



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

May 24, 2019

Fort Polk remembers fallen heroes during ceremony

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — Family members, friends and fellow Soldiers gathered for a Memorial Day ceremony May 23 at Fort Polk's Warrior Memorial Park to honor the memory of those who gave their lives in the defense of freedom.

Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, told those who gathered on a warm, humid Louisiana morning that their attendance was appreciated as the installation honored the sacrifices of the Soldiers, Marines, sailors and airmen who dedicated their lives to defending the nation.

Franks said at last year's ceremony he spoke about the National Cemetery at Arlington, Virginia. He said he was asked after the May 22 daily retreat was sounded in front of the Fort Polk Headquarters Building, why he waited in place for seven minutes while the honor detail took down and folded the American flag.

"By regulation, I could have left as soon as the flag was down," Frank said. "The reason is straightforward — when you have saluted a fallen Soldier's flag-draped casket on the back of a U.S. Air Force C-17 that is en route to the United States from locations like Kandahar, Baghram, Baghdad and Mosul, then you can easily wait for seven minutes and render honors to our nation and its fallen."

Frank gave a brief history of Memorial Day, first observed as Decoration Day on May 30, 1868, to commemorate the sacrifices of Civil War Soldiers.

"Now, 151 years later, Memorial Day is as real



Sgt. 1st Class Antonio Turegano (left foreground) and Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, salute as Taps are played during a Memorial Day ceremony May 23 at Fort Polk's Warrior Memorial Park.

for our generation as it was for the Civil War generation in 1868. It is not decades removed — we have lost Soldiers from our own formations during the last 17-plus years of combat operations."

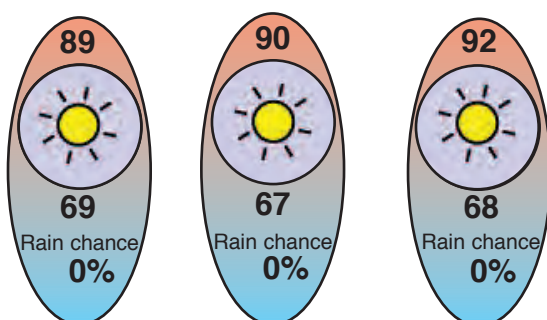
The crowd reflected on the 96 names inscribed on the Fort Polk Global War on Terrorism Memo-

rial — Fort Polk Soldiers lost since the Sept. 11, 2001 attacks in New York, Pennsylvania and Washington, D.C. — Frank said few of them are buried in Arlington.

"The C-17 that I described in Kandahar,

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Weekend weather



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Viewpoint

Writer reflects on Memorial Day's meaning

By Retired Lt. Col. MARK LESLIE
DPTMS

FORT POLK, La. — For me, Memorial Day is difficult. It is a day filled with mixed emotions. I am not overly sensitive, but it upsets me when someone innocently says, "Happy Memorial Day," or thanks me for my service.

This day is not about me, or anyone else that served or is currently wearing the uniform. This day is to honor those that have perished in the service of our nation: Those that have made the ultimate sacrifice; those that are no longer with us; those we were privileged to know.

I'm not one of the veterans that say, "All the heroes I know are dead," because they are not. I know plenty of true-life heroes. I served with many of them; many of them are right here at Fort Polk while others are scattered across the nation and globe. They are very much alive. They are extraordinary human beings that performed incredible acts of selfless service and bravery on and off the battlefield. I am honored and privileged to have known these

Soldiers — it is one of the many blessings I have had in my life and I reflect on them often. But they are honored on Veterans Day, not Memorial Day.

Memorial Day is for heroes no longer here with us. Admittedly, some of them are no longer here because of things beyond a leader's control and honest mistakes caused by the fog of war and the fact that combat is just that — combat. I share this only to help put this in context to the meaning of Memorial Day and why so many veterans feel the same ire when one wishes us a happy Memorial Day.

It is not necessarily a happy day, but neither is it a day filled with remorse. It is a strange mix of emotions that those not experienced with the bond that service builds or the horror of combat and the loss that accompanies it, will ever understand. I feel grateful for having known a few of those that have made this ultimate sacrifice, and I reflect on the time shared with them as some of the highlights of my life.

I feel I would have a much emptier life if I had not been given this gift

of knowing them, their friendship and Soldierly camaraderie. But then I feel deeply saddened their family and we as an Army and nation lost them so early and their full potential will never be known. Sometimes — no, many times — not just on Memorial Day, I am grief-stricken with thoughts of them. I feel that this grief is somewhat selfish, for what I feel can be nothing compared to what their family feels.

In my 30 years in the Army and several conflicts, I was considered rather bold and maybe even reckless with my own safety in dangerous situations. I don't think it was brave, just fear cloaked in necessity, and the bravado and showmanship required of my position.

But those characteristics do not carry on in every aspect of life. This Memorial Day will mark the sixth anniversary of one of my close friends being killed in combat. I have yet to summon the moral courage to visit his final resting place and pay my proper respects, to share that final drink with him or tell him how much I miss him. I have refrained for many reasons, but I think that

revelation alone should tell the uninitiated why I don't want you to tell me, "happy Memorial Day," and I think many combat veterans harbor the same thoughts.

This Memorial Day, I hope to make that overdue journey, Todd. I owe you that much.

So, on this Memorial Day, when you see your veteran husband, father, son or daughter deep in reflection, don't wish them a happy Memorial Day. Give them a moment, give them some space, and most importantly, give them some



Leslie

understanding and finally — just maybe a hug. Let them know you understand. Listen to the stories they tell of their friends.

As the noted English novelist Terry Pratchett said: "Do you not know that a man is not dead while his name is still spoken?"

This quote aptly fits the stories told by a veteran of a friend no longer here. He is likely trying to keep his friend's memory alive through telling of his exploits and contributions.

A hero lives forever in the minds of many.

Today is not about the veteran or the active-duty Soldier — it is about the men and women buried across this nation in countless veteran and local cemeteries. They are not faceless, they are our friends, and fathers, sons and daughters — and we miss them.

Honor them on this and every Memorial Day.

Commentary

CLVC hosts Memorial Day event

The Central Louisiana Veterans Cemetery hosts a Memorial Day program Monday at 11 a.m. Col. Jarrett A. Thomas, Fort Polk garrison commander, is the keynote speaker. The cemetery is located at 3348 University Parkway, Leesville. Call (337) 238-6405 for more information.



Guardian

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NewScope

Briefs

3rd Bn, 353rd Inf CoC

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

Corvias portal

The Corvias Resident Portal, available in a mobile app and web browser, enables Fort Polk housing residents to issue and track maintenance requests, upload photos and provide feedback on service performance. The portal is accessible via the Corvias installation page, while the app is available to both Apple and Android users. Visit www.fortpolkcorvias.residentportal.com/ to sign up.

Geronimo DZ 10K

The Joint Readiness Training Center and Fort Polk, along with the Directorate of Family Morale, Welfare and Recreation, 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. 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 for more information.

DENTAC CoC

The Fort Polk U.S. Army Dental Health Activity will hold a change of command ceremony June 7 at 10 a.m. on Warrior Field. Lt. Col.

Paul Colthirst will relinquish command to Lt. Col. Melissa Tucker. Call 531-2327 for more information.

ASIST training

Fort Polk's Suicide Prevention Program offers Applied Suicide Intervention Skills Training June 12-13 from 9 a.m.-4:30 p.m. at the Fort Polk Education Center. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan to support their immediate safety. Class size is limited to 15. Email john.l.pilgrim.civ@mail.mil or call 531-6187 for more information.



Clockwise from above: From left: Maj. Matthew J. Kuhlman, U.S. Embassy, Uganda; Brig. Gen. Jack Bakasumba, Ugandan People's Defense Force; Col. John Harris, U.S. Army Regionally Aligned Forces Training; and Lt. Col. Scott Porter, foreign area officer, JRTC Operations Group, stand before a building as it is "blown" using special effects at the JRTC May 16.

Porter (left) leads Bakasumba (center) and Kuhlman on a tour of the training complex.

Col. Michael Katambira (left) lead observer-controller for the UPDF during Rotation 19-07, briefs Bakasumba on the scenario of the rotation, objectives achieved and the way ahead.



JEAN DUBIEL / GUARDIAN

Ugandan leadership visits team at JRTC

By JEAN DUBIEL

Guardian staff writer

FORT POLK, La. — During a decisive action rotation at the Joint Readiness Training Center, the notional country of Atropia is invaded by its neighboring country, Ariana. This aggression prompts a request for U.S. military assistance to regain Atropia's independence. For such an exercise, the Atropian Army's battalion staff is replicated by a rotational unit to drive the mission and coordinate efforts between U.S. and Atropian forces. For Rotation 19-07, that staff role was filled by a team from the Ugandan People's Defense Force. This marks the fourth time the UPDF have participated in a rotation at JRTC.

Brig. Gen. Jack Bakasumba, commandant, Peace Support Operations Training Center — Singo, Uganda, visited the team May 15-17 to observe their participation in the rotation, learn more about the facilities, support and operational capability of the JRTC, and bolster the morale of his soldiers.

"It is important, when you send soldiers out for operations or training, that (leadership) visits them. It really raises their morale because they know that you care about them. My officers are very happy to see their commander — it shows that their (deployment) is a collective responsibility,

not theirs alone. They know we are in this together."

Bakasumba said that while the facilities in Uganda offer similar training, the technology employed at JRTC is more advanced and gives his Soldiers a different experience.

"The training environment and facilities here are wonderful. At home, our training is similar to this, but here it is very (technologically) sophisticated," he said. "The biggest difference between here and our facilities at home is the amount of technology used. We use very basic, local training aids."

As the UPDF team moves through the rotation, they will take note of any deficiencies, correct them and pass that information on to the cadre back home.

"Training here definitely increases their operational capabilities and confidence. They can relate what they see here to the things they do at home. If they discover some weaknesses or need for improvement while they are here, they will improve on those," said Bakasumba. "The officers I have here now are going to learn a lot. They are all trainers, coming from those training institutions back home that prepare troops for foreign missions. The lessons learned here will be taken back home and shared with the rest of the trainers there."

Army on track to add more women to combat arms

By DEVON L. SUITS

Army News Service

WASHINGTON — The Army is on the path to meet its fiscal year 2019 recruiting mission: To bring 68,000 Soldiers into the active component, 15,600 into the Army Reserve, and 39,000 into the National Guard, said the Army's G-1.

At the same time, the Army is maintaining its high entry standards while further increasing positions for women in brigade combat teams.

"The Army increased its entry standards last summer in a number of areas, making clear its commitment to 'quality over quantity,'" said Lt. Gen. Thomas Seamands, the Army's deputy chief of staff, G-1.

To help bolster this year's numbers, recruiting has developed a "total Army approach," Seamands said. For example, the Army added almost 800 recruiters to the force over the past year and the U.S. Army Training and Doctrine Command assumed oversight over all accessions to help counter a tough recruiting market.

"Today, only 29 percent of 17 to 24-year-olds in the U.S. are eligible to serve in the Army, and only one in eight has a propensity to enlist in the military, making Army accessions a challenging and resource-intensive activity," he said.

To entice people to join, the Army has allocated \$450 million toward active-duty bonuses. Further, the force assigned \$50 million to "add, relocate or improve recruiting centers in more than 200 critical markets," Seamands said.

Further, the Army made improvements to the "goArmy.com" website, all while establishing effective communication practices on each of its social media platforms, he added.

The Army has also made improvements to the way it assesses and trains the "right Soldier for the right job," Seamands said.

For starters, the Occupational Physical Assessment Test, or OPAT, continues to provide the Army with a physical-assessment screening tool for both officer and enlisted accessions.

"Passing the OPAT ensures new Soldiers, regardless of gender, can succeed in an assigned specialty and verifies their readiness for training," Seamands said. "Longitudinal studies on OPAT are being conducted by the Army Research Institute to measure OPAT's effect on morale, cohesion and readiness."

Further, Soldiers or recruits that meet the standards set by a military occupational specialty should have the opportunity to serve in that career field, regardless of their gender, he said.

"To date, the Army has successfully accessed and transferred more than 1,000 women into the previously closed occupations of infantry, armor and field artillery," he said. "Currently, 80 female officers are assigned to infantry or armor positions at Forts Hood, Bragg, Carson, Bliss and Campbell."

The Army first opened positions in combat arms battalions to women in 2016. That year the first women graduated field artillery training as cannon crew members and the first female officers were accepted into the infantry branch.



Sgt. THOMAS MOFT / ARMY NEWS SERVICE

U.S. Army 2nd Lt. Tatiana Miranda (right), third platoon leader with Alpha Company, 2nd Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, prepares for tank gunnery at Grafenwoehr Training Area, Germany, March 19. Miranda is the first female officer in the 1st ABCT to qualify with an Abrams tank. The Army plans to open up even more assignments for female officers this year at Forts Stewart, Drum, Riley, Polk, and in Italy, according to G-1.

In 2019, the Army plans to open up more assignments for female officers at Forts Stewart, Drum, Riley, Polk and in Italy, Seamands said.

"Additionally, the Army has transferred, trained and assigned female NCOs into both infantry and armor specialties," he said. "As part of a multi-year effort to open other assignments to female Soldiers, as many as 500 women cur-

rently serve in every active brigade combat team in the Army down to the company level."

In addition, 30 women have graduated Ranger School since 2015.

Moving forward, the Army will continue to evaluate its gender integration processes all while employing a standards-based approach to increase unit diversity, he said.

Army brief

Exoskeleton suits

FORT MEADE, Md. — In the distant future, teams of Soldiers equipped with high-powered exoskeletons disembark a series of autonomous personnel carriers outside the enemy's position. Overhead, a small fleet of drones scans the engagement area, giving each Soldier a real-time view of the battlefield through their heads-up display.

This is one scenario of a future operating environment. In reality, it is nearly impossible to predict how the Army will operate and fight in a distant future, said Matt Santaspirit, an Army Futures Command intelligence representative.

Robot Soldiers

ABERDEEN PROVING GROUND, Md. — Army Futures Command is developing new mission command concepts that will enable Soldiers and robots to operate as effective teams in the future.

Mission command is the Army's philosophy of command and a warfighting function that promotes freedom and speed of action.

Commanders, while clearly relaying their intent, must also trust their teams to execute. Similarly, trust and understanding of commander's intent must be relayed from the bottom to the top to ensure success in complex operational environments.

Ceremony

Continued from page 1

Afghanistan departed for the United States and Dover Air Force Base, but for the vast majority of our fallen Soldiers, they return to their hometowns for their final resting place," he said. "In these hometowns across America, our Gold Star Families are embraced by the communities that share the values of duty, honor and country."

Frank said that recently, the former battalion commander, company commander and first sergeant visited the hometown of one of their Soldiers, Spc. Alexander Missildine, 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division, the 96th name on the monument.

"It was an emotional meeting with his Family, who described their home as the house that Alex built in the land that he defended," Frank said. "These are the sacrifices of our fallen Soldiers and their Gold Star Families — lost birthdays, weddings, births and anniversaries; neighborhood walks with the Family; and dreams for the future."

"It is the intersection of pride in the military service of their Soldier and the embrace of patriotic hometown values that provide the most comfort and ensure these American heroes will always be honored."

Frank said Soldiers from Fort Polk will continue to engage the enemies of the United States, just as combat formations on the installation have done since World War II, Korea and Vietnam.

"Our Soldiers remain on point for our nation, deployed throughout the Middle East, Africa and Europe, providing security for the United States and our allies," Frank said.

One of those Gold Star Family members in attendance was Betty Keaton, whose husband, Capt. Everett Keaton, Delta Company, 9th Infantry Division, was killed in action in Vietnam Jan. 20, 1970.

"My husband had a new man walking point and decided to go out with him to make sure the new man knew what he was doing," Keaton said. "The point man triggered a booby trap and my husband pushed him away, taking the full brunt of the blast."

Keaton said her husband was posthumously awarded the Silver Star for his actions.

"It happened just four days after his 29th birthday," she said. "It's still fresh in memory; I still think about him every day."

Another Gold Star Family member who attended the event was Sandra McCoy, the mother of Staff Sgt. Donisha Stroman.

Stroman survived a deployment to Iraq only to be killed by a hit and run driver in Lake Charles, Oct. 29, 2016.

"It's important for me to attend these ceremonies, to help keep her memory alive," McCoy said. "It's not fair. She was 25 years old. She was my baby. It was devastating."

After Frank's address, the 96 names on the Global War on Terrorism monument were read as a bell tolled after each name. That was followed by a 21-gun salute fired by Bravo Battery, 5th Battalion, 25th Field Artillery Regiment, 3rd BCT, 10th Mtn Div.

After the salute, Spc. Terry L. Turner Jr. sounded Taps and Spc. Corry D. Cullins raised the national colors. The two Soldiers are members of 32nd Hospital Center.

Chap. (Maj.) William J. Glenn began the cere-



CHUCK CANNON / GUARDIAN



mony with the invocation. Frank, Command Sgt. Maj. David W. Bass, JRTC and Fort Polk command sergeant major, and Turegano then placed the installation wreath at the base of the Global War on Terrorism monument.

Frank closed by thanking those who attended the ceremony for taking time to honor and remember the Soldiers, Marines, sailors, airmen and National Guardsmen who gave their lives to protect freedom, liberty and the American way of life.

"May we never forget how special it is to live in a nation that has brave citizen volunteers step forward to become members of the world's greatest military force," he said.

Top: Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, addresses those in attendance at the Fort Polk Memorial Day ceremony May 23 in Warrior Memorial Park.

Above: Soldiers with Bravo Battery, 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division, fire a 21-gun salute during the Memorial Day ceremony May 23 at Fort Polk's Warrior Memorial Park.

Please see **Ceremony**, page 6

Ceremony

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CHUCK CANNON / GUARDIAN



Clockwise, from left: Spc. Corry Cullins, 32nd Hospital Center, raises the colors during the Memorial Day ceremony May 23 at Fort Polk's Warrior Memorial Park; Sgt. 1st Class Antonio Turegano, Audie Murphy Club member, rings a bell for each name on the Global War on Terrorism monument; World War II veteran Jack Jones (left), World War II veteran John Davis (center) and Brig. Gen. Patrick D. Frank, commander, JRTC and Fort Polk; stand in front of the Global War on Terrorism monument; Gold Star Family members Betty Keaton (left) and her daughter, Sherian Edwards attend the ceremony; Sgt. 1st Class Antonio Turegano (left), Command Sgt. Maj. David W. Bass, JRTC and Fort Polk command sergeant major (center) and Brig. Gen. Patrick D. Frank place the installation wreath during the Memorial Day ceremony May 23.

Soldier brings unique perspective to BJACH Radiology team

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — Imagine going to Fort Polk's Bayne-Jones Army Community Hospital Radiology section for a CAT scan and being welcomed by the smiling face of a Soldier who greets you with a decidedly British accent.

"Yes, I do get funny looks from some patients," Spc. Will Foster, a member of the BJACH Radiology team, said. "They'll sometimes look at me like, 'Are you for real?'"

Yes, Virginia, Foster is a real Soldier. The native of England, from just outside Manchester, is also a U.S. Soldier with the military occupational specialty 68P — radiology specialist.

Foster's mother, Victoria, who is English, married an Army Judge Advocate General Corps officer — Will's dad, Walter.

"My dad is still in the Army and is a lieutenant colonel stationed at Fort Knox, Kentucky," Will Foster said. "He's basically the reason I'm in the Army today."

Having a British mom and American dad allowed Foster to hold a dual citizenship, opening the way for him to join the U.S. Army. During a visit with his dad in California — where his dad was stationed — a little more than two years ago, Foster made the decision to join the Army.

"I wanted to carry on a family tradition," Foster said. "In my family, nearly everyone's been in the Army, Air Force or Navy, all the way back to the Revolutionary War, which is pretty ironic. We've gone full circle."

Foster said during that visit with his dad, the two discussed his future.

"Dad has always told me how joining the Army was the best decision in his life, that it set his future up and gave him so many experiences and life lessons," Foster said. "He said he thought it would be the perfect thing for me as well."

His mother was reluctant for Foster to join the military, he said.

"He (Foster) has different points of view and gives more perspective ... It's interesting to see his point of view on medical issues."

Sgt. 1st Class ROBERT KYGER
BJACH radiology NCOIC

"Mom initially didn't want me to join; it took a lot of convincing from my dad that I would be fine," Foster said.

"In England, the military isn't pushed as hard. It's smaller with no general health care. It's a smaller option."

With his British accent, Foster said his drill sergeants in basic training had fun with him.

"One of my drill sergeants would always tell me, 'Do it for the Queen', anytime they wanted me to do something," Foster said.

"Even during my PT test, I was doing pushups and the drill sergeant was counting



CHUCK CANNON / GUARDIAN

Spc. Will Foster, a 68P radiology technologist at Bayne-Jones Army Community Hospital, often draws amused glances from BJACH patients. Foster, a native of England and the son of a U.S. Army JAG officer, holds dual citizenship and hopes to one day become a physician's assistant and spend a career, like his dad, as a Soldier.

them, and he said, "Come on Foster, do one more for the Queen."

Foster said he chose to become a radiology specialist at the recommendation of relatives who had also served in the 68P MOS.

"They said it was a brilliant job that set you up well for when you become a civilian," he said. "That convinced me."

Sgt. 1st Class Robert Kyger, BJACH Radiology section NCOIC and Foster's supervisor, said the young Englishman has brought a different dynamic to his team.

"He (Foster) has different points of view and gives more perspective, looking from outside of the typical view inward," Kyger said. "He's used to more of a socialized medicine system in the UK, and their providers don't make near what state-side providers make, nor is healthcare as costly. It's interesting to see his point of view on medical issues."

Foster is finishing up a class to become a CT tech and Kyger said that will add more flexibility to his section.

"Being trained as a CT tech will reduce the stress of our Soldiers because it will give us one more technician for the work schedule," Kyger said.

Foster said joining the Army has changed his life and taught him many life lessons.

"Before the Army, I was quite shy, not a good public speaker. Now I can talk in front of people and it's made me more professional," he said.

While some might downplay the advantage of an assignment at Fort Polk, Foster said that's not true for him.

"I've enjoyed being stationed at Fort Polk," he said. "There are so many things to do here. I've visited New Orleans and Baton Rouge."

"I try to get out as often as possible. I've been to Texas. This is a great place to be stationed. It's another culture lesson than what I grew up with. It has taken some getting used to some of the ways people think in America; the ideology is a lot different. But I love the people here."

Foster said he plans to make the Army a career.

"I'm going to work on getting a commission and becoming a physician's assistant," he said.

"I think that is something I would enjoy in the Army."

So, if you happen to hear an American Soldier with a British accent on your next trip to BJACH, you're not hearing things. He's actually here. And he's more than willing to help his Soldier Family.

As his supervisor said: "He's a great complement to our team and we're glad to have him."



86th IBCT forged for war as Rotation 19-07 concludes

GUARDIAN STAFF

FORT POLK, La. — About 5,000 Soldiers participated in Rotation 19-07, with the largest contingent (2,000) from the 86th Infantry Brigade Combat Team (Mountain) out of Vermont. This rotation tested the combat skills of 19 state National Guard units and a team from the Ugandan People's Defense Force.



OPERATIONS GROUP PAO



In our view

Guardian staff asked Soldiers in the Fort Polk community,
"Besides family, what is something you miss when you are deployed?"
Here are their responses:



Sgt. Rachel Clark: "I miss American culture. Learning about new cultures is OK, but I miss home."



CW3 Patrick Cormack: "Good food, not wearing all the kit every day and being able to drive your own car."



Capt. Dallas Critchfield: "Walking barefoot in green grass — it's a silly thing I never thought I'd miss!"



Capt. Lance Freeberg: "Florida Gator football!"



Sgt. Robert Ray: "Fast Internet for video streaming."



Sgt. 1st Class Scott Lamb: "Indoor plumbing with hot water and toilets that flush."



Sgt. 1st Class Matthew Haney: "Pool tables, fishing and enjoying the kind of beverages you can't get when you're deployed."



Sgt. Sarah Ray: "I miss good gym equipment."



Sgt. 1st Class Ben Myrdahl: "Civilization and structured life away from dirt and sand."

Know these seven essential summer travel tips

By **JEFFREY SWEENEY**
DPTMS protection branch

FORT POLK, La. — Summer travel season is here and it is exciting. Families plan all year for a much-needed vacation. Once that perfect destination is selected, there is a little more homework that needs to be done to ensure your family's adventure is not only exciting but safe.

Because of today's changing world, crime and terrorism factors should be part of your planning. Below are seven rules of thumb that families should consider when planning their summer vacation — whether in the continental United States or abroad.

- **Do your research**

Check the State Department's website at www.travel.state.gov for country updates and enroll in the Smart Traveler Enrollment Program (STEP). It provides safety and security information for every country of the world to help assess the risks of travel.

Each country information page contains important details specific to that country that could affect you. Pay close attention to the entry and exit requirements, local laws and customs, health conditions and other details to decide whether traveling to that country is right for you. You will also find the address and phone number of the nearest U.S. embassy or consulate. Take those with you in case of an emergency.

Check travel.state.gov to find out about additional challenges some travelers might face while abroad, such as older travelers, those with disabilities, women and LGBT travelers.

In the case of an emergency, call (888) 407-4747. The U.S. State Department operates this number 24 hours a day, seven days a week. This number should be reserved for use only if you are injured or it is an emergency situation.

Travel insurance is always a good idea; be properly insured. Most comprehensive travel insurance plans include coverage for terrorist acts as part of trip cancellation and interruption insurance.

- **Don't draw attention**

Be discreet. Try to blend in. It's wise to dress conservatively in any country holding deeply religious views, such as those in the Middle East. Women in particular should avoid miniskirts, tank tops, bra tops, short-sleeved shirts, shorts and sometimes even Capri pants. Revealing dresses and cleavage-bearing necklines are also no-nos. Men should avoid shorts and sleeveless tops in many Middle Eastern countries or when entering a church or other holy place.

- **Make copies of important documents**

You never know when you might need a copy of your passport, driver's license or another form of identification. Scan these documents to save online and print out several hard copies. That way, you won't be



scrambling to find proper documentation if you need to get home.

- **Keep your friends and family updated**

Whether you're going on an overnight jaunt or a long international journey, it's always a good idea to let family and friends know before you go. Before you leave, send a copy of your itinerary to a few trusted people who can keep tabs on your whereabouts. Check in regularly with your contacts so they know you're where you're supposed to be.

- **Be wary of public Wi-Fi**

Don't let the convenience of internet access cloud your judgment. When you use public Wi-Fi, hackers looking to steal valuable information can access your data including credit card or Social Security numbers.

If you do need wireless internet service, set up a virtual private network (VPN) that will allow you to access the internet securely while traveling.

- **Safeguard your hotel room**

Even if your hotel has strong security measures in place, there are steps you can take to make your room safer. Lock and dead-bolt the door and keep your windows shut. You can buy a jammer, which is a portable device that slips under the door for another layer of protection. Try to give the impression that you're in your room even when you're away, such as placing the do not disturb sign on the outside of your door and keeping the blinds or windows closed.

Don't let any strangers into your room, even if they say they work for

the hotel. You can always call the front desk to check whether someone was ordered by hotel staff to come to your room.

- **Be aware of your surroundings**

Don't let your guard down to snap the perfect picture for your social media platforms. Keep an eye on your personal belongings at all times and use good judgment when talking to strangers. A big part of traveling is the opportunities to meet new people and learn about their cultures. But if someone near you is acting suspiciously, or if you feel uncomfortable, leave the area immediately.

Soldiers and Department of Defense civilians are required to check with your unit/work place Security manager for travel briefs if traveling outside the United States in accordance with the Department of Defense Foreign Clearance Guide (FCG) that can be found at <https://www.fcg.pentagon.mil/fcg.cfm>.

The FCG provides guidance and clearance requirements for mission planning and execution, DoD-sponsored personnel official foreign travel and, when applicable, unofficial (leave) travel, as specified within individual DoD FCG country pages.

Soldiers, government employees, contractors and Family members traveling anywhere in the world who maintain situational awareness can dissuade criminal and terrorist activity. Ensure your summer vacation is fun and safe by following these seven safe traveler tips

For more information, contact the installation Antiterrorism Office at 531-6007.



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Briefs

Beach strong

A Beach Strong Man/Woman Competition is held Saturday 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-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.

Sports physicals

Bayne-Jones Army Community Hospital Family Practice Clinic hosts an after hours clinic for Child and Youth Services, school and sports physicals Tuesday from 4-7 p.m. TRICARE Prime beneficiaries will be seen by appointment, one patient per slot. Appointments must be booked through the BJACH appointment line at 531-3011 or (800) 278-9920.

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, prizes and more. Call 531-1959 or visit www.polk.armymwr.com for more information.

Exchange pets

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 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. Call 537-1792 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," June 1 at Warrior Field. Free concessions start at 7:30 p.m. and the movie begins at 8:15 p.m. Call 531-1959 for more information.

Please see **Briefs**, page 16

JRTC, Fort Polk celebrate culture of Asian Americans, Pacific Islanders

By **JEAN DUBIEL**

Guardian staff writer

FORT POLK, La. — Asian American and Pacific Islander Heritage Month is recognized nationally throughout the month of May. At Fort Polk, the 46th Engineer Battalion hosted a celebratory program honoring that heritage May 22 at the Bayou Theater.

Dance troupes representing the Philippines and American Samoa shared their culture with guests through the display of traditional garb and dances. Following the dance performances,

guest speaker Command Sgt. Maj. Dolores P. Kiyoshi, 32nd Hospital Center command sergeant major, greeted the crowd at the Bayou Theater with a "hello" spoken in several Asian and Pacific languages, from Hawaiian to Japanese to Palau.

Kiyoshi explained that her home is a small island called Tinian, near Guam.

"Tinian is a tiny island, and was used in World War II when the Air Force and Navy built a landing strip there. The location was used to send

Please see **Celebrate**, page 12



JEAN DUBIEL / GUARDIAN



Celebrate

Continued from page 11

materials between Japan, Hawaii and Guam. It was also the place where they built the two atomic bombs that were dropped on Japan," she said. "The island was populated with 300 people, a mixture from the Philippines, Guam, Micronesia, Polynesia and other islanders who migrated there thanks to the armed forces who brought them in."

Kyoshi explained that her own heritage is also a mixture of Asian and Pacific cultures.

"My grandfather on my dad's side is half Korean and half Japanese, and my grandfather on my mother's side was a Filipino that migrated to Tinian," she said.

Kyoshi also said she has been serving in the Army for nearly 29 years, and has a plan for her retirement.

"I am going to go back to the tiny island of Tinian, teach high school ROTC (Reserve Officer Training Corps) at a school that has 20 graduating seniors, and I'll make sure every senior takes the ASVAB (armed services vocational aptitude battery), and once they pass that, I'll let them know their first choice of service should be the Army."

There are more than 65,000 Asian-Americans serving in the armed forces, said Kyoshi.

"Their legacy of honor and patriotism is unwavering. We serve and respond to the call of duty, and our nation's strength truly rests in our diversity," she said. "We will continue to answer that call."



JEAN DUBIEL / GUARDIAN



North Polk Elementary hosts annual end of year field day fun



Kylie and twin sister, Emma, 5, work to win the sack race during NPE's field day May 17.



Lee Coriell, North Polk Elementary School principal (right), kisses Pam the pig, held by her owner, Chief Warrant Officer 2 Bryon Allen, 519th Military Police Battalion, as students watch. Coriell told his students if they raised \$4,000 for St. Jude's Hospital he would kiss a pig. NPE students went on to raise \$6,506 for the hospital. NPE has been raising money for the charity since 1997 with a total of \$90,000 raised to date.



Elizabeth Edmonds, 4, takes aim and throws her bean bag toward the bucket while her classmates wait their turn.



Londynn Bonhomme, 5, has a huge smile on her face while trying to do the kangaroo hop.



Aceson Sanchez, 5, does a happy dance after getting his bean bag in the bucket at the NPE field day May 17.

Please see **Field**, page 14



North Polk Elementary School students bounce balls on a parachute at the annual NPE field day May 17.



Natalie Galaise, 4, tosses a bean bag in her team's bucket after carrying it with sticks during the hot coals event at the NPE field day.



Zach Yoakan, Better Opportunities for Single Soldiers volunteer, explains the rob the nest game involving an egg.



An elaborate game of tag called Stuck in the Mud had students running all over the place.



NPE students race to pick up their team's colored balls at the field day held May 17.



Lisa Franklin, NPE La4 coordinator, sprays kids with a water gun at the NPE field day May 17 to keep them cool.

Such sacrifice
through valor made,
A debt too deep
to be repaid,
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freedom born,
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Briefs

Continued from page 11

Pharmacy closure

The Bayne-Jones Army Community Hospital pharmacy is closed June 14-17 to move back to its newly renovated state-of-the-art location inside BJACH Entrance B. Refills called in to the ScriptCenter, inside Entrance A, are available during the closure, but you must be registered to use the service. The outpatient pharmacy will reopen June 18 at 7:30 a.m. inside Entrance B.

Superman 5K

In honor of June's designation as Men's Health Month, Bayne-Jones Army Community Hospital preventive medicine hosts a Superman 5K, June 8, from 8-11 a.m. in the BJACH and Army Wellness Center parking lot on Third Street. Check in time is 7:30 a.m. the day of the event. Register at www.superman5kfun-walkrun.Eventbrite.com. Everyone is invited to wear Superman or super hero T-shirts. There are free raffle prizes. Call 531-6880/4818 for more information.

Bowling leagues

Fort Polk's Strike Zone Bowling Center offers two summer leagues for area bowlers:

- The Have-a-Ball League features three-person teams and costs \$22 a week through Aug. 13. At the completion of league play bowlers receive their choice of a Hammer or Ebonite ball.

- A beginners league begins June 6 and runs for 10 weeks with three-person teams. Cost is \$12 per week and bowlers must have an average of 140 or less.

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

Instagram news

The Joint Readiness Training Center and Fort Polk are now on Instagram: @Fort_Polk.

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 pavement markings.

Construction continues 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 motorist and construction crews.

Alternate routes are encouraged to minimize delays and traffic congestion.



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JEAN DUBIEL / GUARDIAN

LEGOs for L.E.G.O

Operation Homefront is a national nonprofit organization whose mission is to build strong, stable and secure military families so they can thrive in their communities. The group donated 150 LEGO kits to the Main Post Chapel May 22 in preparation for the upcoming L.E.G.O. Chapel Camp which takes place July 15-19. Each day of the camp focuses on one of the four L.E.G.O. concepts (love, equip, give, overcome) as it relates to life as a mili-

tary child. The chapel expects about 140 children to attend the camp. Pictured with the LEGO kits are (from left) Sgt. 1st Class Faheem Blount, senior religious NCO; Brittany Zelt, Protestant religious education coordinator; Amanda Phillips with Operation Homefront; Sharon Harris, Catholic religious education coordinator, Theresa Heard, Operation Homefront; and Staci Stipe, Fort Polk garrison executive officer.

Motorcycle Awareness Month, SEE your surroundings

By CWO4 JOHN FLAHERTY

Joint Force Headquarters

MONTGOMERY, Ala. — For most motorcyclists, there are times when they should reacquire themselves with the proper procedures and skills they learned many years ago. One skill that seems to get lost from time to time is the act of looking ahead of where you are riding.

A simple acronym that can help riders to focus by using their eyes and minds rather than hands and feet is SEE — search, evaluate and execute.

The Motorcycle Safety Foundation characterizes riding as more of a skill of the eyes and brain rather than the hands and feet. Once the basic skills are acquired, safety on the road is more about using your eyes and brain to help sort out and organize, as well as prioritize, safety factors in traffic.

It makes motorcyclists on-the-fly risk analysts. Situation awareness is one aspect of safe riding or driving, but a safety mindset is needed for effective hazard perception.

Another important acronym to use is SIPDE — scan, identify, predict, decide and execute. The SIPDE and SEE techniques create time and space that allow riders to control their personal safety margin.

They both depend on visual cues by seeing what is where and how it is happening.

This process also engages the brain to retrieve the visual cues from memory. That visual memory helps the brain predict and decide how to execute a defensive action. It all starts with the eyes. The brain will follow based on what the eyes see.

Here are three things to do on every ride:

- Look down the road. Looking 20 feet ahead of the front tire is too close. At 50 mph, the bike is traveling about 88 feet per second. In 0.176 seconds, you have covered that 20 feet.

However, look too far down the road and you'll lose sense of where you are in the picture. As a rule of thumb, you should look at least 100 feet downrange. A good way to judge that is the white lines painted down the center of the road are roughly 10 feet long.

- Take a soft, wide view of things. If you focus too much on something, your peripheral vision fades, which narrows the field of vision. Soften your focus and let your awareness of the broader field come into view. Most humans have at least 114 degrees of vision with an additional 40 degrees on each side.

A soft focus opens up this wider field and reduces the five faults of a too-focused visual aptitude: Target fixation, compulsive over scanning,

tunnel vision, looking too close and looking too far downrange. Having

Please see **SEE**, page 19

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MILITARY STAR Shoppers can win \$500 statement credit

FORT POLK EXCHANGE

FORT POLK, La. — MILITARY STAR and Unilever are making this summer even brighter for 50 military shoppers with \$25,000 in giveaways.

On July 15, MILITARY STAR cardholders will automatically be entered into a drawing. Fifty winners selected at random will receive \$500 MILITARY STAR statement credits.

“It’s always an honor to give back to service members and Families who give so much to this country,” said Beth Pritchard, Fort Polk Exchange general manager. “MILITARY STAR supports our troops not only with daily savings and discounts but also with great giveaways like this. We hope Fort Polk will be represented among the winners.”

Shoppers can apply for a MILITARY STAR

card at the Fort Polk Exchange or online at **MyECP.com** any time prior to July 15 and, upon account approval, be entered into the giveaway.

Winners will be announced on or about Aug. 15. No purchase necessary to win. For complete rules, visit **MyECP.com/CustomerAds/Page/Exchange.com**.

The MILITARY STAR card is an exclusive line of credit for service members and their families to use at exchanges and commissaries — no matter where they serve. The Army and Air Force Exchange Service administers MILITARY STAR.

Other benefits of the card include:

- Two rewards points per dollar on purchases and a \$20 rewards card after 2,000 points earned.
- The lowest flat-rate APR (12.49 percent) among store cards — rate is offered to all cardholders.
- No annual, late or over-limit fees.
- Ten percent discount on first day’s purchases for new MILITARY STAR accounts.
- Reduced interest deployment plan with no payments required for eligible customers.



Fort Polk Exchange celebrates healthy choices with festival

FORT POLK EXCHANGE

FORT POLK, La. — Soldiers, retirees and families can enjoy the weather, have fun and BE FIT at the Army and Air Force Exchange Service Healthy Lifestyle Festival at Fort Polk June 1.

The Fort Polk Exchange and Commissary have teamed up to host the festival that features health and wellness activities including vendors demonstrating healthy foods and products with some samplings, as well as testing/demonstrating exercise equipment products for Soldiers and their families. There are even healthy living tips for pets.

The festival offers easy and fun ways the Fort Polk community can make better-for-you choices, which is the focus of the Exchange’s BE FIT program.

“Making smart decisions when it comes to health and fitness drives the military community’s readiness and resiliency,” said Beth Pritchard, Exchange general manager. “The Healthy Lifestyle Festival helps bring awareness of all the healthy options and resources Soldiers and their Families can find at the Fort Polk Exchange and Commissary.”

The festival is an example of the continued partnership between the Exchange and Commissary, highlighting the value both retailers bring to the Fort Polk community.

For more information on the festivals, shoppers can visit **ShopMyExchange.com/Community** or contact the Fort Polk Exchange at 537-1001.





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Weekly golf tip for beginners



Practice your grip.
One of the most common errors made by beginning golfers is holding their club incorrectly. Practice holding the club in the correct position even when you are not playing golf. Take a club into the house and every time you walk past it hold it for 30 seconds and soon your hands will be married to the club correctly.

SEE

Continued from page 17

a soft focus and rotating the head slows down the flitting of your eyes and brings a fuller, smoother picture into view.

- Turn your head. Most humans can turn their heads between 60-80 degrees of rotation left and right. You should be able to turn your head far enough that your chin is almost in line with your shoulders.

Mirrors leave blind spots, so a glance or twist of the head brings extra potential threats into your view, which gives you a better situational awareness. Be smooth, glance, scan and let the brain fill in the blanks. You will typically see what you expect to see, so look with an open mind and take in the full spectrum of your surroundings.

In an article from the July/August 2018 Motorcyclist magazine, Ralph Hermens writes, "As a rider, we have to keep our head on a swivel. We have to pay attention to everything around us and constantly be in the moment. Sometimes predicting what other drivers — or in our case, riders — will do can save your life. But assuming someone will behave as we would can be just as dangerous. Leave enough space for those around to be unpredictable, and always give yourself an out."

Look down the road, soften your focus to widen the view, turn your head to scan all available obstacles and use SEE. It could just save your life.



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Stay safe in sweltering summer sun

GUARDIAN STAFF

FORT POLK, La. — With the warm weekends and people spending more time outdoors with summer activities, don't forget that you need to stay safe in the hot sun.

Heat is the No. 1 weather-related killer in the United States, according to the National Oceanic and Atmospheric Administration, resulting in hundreds of fatalities each year. On average, excessive heat claims more lives each year than floods, lightning, tornadoes and hurricanes combined.

When the body heats too quickly to cool itself safely, or when you lose too much fluid or salt through dehydration or sweating, your body temperature rises and heat-related illness may develop. Heat disorders share one common feature — the individual has been in the heat too long.

Studies indicate that the severity of heat disorders tends to increase with age. Conditions that cause heat cramps in a 17-year-old may result in heat exhaustion in someone 40 years old, and heat stroke in a person over 60.

Here are some heat disorder symptoms:

- **Heat cramps:** These are painful spasms usually in the muscles of the legs or abdomen with heavy sweating. Firm pressure on cramping muscles or a gentle massage can relieve the spasm. Be sure to give the person or yourself sips of water. If nausea occurs, discontinue water.
- **Heat exhaustion:** Symptoms of heat exhaustion include heavy sweating, weakness,

cold or pale, clammy skin, thread pulse, fainting or vomiting. These symptoms can occur even with a normal body temperature. Get the victim or yourself out of the sun. Once inside, lie down on a cool surface and loosen clothing. Apply cool, wet cloths to the skin. Offer sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.

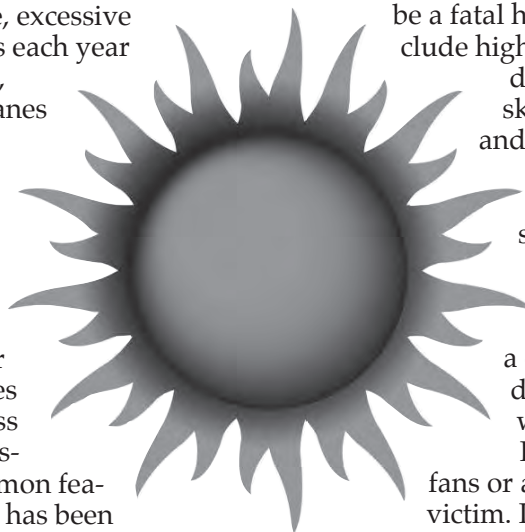
- **Heat stroke or sunstroke:** This can be a fatal heat disorder. Symptoms include high body temperature of 106 degrees Fahrenheit, hot, dry skin, rapid and strong pulse and possible unconsciousness. If

you or someone around you has these symptoms, seek immediate medical attention. While waiting for emergency assistance to arrive, move the victim to a cooler environment and reduce the body temperature with a cold bath or sponging. Remove clothing and use

fans or air conditioners to cool the victim. If the body temperature rises, repeat the process. Do not offer fluids.

Knowing the symptoms of heat diseases before they happen can help you understand what to do and how serious the problem is.

If you're unsure of the problem, seek medical attention. It's always better to be safe than sorry.



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AW19-1034

Lagniappe

Festivals

• Watermelon Fest

The Beauregard Watermelon Festival, DeRidder, celebrates the harvest of the local Sugartown Watermelons June 28-29.

The festival, held at the Beauregard Parish Fairgrounds — 506 West Dr. — offers carnival rides, jackpot livestock show, retail and craft vendors, watermelon eating and seed spitting contests, Watermelon Idol talent competition, watermelon carving contest, food booths and more.

Bring your dancing shoes and sway the night away to some of Louisiana's best entertainers. Plan

to attend the Beauregard Watermelon Festival for Louisiana Fun and Sugartown sweet melons.

For more information visit www.beauregardwatermelonfestival.com.

• Shrimp/jazz fest

If you're looking for a celebration of Louisiana food, jazz music and culture, you'll find it at the Gulf Coast Shrimp and Jazz Festival, Lake Charles Civic Center, 900 Lakeshore Dr., June 22. Gates open at 11 a.m. and close at 8 p.m.

A free jazz workshop is held from 9-11 a.m., followed by live music acts, a jazz exhibit and of course, the shrimp dish cook-off.

Don't miss "Jazz After Dark, An Evening to Remember", starting at 7 p.m. For more information visit www.gcshrimpnjazzfest.com.

• Fair fun

The 30th annual Cajun Heartland State Fair, today-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.

on Ryan Street.

This annual outdoor music and art event 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:

***Today** — 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.

Miscellaneous

• Concert series

Downtown at Sundown is a "can't miss" event in Lake Charles. Enjoy the concert series today, May 31 and June 7 from 2-10 p.m.



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- Anita Augustus -
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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.

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

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

E-mail to Recruiting@gcesg.com

IT Customer Service Desk– Ft. Polk

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

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

Highlights of Responsibilities:

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

Candidate Requirements:

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

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Information Security Specialist – Ft. Polk

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

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

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

Highlights of Responsibilities:

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

Candidate Requirements:

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

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