghanistan, Iraq, Africa, Central America and countless other countries where we are de-

ployed, we have all seen what the stress and impact of worrying about the safety of the family does to a fighting force.

In America, sure, we still worry, accidents happen and acts of violence are still there — but they are mitigated to the point of making that the abnormality rather than the norm as we see in so many other places around the globe.

We can enjoy that level of security, safety and readiness due to the sacrifices of the men and women of law enforcement and their dedication to country and community.

As a military member, our job is dangerous, but mostly when we deploy to a theater of conflict. Sure, our training is dangerous as well, but statistically, the chances of a death during training has been mitigated to a relatively low level.

The police officer and his family on the other hand, face that stress and sense of unknowing every single shift — that chance of never coming back is there every day they work, not just during a deployment. Every shift is a deployment.

Do you think I am exaggerating? The statistics don't lie. In 2018, there were 163 line of duty deaths of law enforcement personnel in the United States. That number is many times higher

than the number of military members killed in combat and in accidents combined in 2018.

That is a sobering analogy and makes one reflect on the dedication and sacrifice of the men and women who suit up with a badge and gun every day to make sure we and our families are safe. If they didn't do their job, we couldn't do ours.

If the number of line of duty deaths in 2018 was alarming to you, good: It should be. It doesn't look like it is getting any better this year. As of this writing, already in 2019 there have been 35 line of duty law enforcement deaths and it is not even mid-May. These brave men and women deserve our gratitude and respect.

Fort Polk will honor our parish partner peace officers next week to honor their contributions not only to their community but also to the readiness of our Army by caring for and protecting Fort Polk Families that live, work, pray and play in surrounding communities.

On Wednesday, take a moment to thank a law enforcement officer, write a letter to a department and convey the gratitude you have for the environment you live in, or at the very least take a moment to reflect on the 163 fallen officers from 2018 and the 35 to date in 2019 and the hundreds of family members and friends that are left behind. Our security here at home was earned with their sacrifice.

## Commentary



COURTESY PHOTO

## Briefs

Continued from page 3

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](mailto:luewana.l.hannon.civ@mail.mil).

### 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 and Mississippi Avenue has a required completion date of July 29.

Work requirements include shoulder repairs, removing (milling) the asphalt and repaving

with a new asphalt overlay and new pavement markings.

Construction will continue on Fourth Street and Mississippi Avenue to repair base failures, diamond grinding and spall repairs. These are required prior to the mobilization of the milling and paving equipment for the repaving operations.

The work will require closures, detours and flagging operations to complete the repairs while ensuring safety for motorists and construction crews. Alternate routes are encouraged to minimize delays and traffic congestion.

- 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 motorists and construction crews. Alternate routes are encouraged to minimize delays and traffic congestion.

### SSA inventory

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



## Briefs

### School lunches

The following school lunch menu is for Vernon Parish schools for Monday through May 17. Meals are served with salad bar and choice of milk:

- **Monday:** Chicken shoestrings, mashed potatoes and gravy, green beans, peaches and Jell O cup, whole wheat roll.
- **Tuesday:** Whole grain spaghetti and meat sauce, steamed corn, tossed salad cup, whole wheat garlic bread, watermelon.
- **Wednesday:** Corndog, Bush's baked beans, oven baked fries, mixed fruit.
- **Thursday:** Egg rolls, fried rice, mixed vegetables, cheese stick, chilled peaches, sherbet.
- **May 17:** Chicken salad sandwich, vegetable soup, carrot/cucumber/broccoli cup, apple wedges, chocolate pudding.

### Mother's Day brunch

A Mother's Day Brunch is held Sunday at the Warrior Center. Cost is \$19.95 for adults, \$9.95 for children 6-12, and free for children 5 and under. Reservations are required. Seating times are 9:30 a.m., 11:30 a.m. and 1:30 p.m. Call 531-4440 for reservations.

### Paint, sip

The Fort Polk Directorate of Family Morale, Welfare and Recreation host an Arts and Crafts Paint and Sip event May 17 from 6-8:30 p.m. at Fort Polk's Showboat Theatre. Participants will paint a contemporary tree image on a 16X20 inch canvas with step-by-step instruction. Drinks can be purchased at the bar. Call 531-1955 for hourly childcare information regarding this event. Participants must be 21 or older. Cost is \$25 per person. Pre-pay and register at the Arts and Crafts Center by Tuesday. Call 531-1980 for more information.

### Movie night

The Directorate of Family Morale, Welfare and Recreation hosts a Movie Night featuring "The Lego Movie 2: The Second Part," May 18 at Warrior Field. Free concessions start at 7:30 p.m. and the movie begins at 8 p.m. Call 531-1959 for more information.

### Beach strong

A Beach Strong Man/Woman Competition is held May 25 from 9-11 a.m. at the Toledo Bend Recreation Site. Cost is \$10 in advance and \$15 the day of the event. Advanced registered participants receive a T-

Please see **Briefs**, page 16



## Soak, stir, soak again: Make sure campfire is out

By **CHAD ESTES**  
FES

FORT POLK, La. — The warmer seasons are highlighted by roasting marshmallows and making those old favorites — s'mores — around the campfire. Wonderful memories can be created with family members and friends. Unfortunately, unattended or illegal campfires can cause serious injuries and wildfires.

It is important to keep those memories pleasant by following some safety tips:

- To build a campfire, select a level, shaded location away from heavy fuels such as logs, tents and other flammable materials like overhanging branches, brush or decaying leaves and needles. Recreational fires such as campfires need to be at least 25 feet away from anything that can burn. Permitted open fires, such as bonfires or trash fires, need to be at least 50 feet from anything that can burn.
- Designated fire pits should be used when available. If allowed in the area, use a shovel to clear an area at least 10 feet in diameter around the fire ring (local regulations may vary). Scrape away grass, leaves or needles down to the soil.
- Scoop a depression in the center of the cleared area on which to build the fire and place a ring of rocks around it.
- Cut wood in short lengths, pile within the cleared area and light the fire. The fire should be

built low; tall raging campfires can create large amounts of burning embers.

Never use an accelerant such as gasoline to start the fire. Never use large amounts of paper in your fire or to start the fire.

- When burning, have a hose, a bucket of water or shovel and dirt or sand nearby to extinguish the fire.

- Children should always be supervised around a campfire. Never let children or pets play or stand too close to the fire.

- Fire must never be left unattended. The fire must be extinguished completely before everyone leaves camp.

To properly extinguish your campfire:

- Fill a bucket with water and pour it on the campfire while completely stirring and wetting all the ashes. Turn wood and coals over and wet all sides.

- Move some of the dirt immediately adjacent to the fire into the fire and mix thoroughly.

- Feel with your hand all around the fire to be sure nothing is still smoldering.

Leaving a campfire unattended is a violation of federal law punishable by a fine of \$225 to \$5,000 and as many as six months in jail. You could also be held liable for fire suppression costs if a campfire that you began got out of control and started a wildfire. Always follow safety measures so that you leave with a season full of good memories.

## Tips offered to mitigate 'Kissing Bug' disease

**BJACH**

FORT POLK, La. — For most people, when they hear the words "kissing disease," it immediately conjures up thoughts of mononucleosis, which causes flu-like symptoms.

But another "kissing" infection — Chagas disease — is slowly working its way north from

Mexico and Latin and Central America. The Centers for Disease Control in Atlanta, Georgia, offers the following information to help avoid contracting the disease and how to prevent its spread.

Chagas disease is named after the Brazilian

Please see **Bug**, page 14



# Early preparation can mitigate effects of hurricanes

## READY.GOV

FORT POLK, La. — Hurricanes are massive storm systems that form over warm ocean waters and move toward land.

Potential threats from hurricanes include powerful winds, heavy rainfall, storm surges, coastal and inland flooding, rip currents, tornadoes and landslides.

Hurricane preparedness week kicked off May 5 and runs through Saturday.

The Atlantic hurricane season — which includes the Gulf of Mexico — runs from June 1 to November 30. The Pacific hurricane season runs May 15 to November 30.

Hurricanes:

- Can happen along any U.S. coast or in any territory in the Atlantic or Pacific oceans.
- Can affect areas more than 100 miles inland. Fort Polk is only about 90 miles from the Gulf of Mexico and can be affected by hurricanes that make landfall along the Louisiana and East Texas Gulf Coasts.

- Are most active in September.

If you are under a hurricane warning, find safe shelter right away. Determine how best to protect yourself from high winds and flooding. Evacuate if told to do so.

Take refuge in a designated storm shelter, or an interior room for high winds.

Listen for emergency information and alerts. Only use generators outdoors and away from windows. Do not walk, swim, or drive through floodwaters.

### Prepare now

Know your area's risk of hurricanes:

- Sign up for the Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio for emergency alerts.
- If you are at risk for flash flooding, watch for warning signs such as heavy rain.
- Practice going to a safe shelter for high winds, such as a small, interior, windowless

room in a sturdy building on the lowest level that is not subject to flooding.

- Based on your location and community plans, make your own plans for evacuation or sheltering in place.

- Become familiar with your evacuation zone, the evacuation route and shelter locations.

- Gather needed supplies for at least three days. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.

- Keep important documents in a safe place or create password-protected digital copies.

- Protect your property. De-clutter drains and gutters. Install check valves in plumbing to prevent backups. Consider hurricane shutters. Review insurance policies.

### When a hurricane is 36 hours from arriving

- Turn on your TV or radio to get the latest weather updates and emergency instructions.

- Restock your emergency preparedness kit. Include food and water sufficient for at least three days, medications, a flashlight, batteries, cash and first aid supplies.

- Plan how to communicate with family members if you lose power. For example, you can call, text, email or use social media.

Remember that during disasters, sending text messages is usually reliable and faster than making phone calls because phone lines are often overloaded.

- Review your evacuation zone, evacuation route and shelter locations. Plan with your family. You may have to leave quickly so plan ahead.

- Keep your car in good working condition, and keep the gas tank full; stock your vehicle with emergency supplies and a change of clothes.

When a hurricane is 18-36 hours from arriving

- Bookmark your city, county and the Joint Readiness Training Center and Fort Polk website at <https://home.army.mil/polk/index.php> for quick access to storm updates and emergency instructions.

- Bring loose, lightweight objects inside that

could become projectiles in high winds (patio furniture, garbage cans); anchor objects that would be unsafe to bring inside (propane tanks); and trim or remove trees close enough to fall on the building.

- Cover all of your home's windows. Permanent storm shutters offer the best protection for windows. A second option is to board up windows with 5/8 inch exterior grade or marine plywood, cut to fit and ready to install.

### When a hurricane is 6-18 hours from arriving

- Turn on your TV/radio, or check your city/county/JRTC website every 30 minutes to get the latest weather updates and emergency instructions.

- Charge your cell phone now so you will have a full battery in case you lose power.

### When a hurricane is 6 hours from arriving

- If you're not in an area that is recommended for evacuation, plan to stay at home or where you are and let friends and family know where you are.

- Close storm shutters and stay away from windows. Flying glass from broken windows could injure you.

- Turn your refrigerator or freezer to the coldest setting and open only when necessary. If you lose power, food will last longer. Keep a thermometer in the refrigerator to be able to check the food temperature when the power is restored.

### Survive during the storm

- If told to evacuate, do so immediately. Do not drive around barricades.

- If sheltering during high winds, go to a small, interior, windowless room or hallway on the lowest floor that is not subject to flooding.

- If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic. You may become trapped by rising floodwater.

- Listen for current emergency information and instructions.

- Use a generator or other gasoline-powered machinery outdoors only and away from windows.

- Do not walk, swim, or drive through floodwaters. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

- Stay off of bridges over fast-moving water.

### Be safe after

- Listen to authorities for information and special instructions.

- Be careful during cleanup. Wear protective clothing and work with someone else.

- Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off electricity at the main breaker or fuse box to prevent electric shock.

- Avoid wading in floodwater, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.

- Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.

- Document any property damage with photographs. Contact your insurance company for assistance.

Fort Polk is a StormReady community, which means it is prepared for severe storms.

For more information on surviving hurricanes visit [www.Ready.gov](http://www.Ready.gov).



New Orleans in the wake of Hurricane Katrina, August 2005.





SANDRA MCQUAIN/ENGLAND AIRPARK



## Engineers claim second place

**Left:** G.I. Row, a team of dragon boat racers that included 46th Engineer Battalion "Steel Spike" Soldiers, finished second place in team spirit and third place overall during the Louisiana Dragon Boat Races May 4 in Alexandria, La.

**Bottom left:** G.I. Row prepares to battle one of the other teams during the Louisiana Dragon Boat Races.

**Bottom right:** G.I. Row, a dragon boat team including Soldiers from Fort Polk's 46th Engineer Battalion, work their paddles during Louisiana Dragon Boat Races May 4 in Alexandria, La.

# Mother's Day chance to highlight care in Military Health System

## MILITARY HEALTH SYSTEMS

WASHINGTON — Mother's Day is a special time for Army Maj. Olivia Nunn. For years, she and her husband tried to have a baby.

"Having a baby is something to celebrate every day," Nunn said.

This year, the Army spokesperson at the Pentagon will be celebrating with six-year-old daughter Sabella and two-year-old son Gideon. Sabella was born in a small military hospital at West Point, New York, and Gideon entered the world at the much larger Fort Belvoir Community Hospital in suburban Washington, D.C. While their births in many ways were very different encounters for Nunn — small vs. large hospital, new mom vs. experienced — both were excellent events with a little help from the Military Health System.

"They were great facilities with the information I received from the care providers each step along the way," said Nunn. "The staff never acted as if we were a burden to them; if we had a question, they were there to answer. Both times, I felt as an individual going through the process, they were paying attention to me, and we were the stars of the show."

Nunn's experience is music to the ears of Theresa Hart, the program manager for the Defense Health Agency's perinatal, pediatrics, and special medical programs. She said the Military Health System handles about 100,000 births each year, the largest number of inpatients in military treatment facilities and TRICARE-approved community hospitals. Almost 50,000 of those births take place in 50 military hospitals around the world. Hart said taking care of mothers and babies is a huge readiness issue, as moms are active duty service members, wives, and daughters.

"We want to ensure our families get the care they deserve," she said. "Care for mothers and

babies keeps our providers ready for humanitarian missions, such as the response to the 2010 earthquake in Haiti when the military hospital ship USNS Comfort housed a community of families, because there was nowhere to go."

Recent advances in technology help military families connect during pregnancy and childbirth.

Service members sent downrange can link to their families back home when a baby is actually being born through phone or face-to-face applications. Deployed spouses have coached during labor or met their new family member through technology, such as regular email updates on the growing baby and information to help with parenting skills. Family members can share in the experience of following the growing family from the first month of pregnancy to three years of age.

Hart said there's been a change from the old attitude of, "If the military wanted you to have a family, it would have issued you one." The focus now is keeping people healthy through all their life choices, including whether they want to have a baby. She pointed to resources that help:

- Military OneSource, a one-stop shop that includes parenting tips, children's health advice, and special medical programs.

- TRICARE's Extended Care Health Option, which provides resources to qualified beneficiaries with complex medical, behavioral, and educational needs for an integrated set of services and supplies, such as assistive technology devices and institutional care.

- Paid maternity leaves for active duty moms expanded from 40 days to 12 weeks after delivery, and paternity leave, adoption leave, and expanding child care hours developed to support families serving.

- Certified nurse midwives options offered at many facilities.

- At some locations, group prenatal care, where small gatherings of women can come together and support each other through pregnancy and afterwards.

- Lactation or breastfeeding support at all facilities, with some even recognized nationally as "baby friendly," as health care professionals promote breastfeeding as the healthiest feeding option for infants and good for mothers' health.

In addition, TRICARE recently revised coverage regarding breastfeeding supplies and services, adding coverage for two additional breastfeeding supplies. TRICARE continues to cover breast pumps, breast pump supplies, and breastfeeding counseling at no cost for new and adoptive mothers.

TRICARE also now covers prescribed banked donor milk for infants with certain serious health conditions. Your baby and you must meet certain criteria for TRICARE to cover banked donor milk.

And don't forget, giving birth, adoption, or the court-ordered placement of a child are qualifying life events if you wish to change your TRICARE coverage plan.

Hart said all the services in military hospitals and clinics are offered with the patients in mind.

"We should always be supporting the whole family, and it's in these situations we get the chances to do that," said Hart. "This is a celebratory time, so we try to support the family by giving them the care and resources."

Nunn's sister isn't in the military and had a baby of her own in the civilian health care system just a few weeks after Nunn. While what her sister received has been all right, Nunn said it's not on par with her experience in the Military Health System.

"I got first-class care at world-class facilities with people who really cared about what was going on," she said. "I wasn't just some number."



# Museum highlights Louisiana's musical heritage

By **CHUCK CANNON**

Guardian editor

FERRIDAY, La. — Jerry Lee Lewis developed the rock-a-billy style that led to such No. 1 hits as “Great Balls Of Fire” and a friendship with Elvis on its streets. Velvety-voiced Mickey Gilley launched a career that would include country hits “Don’t The Girls All Get Prettier at Closing Time” and “Stand By Me,” as well inclusion on the movie soundtrack “Urban Cowboy” from those same small-town streets. And in its rural setting, Jimmy Lee Swaggart — a cousin to both Lewis and Gilley — started a world-wide empire that included award-winning gospel albums and a weekly television program that captured converts nationwide before he fell from grace.

The place — Ferriday, Louisiana, about 10 miles west of Natchez, Mississippi, near the banks of the mighty Mississippi River. Because of its rich musical heritage, Ferriday was selected as home of the Louisiana Delta Music Museum.

The museum is located in the old Ferriday post office. Among the exhibits are tributes to Lewis, Gilley and Swaggart, along with other Louisiana music legends. The lineup reads like a who’s who and includes:

- Leon “Peewee” Whittaker was born about 35 miles north of Ferriday. Whittaker was a member of a traveling minstrel show from 1935-1950, then spent the last 20 years of his life as a key member of the Natchez blues band Hezekiah and the Houserockers.

- Gov. Jimmie Davis was born in the north central part of Louisiana near Quitman. Davis became a legend in both country music and Louisiana politics. The “Singing Governor” served two terms as head of the state and was inducted into the Country Music Hall of Fame. His most popular recording was “You Are My Sunshine.”

- Conway Twitty was born just across the Mississippi River in Friars Point, Miss., but attended high school in Tallulah, La. The rock and country crooner recorded 55 No. 1 hits, including his first, “It’s Only Make Believe.”

- Aaron Neville, born in New Orleans in 1941, is still cranking out the hits. The four-time Grammy Award winner offers a unique blend of gospel, country, rhythm and blues, jazz and rock.

- Allen “Puddler” Harris was born in 1936 in the small north Louisiana delta town of Jigger. Harris was the staff pianist at the Louisiana Hayride for a time, and then moved to Hollywood where he performed with the Ricky Nelson Band, The Ventures, The Lettermen and Paul Revere and the Raiders. He eventually joined Twitty’s band before taking a job in Lake Charles, where he lives today.

- Percy Sledge, who calls Baton Rouge home today, was born in 1940. His soul ballad “When a Man Loves a Woman,” is a classic.

- Although Johnny Horton doesn’t hail from Louisiana, he got his start in Shreveport at the Louisiana Hayride and his most famous hit is the country tune “The Battle of New Orleans.”

- Irma Thomas, New Orleans’ Queen of Soul, was born in 1941 in Ponchatoula, La. In 1958, Thomas was fired from her job as a waitress because she kept singing with band. The band hired her and the rest, as is often said, is history.

- Clarence “Frogman” Henry was a noted blues performer who often opened for the Beat-



*Wax figures of infamous televangelist Jimmy Swaggart (left), rockabilly legend Jerry Lee Lewis (seated at piano) and Mickey Gilley, of country music and Urban Cowboy fame, greet visitors to the Louisiana Delta Music Museum in Ferriday, La. The three men are cousins and learned their musical skills while kids growing up in the Louisiana delta.*

les. He was born in New Orleans in 1937 and still performs at the New Orleans Jazz and Heritage Festival each year.

- Fats Domino is another New Orleans native. The 80-year-old native French speaker started performing at the age of 10. During Hurricane Katrina, Domino lost his home and much of his memorabilia due to flooding.

- Baton Rouge native John Fed Gourrie, born in 1941, started a band with his high school friends in 1956 after hearing Domino perform. In 1964, his band John Fred and the Playboy Band, hit it big with “Judy in Disguise.”

- Dale and Grace had a short but suc-

Please see **Museum**, page 13

**Right:** News Orleans native and noted singer of soul music Irma Thomas is one of the artists featured at the Louisiana Delta Music Museum in Ferriday, La.









# Bugs

Continued from page 9

physician Carlos Chagas, who discovered the disease in 1909. It is caused by the parasite *Trypanosoma cruzi*, which is transmitted to animals and people by insect vectors and is found only in the Americas (mainly, in rural areas of Latin America where poverty is widespread). Chagas disease (*T. cruzi* infection) is also referred to as American trypanosomiasis.

The impact of Chagas disease is not limited to only rural areas of Latin America. Large-scale population movements from rural to urban areas of Latin America and to other regions of the world have increased the geographic distribution and changed the epidemiology of Chagas disease.

In the United States and in other regions where Chagas disease is now found but is not endemic, control strategies should focus on preventing transmission from blood transfusion, organ transplantation, and mother-to-baby.

Triatomine or Reduviid bugs, "kissing bugs" or assassin bugs, are the primary culprit and can be often found in cracks and holes of substan-



dard housing, outdoors in rock, wood, brush piles or beneath bark, or in rodent nests or animal burrows and outdoor doghouses or kennels.

The risk to humans is low: There have been 13 cases in Louisiana since the disease was first reported in 2006. Twelve of those were identified through blood screening or donation testing. One symptomatic case was an immigrant worker from Mexico.

An estimated 8 million people in Mexico, Central and South America have Chagas disease and migration from these areas has increased geographic distribution.

The CDC estimates more than 300,000 with Chagas disease live in the U.S., but most were infected in parts of Latin America where the dis-

ease is common. Only a few cases of Chagas disease from contact with bugs have been documented in the U.S.

Chagas disease is not transmissible from person to person.

The risk to dogs is low to moderate. To mitigate those risks, it is recommended pet owners use bed nets treated with long-lasting insecticides.

Additionally, for self protection, pet owners should wear protective clothing, apply insect repellent to expose skin and use care when selecting camp sites, avoiding old buildings, rock piles and dense brush.

For more information on Chagas disease visit [www.cdc.gov/parasites/chagas/](http://www.cdc.gov/parasites/chagas/).



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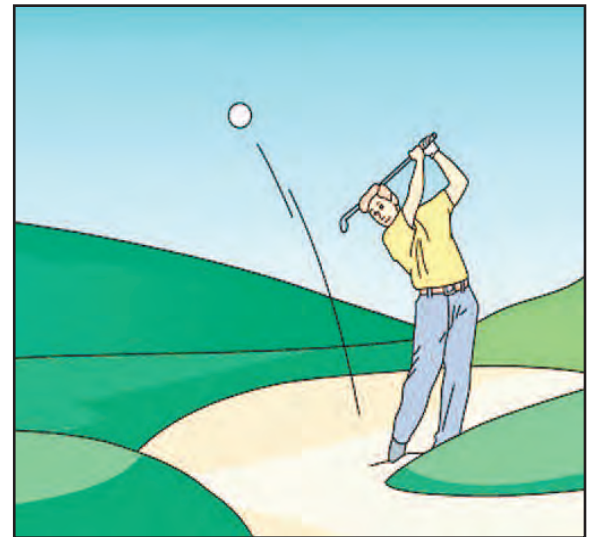
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CHUCK CANNON / GUARDIAN



### Weekly golf tip

Too many people think a sand wedge is just for bunker shots. The sand wedge should be used for sand shots as well as most pitch shots to the green.

The sand wedge, whether a 54-degree or 58-degree, has “bounce” on the sole of the club. This is where the back trailing edge is lower than the front leading edge, but used properly or improperly, as the case may be, is a very forgiving design built into this specific club to help in a variety of situations.

Use it on your short approaches instead of a pitching wedge and you will be pleasantly surprised.

### SHARP scramble May 23

*The Sexual Harassment/Assault Response and Prevention four-person golf scramble is held May 23 at 9:30 a.m. at Warrior Hills Golf Course. Check in is from 8-9:15 a.m. Cost is \$20 for members and \$35 for non-members and includes greens fee, cart, driving range, hot dog and chip lunch and SHARP golf kit. Prizes will be awarded for first-place team, closest to the pin and longest drive. The scramble is open to military and civilians. Call 531-1578/1788 for more information.*

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# Briefs

Continued from page 9

shirt. The event consists of a farmer's carry, atlas stone, tire flip and overhead medley, and is open to active duty, Family members, retirees and Department of Defense civilians age 18 and older. To register or for more information call (318) 565-4235 or (888) 718-9088.

## 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](http://www.polk.armymwr.com) and its Facebook page: [www.facebook.com/fortpolkmwr](https://www.facebook.com/fortpolkmwr).

There are two physical viewing dates for customers to see items in person: May 17 and May 22, 8 a.m.-6 p.m. Call 531-1787 for more information.

## Sidewalk sale

The Fort Polk Commissary is hosting a sidewalk sale Thursday through May 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 a 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](http://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](http://ShopMyExchange.com/sweepstakes). Winners will be selected on or around June 6.

Call 537-1792 for more information.

## Arts, crafts contest

The 2019 U.S. Army Arts and Crafts Contest recognizes the artistic talent and creativity in two experience levels and nine categories.

Entry deadline is July 8. Enter online at [www.armymwr.com/art-sandcrafts](http://www.armymwr.com/art-sandcrafts).

For more information call the Fort Polk Arts and Crafts Center at 531-4348.

## ARC VolunTeens

The American Red Cross summer VolunTeen 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.

## Right arm night

The Fort Polk Directorate of Family Morale, Welfare and Recreation hosts a Right Arm Night May 31 beginning at 4:30 p.m. at The Warrior Center.

The event is open to DFMWR patrons ages 18 and older, and includes a hamburger bar, prices and more. Call 531-1959 or visit [www.polk.armymwr.com](http://www.polk.armymwr.com) for more information.



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# Social media pitfalls can be costly, ruin lives

GARRISON SHARP

FORT POLK, La. — When the topic of social media is discussed, there are varying opinions on whether it's good or bad. Actually, it can be either, so it's important to teach your family about the potential pitfalls if they become consumed with different social media sites.

Social media is a way to connect people across the world in the digital age via the internet. While there is a lengthy list of social media sites, the top three platforms in the U.S. are Facebook, Twitter and YouTube. As proof of the sites' popularity, there are about 2.3 billion social media users worldwide, about one-third of the population.

Social media users have an average of 5.6 accounts on different sites. There are 81 million fake Facebook profiles and 1.7 billion Facebook users. And 90 percent of Instagram users are under the age of 35.

With this number of users, there are inevitably pitfalls and opportunities for trouble and danger.

While on social media, users should be mindful of dangers they could encounter or create for others. Those who opt to use social media sites should be alert for these online behaviors:

- **Trolling:** Cyber harassment that can be emotionally harmful.
- **Cyberstalking:** For those with a romantic involvement, cyberstalking is no less harmful than in-person stalking and carries criminal charges.

- **Cyberbullying:** Cyberbullying is teasing in a mean or negative tone used to make someone feel bad. Young people have been known to commit suicide because of online bullying.

- **Revenge porn:** This is a new trend where former romantic partners will post homemade pornography videos. It is considered a crime of sexual nature and has criminal charges attached.

- **Sexual predators:** Although more common for pedophiles, sexual predators can also exist for adults and sexual harassment is common online.

- **Lack of privacy:** Social media exposes a person's entire life to strangers, allowing people across the world to see how you live and view personal details.

Many people are unaware of some of the consequences associated with social media use. The following are a few social media myths:

- **Social media harassment doesn't matter** — false. Often, people are more cruel online than in person because they feel anonymous. Online posts can have a lifetime of negative effects on the intended victim.

- **My employer can't dictate what I put on social media** — false. It is legal for an organization to fire an employee for what they post online.

- **If it doesn't happen in real life, it's not criminal** — false. Crimes on social media such as stalking or posting revenge porn can result in criminal charges.

- **What happens online, stays online** — false. People everywhere can see what happens on so-

cial media.

- **I'm just having fun; it's not harassment** — false. What feels like fun for you can have dire consequences for someone else.

- **Everyone is on social media** — false. No they're not. If social media is not for you, don't feel pressured to stay.

- **If I delete my page or post it is gone forever** — false. Like everything else on the internet, once it is there, it is there forever.

If you choose to be part of the social media community, there are steps to remember when using apps and platforms online. Here are a few facts to remember about social media:

- It never goes away even if you delete it.
  - The whole world may see it.
  - You can lose employment opportunities.
  - You can face criminal prosecution.
- Avoid these social media pitfalls:
- Do not post when and how long you'll be out of town.
  - Delete or block negative followers.
  - Enjoy social media; if social media has a negative space in your life, discontinue use.
  - Do not share anything you wouldn't want your family or boss to see.

For more information about social media dangers and pitfalls call the Fort Polk Garrison Sexual Harassment and Assault Response Program at 531-4656. You can also call the Installation Hotline at 531-1848 or the Department of Defense Safe Helpline at (877) 995-5247.



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# Get your fill of boiled crawfish at Mudbug Madness celebration

## MUDBUG MADNESS

SHREVEPORT, La. — The smell of spices and crawfish fill the air as you head to downtown Shreveport, where tons of crawfish have been boiled to perfection in preparation for a party of massive proportion.

If you love a good time and those tasty crustations, you won't want to miss your chance to attend the 35th annual Mudbug Madness Festival, May 24-26. Festival hours are 11 a.m.-11 p.m. each day.

The event began in 1984 as a two-day street festival in downtown Shreveport and is now one of Louisiana's largest and most popular Cajun festivals.

The celebration features renowned Cajun, Zydeco, blues and jazz artists, mouth-watering Cajun cuisine, raucous contests and fun for all ages. The festival has grown to a popular three-day festival held each Memorial Day weekend.

Mudbug Madness is nationally recognized as one of the Southeast Tourism Society's Top 20 Events and the American Bus Association's Top 100 Events in the nation.

The lineup for this year's Mud-

bug Madness Festival is packed with talent. Everyone from Southern Roots and Dr. Zog to The Molly Ringwalds and Johnny Earthquake and the Moondogs will be there. There are three stages full of entertainment for each day of the festival.

In addition to eating the crawfish, you can watch or participate in the men's crawfish eating contest held May 25 at 1 p.m.

The women's crawfish eating contest is May 26 at 2:30 p.m.

To participate, you must be 21 years old and the fee is \$25 per person for the men's contest and \$20 per person for the women's contest.

There is a 15 person maximum. The first entrant to finish a 15 pound tray of crawfish in the male contest is the winner.

The first entrant to finish a 10 pound tray of crawfish in the women's contest is the winner.

Judges ensure that all crawfish meat is eaten prior to calling a winner.

Before you jump into the contest make sure you know what you are doing. Here's a simple way to peel a crawfish:

- Twist and pull — grab the head firmly with one hand and grab the



tail with the other hand. Twist and pull the tail from the head.

- Peel — peel off the first two or three rings of the tail. Then pinch the end of the tail and pull the meat from the shell. Start practicing now.

Then there's the crawfish calling contest held May 25 at 4:15 p.m. There is no fee or age limit to participate in this contest. There is a 20 person maximum and the winner is

selected by the audience.

Everyone gets in free May 24 until 5 p.m. Tickets are \$5 per person May 24 after 5 p.m. and all day May 25-26. Children under 7 get in free.

Mudbug Madness salutes the military. Show your military ID and get in free at all times — active duty and retired.

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



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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 May 22.

## Festivals

### • Frog festival

If you like those little green amphibians that jump on lily pads, you won't want to miss the Rayne Frog Festival held today and Saturday in Rayne — two hours from Fort Polk.

The celebration offers a full schedule of music, delicious foods and drinks, events such as frog racing and jumping, diaper derby, arts and crafts show, frog cookoff, frog eating contest, dance contest and free kids area with live frogs. For more information visit [www.raynefrogfestival.com](http://www.raynefrogfestival.com).

### • Music festival

Visit the 23rd annual Natchitoches Jazz and R&B Festival today and Saturday. 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](http://www.natchjazzfest.com).

### • Mayhaw festival

Celebrating 27 years, the Starks Mayhaw Festival features carnival rides, arts and crafts, live music, delicious Southern food and enough mayhaw berries and jelly for the whole family.

Festival grounds are located at the corners of La. Hwys 109 and

12. Get your fill of biscuits, jelly and home-churned butter May 18 beginning at 8:30 a.m., followed by the highlight of the festival, the Mayhaw Jelly Contest at 10 a.m. A live auction begins at 1 p.m. and live music acts begin at 4 p.m. Admission is free. For more information visit [www.mayhawfest.com](http://www.mayhawfest.com).

### • Meat festival

This celebration speaks to the carnivore in everyone. Head south from Fort Polk for an hour and a half to visit Ville Platte, "smoked meat capital of the world," and stop into the North Side Civic Center and pavilion, 704 North Soileau St. You'll probably smell the smoked meat before you get out of your vehicle. The festival began in 1992 and was dedicated to the local chapter of the Vietnam Veterans Association. Today, the festival's goal is to honor all military veterans. Everyone is invited to take part in the two-day celebration of culture, cuisine and heroes.

Enjoy good food and live music by Ashton Dupre, Side Show, One Trick Pony and more. For more information visit [www.facebook.com/lasmokedmeatfestival](http://www.facebook.com/lasmokedmeatfestival).

### • 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](http://www.cajundome.com).

## Miscellaneous

### • Concert series

Downtown at Sundown is a

"can't miss" event in Lake Charles. The concert series starts May 17 and continues for the next three Fridays — May 24, 31 and June 7 from 2-10 p.m. on Ryan Street. This annual outdoor music and art event is held in downtown Lake Charles and features a different local or regional artist for each concert, performing favorite music genres of the region such as Cajun, Zydeco swamp-pop and classic rock.

The event also offers food and beverage booths, tabletop galleries, art sales and activities for kids.

The 2019 line up includes:

\*May 17 — Calcasieu Cajun Ramblers

\*May 24 — Terrance Simien and the Zydeco Experience

\*May 31 — Bluesiana RED

\*June 7 — The Tugboats

In the event of inclement weather, the concerts will be held inside the Lake Charles Civic Center.

Bring your lawn chairs and enjoy the music. No pets or outside beverages are permitted on site. For more information call (337) 491-9159 or go to [www.CityOfLakeCharles.com](http://www.CityOfLakeCharles.com).

### • Children's theatre

The Children's Theatre Company, located in the Central School of the Arts & Humanities Center, 809 Kirby St., Lake Charles, presents its third season of pizza pie theatre with a performance of James & The Giant Peach Saturday at 7:30 p.m. and Sunday 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 just 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](http://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 and location 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](http://www.fortpolkcommunitybassmasters.com).

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

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# Fort Polk Guardian

www.thefortpolkguardian.com

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Published for the community of Fort Polk, La.

Deadline For All Classified Ads Is Noon Tuesday

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

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### Contact Information

Steve Lewis, CEO  
POB 819 600  
FW/ 12th Street Imperial, NE

Office Phone: 308-882-7291  
Cell Phone: 308-325-2075  
Email: [stlewis@chasecountyhospital.com](mailto:stlewis@chasecountyhospital.com)

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- SENATOR BARROW PEACOCK
- SENATOR JOHN MILKOVICH
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These legislators are making individuals with disabilities a top priority and stand in support of our most vulnerable citizens, individuals with intellectual and developmental disabilities.

Medicaid was originally designed to help those who cannot help themselves, but reimbursement for services to those with intellectual and developmental disabilities was drastically cut and has not been restored since 2008!



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