



# FORGING THE

# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

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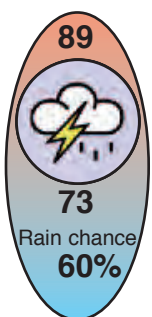
Home of Heroes @ Fort Polk, LA

JULY 3, 2019

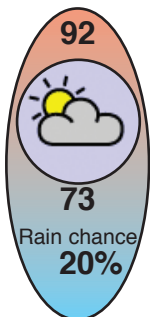
*Have a safe and happy July 4 holiday*

JEAN DUBIEL / GUARDIAN

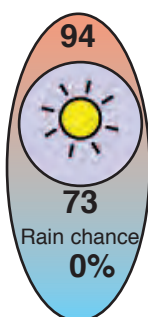
### Weekend weather



Today



Thursday



Friday

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# Viewpoint



## In our view

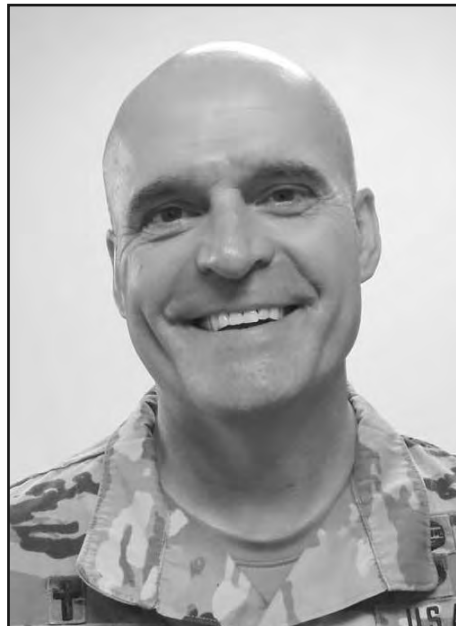
Guardian staff asked members of the Fort Polk community, "What are your plans for the Fourth of July?" Here are their responses:



**Chrissa Gross:** "We're going to barbecue hot dogs and hamburgers and spend time with Family."



**Jeff Quick:** "Making a home-made slip-n-slide, frying a turkey and enjoying adult beverages."



**Chap. (Lt. Col.) Darrick Gutting:** "We are having friends over for a barbecue and fireworks on the fourth, and celebrating our wedding anniversary on the fifth!"



**Melissa Britt:** "We're going to relax at a barbecue with Family in Shreveport."



**Sgt. 1st Class Joe Ooley:** "I'll be in Martinsville, Indiana, hanging out at the lake with Family."



**Brenda Whatley:** "Barrel racing with my four horses in DeRidder at the Beauregard Parish Civic Center covered arena."



## Guardian

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## Briefs

### Cafeteria conversation

The sixth annual Back to School Cafeteria Conversation and Resource Fair is held Aug. 1 from 5-7 p.m. at Parkway Elementary School, 3585 University Parkway, Leesville. Vernon Parish School District and local agencies will present their resources, special programs and educational opportunities. Participants can visit with Vernon Parish Schools principals and counselors. For more information call 531-1617.

The Back to School Brigade will offer eligible Families free school supplies during the event, to include post 9/11 wounded, ill or injured service members of any rank, either currently serving or no longer serving, as well as active-duty E-1 through E-6. Register at [OperationHomefront.org/event.list](http://OperationHomefront.org/event.list).

### AAFES discounts

To help military Families stay on budget while preparing for the school year, the Army and Air Force Exchange Service is expanding its layaway program to include computers, tablets and more through Aug. 31. Laptops, desktops, iPads, notebook computers, tablets and other electronics that support educational excellence are not usually eligible for the Exchange layaway program, but Soldiers and their Families can enjoy the expanded program before the school year. A \$3 service fee and a 15 percent deposit are required to place these and other items on layaway, and the items must be picked up by Aug. 31. Shoppers can visit the Fort Polk Exchange for more information.

### Road repairs

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 contractor has mobilized milling and paving equipment and begun these efforts on Fourth Street. The asphalt placement (paving) operations are ongoing at Fourth Street and Colorado Avenue and will progress towards Mississippi and Louisiana avenues. The work will require closures, detours and flagging operations to complete the repairs.



Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general, (left) presents an installation coin to Capt. Jessica Villanuevo, Company C commander, 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division. Frank also presents coins to the Soldiers to her right, Sgt. Charles Morrison, 317th BEB, 3rd BCT, 10th Mtn Div, and Spc. Jessie Rine, 115th Field Hospital, 32nd Hospital Center. The panel of Soldiers from the LGBT community answered questions about their experience in the military at an LGBT Pride Month Celebration at Warrior Gym June 27.

ANGIE THORNE / GUARDIAN

## Pride in all who serve

### JRTC, Fort Polk host LGBT Pride Month observance

By **ANGIE THORNE**  
Guardian staff writer

FORT POLK, La. — The 32nd Hospital Center hosted the Joint Readiness Center and Fort Polk LGBT Pride Month Celebration at Warrior Gym June 27.

The event began with a question and answer panel consisting of three Soldiers — Capt. Jessica Villanuevo, Commander C company, 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division, who has served 11 years in the Army; Sgt. Charles Morrison, 317th BEB, 3rd BCT, 10th, Mtn Div, who has served in the Army for four years; and Spc. Jessie Rine, 115th Field Hospital, 32nd Hospital Center, who has served three years in the Army. The Soldiers were asked questions about their personal experiences while serving in the military as members of the LGBT community. They shared their history with the audience to promote insight and better understanding.

Below is a question and answer from each:

- How has being open about your sexual orientation had an impact on your military leadership style? Villanuevo said she felt it has made her more empathetic.

"I think I'm a more compassionate leader as I'm more sensitive to issues dealing with gender, race and sexuality.

- What kind of past behaviors have you noticed from your leaders, peers or subordinates when they found out you are a member of the

LGBT community? Morrison said he has had a colorful range of reactions.

"Most of the reactions end up being positive. A lot of people are supportive and understanding. The most important thing is making sure they understand that no matter what I do in my off time, I'm going to do my job well," he said.

- If you could erase one LGBT stereotype from the mind of anyone who has that thought, which one would it be and why? Rine said he would try to erase the idea that equates bisexuality with promiscuity.

"The stigma is that we tend to be greedy or will be with anyone. The reality is, just like anyone else, is that we have types, preferences and standards. I think it's important for people to realize these things," he said.

Brig. Gen. Patrick D. Frank, JRTC and Fort Polk commanding general, commended the panel for their courage in speaking about their experiences.

"Their comments should affect each and every one of us, whether you are a leader or Soldier in the formation. What they talked about is accepting the strengths of each Soldier and what they contribute to making this the world's greatest Army," he said. "Everyone in this audience today is going to walk away a better Soldier based on what they talked to us about today."

Frank presented each panel member with an installation coin.

Please see **Pride**, page 6



## Soldiers earn valor awards for heroic actions in Afghanistan

By Staff Sgt. NEYSA CANFIELD

Army News Service

FORT CARSON, Colo. — Six Soldiers with 1st Battalion, 12th Infantry Regiment, 2nd Infantry Brigade Combat Team, 4th Infantry Division, received awards for their heroic actions, during an awards ceremony June 11.

During the ceremony 1st Lt. Cooper L. Lemons, Sgt. 1st Class John Ballenger, Staff Sgt. Timme L. Jones, and Spc. Benaiah O. Wiedenhoft were awarded the Army Commendation Medal with combat device and Spc. Jacob S. Shontz and Spc. Joseph Smith were awarded the Army Commendation Medal with valor device.

The six Soldiers, who were assigned to Alpha “Arrowhead” Company, 1st Bn, 12th Inf Reg, played a crucial role in the events that occurred on Oct. 18, 2018 in Kandahar City, according to Col. Dave Zinn, then commander of 2nd IBCT and deputy commander for Train, Advise and Assist Command-South (TAAC-South) during the incident.

“On October 18th, Arrowhead was tasked with protecting senior U.S. officials who were meeting with high-level Afghan officials at the provincial governor’s compound in the center of Kandahar City to discuss upcoming national elections,” said Zinn.

On the day of the incident, the Soldiers of Alpha Company drove a convoy into the center of Kandahar City and pulled security for hours as U.S. and Afghan officials discussed future plans.

“I remember myself and my platoon sergeant, Sgt. 1st Class Ballenger, pulling security on the tower across from the (helicopter landing zone) and seeing everyone coming out of the building,” said Spc. Joseph Smith, a combat medic.

“Then all of a sudden I heard a shot pop and all we could see were people trying to take cover.”

On that day a Taliban member had infiltrated Afghan security forces and conducted an insider attack.

While under fire, the Soldiers sprang into action.

“These Soldiers, acting as Guardian Angels, remained standing and returned fire to eliminate the threat,” said Zinn. “They secured the chaotic scene and rendered medical aid to the wounded, organized the evacuation of senior U.S. and Afghan officials, called in a MedEvac helicopter, and prepared their convoy for movement out of the city.”

According to Smith, who treated both U.S. and Afghan members, he had to rely on his skills and ability to stay calm.

“Instincts kind of just took over, it felt surreal,” said Smith. “I took a deep breath and started treating and prioritizing those around me.” Because of the actions of the Soldiers, all casualties were evacuated to the NATO Role III medical facility to receive further medical aid.

“My deepest admiration will always be with the Arrowhead Soldiers who selflessly and courageously demonstrated their character, resiliency and their expertise under fire at the governor’s palace on that day,” said Zinn.



Staff Sgt. NEYSA CANFIELD / ARMY NEWS SERVICE

*Spc. Joseph Smith, a combat medic assigned to 1st Battalion, 12th Infantry Regiment, 2nd Infantry Brigade Combat Team, 4th Infantry Division, receives an award from Col. Dave Zinn, then commander of 2nd IBCT, June 11, 2019, during an awards ceremony at Fort Carson, Colo.*



*From left: Spc. Jacob S. Shontz, Spc. Joseph Smith, 1st Lt. Cooper L. Lemons, Sgt. 1st Class John Ballenger, Staff Sgt. Timme L. Jones, and Spc. Benaiah O. Wiedenhoft, all with 1st Battalion, 12th Infantry Regiment, 2nd Infantry Brigade Combat Team, 4th Infantry Division, receive awards in front of their peers and leaders June 11, 2019, during a ceremony at Fort Carson, Colo.*

# Closure: Fort Polk Soldier reaches through time to bring home fallen Family member

By **JEAN DUBIEL**  
Guardian staff writer

**Editor's note:** This is part one in a two-part series about a Fort Polk Soldier that is escorting a Family member's remains home 75 years after he was killed in action.

FORT POLK, La. — During World War II, the lion's share of American service members served in the European and Pacific theaters. But there was another front, one that has been referred to as "the forgotten theater," situated in Burma, which is now Myanmar. It was called the China-Burma-India, or CBI, theater of operations, and a Soldier from Ames, Iowa was serving there with the 209th Engineer Combat Battalion.

On June 13, 1944, Cpl. Ralph L. Bennett and his brothers-in-arms were holding a position along the Mogaung Road, a vital route leading into the strategically important city of Myitkyina, when the enemy engaged them with small arms and indirect mortar fire. Bennett was killed in the attack.

Because of limited resources and fast-moving operations, Bennett and other Soldiers had to be buried in the vicinity of where they fell. No one could have guessed that his remains would eventually be returned to his home soil, nor that the Soldier escorting him home 75 years later would be one of his own relatives.

Sgt. Justin Couvertier of Fort Polk's 1st Battalion, 5th Aviation Regiment, first heard the story about Bennett (his third cousin) from his grandmother in 2017.

"When my grandmother sent me the documentation that she received from Charlene Mullin (Bennett's niece), I immediately contacted the (Past Conflict Repatriations Branch of the Casualty and Mortuary Affairs Operations Branch) to start the process for providing the escort," said Couvertier.

"I'm in a (medical evacuation) unit, and bringing home a brother or sister that you fight alongside with is something that I hold near and dear — for that person to also be a Family mem-



**Couvertier**



**Bennett**



ber makes it just that more important."

According to the Defense POW/MIA Accounting Agency research, after the burial in Burma, it was up to the U.S. Quartermaster Corps to keep a record of the burial and the Adjutant

General's Memorial Division was tasked with providing Families back home with information about their Soldier's final resting place. No such message came for Bennett's Family. His sister, Neoma McMillen (mother of Charlene Mullin), wrote to military

officials asking for information about his final resting place. She said that one of his friends, who had also served in Burma, claimed to have visited the grave twice and that it was well marked at a cemetery in Myitkyina.

In June 1947, McMillen received word that her brother's remains were not discovered there, but that the American Graves Registration Service would continue searching the area until they were found. The task proved to be complicated and lengthy — there were eight temporary cemeteries and numerous isolated burial sites in the Myitkyina area, holding the remains of 795 service members. They were disinterred and transferred to a military cemetery in Kalaikunda, India in 1946.

Among them was a singular set of unidentified remains, which had been designated as X-1 Myitkynia. Once transferred to India, the remains were redesignated as X-48 Kalaikunda.

In 1948, all the remains in Kalaikunda were transferred to a newly built mausoleum in Honolulu, Hawaii, and X-48 Kalaikunda was reinterred in 1949 at the National Memorial Cemetery of the Pacific in Section F, grave 812.

On July 16, 2018, the Defense POW/MIA Accounting Agency disinterred X-48 Kalaikunda and began a series of tests in the DPAA laboratory that included family DNA samples. The lab deemed it "historically feasible" that the remains were Bennett's.

More than a year later, Bennett is finally going back to Ames, Iowa to be laid to rest in his hometown. Couvertier was able to secure the special escort mission and will travel to Hawaii at the end of July to bring his Family member — and fellow Soldier — home for his funeral.

"This mission hits close to home for me (because I think of those that never made it home," he said. "Charlene has also told me that individuals on that side of the family have known about him through the years and are glad to get this closure."

About 30 family members are expected to attend the funeral.

# New BOSS president works to make program continued success

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Change is inevitable. Soldiers know this as they move from post to post, rise through the ranks and learn and adapt through training. But when someone is given the chance to influence change, they soon discover it's what they put into the process that can have the biggest impact.

Cpl. Bianca Ortiz has been given that chance as Fort Polk's new Better Opportunities for Single Soldiers president.

Ortiz said she made the effort to be BOSS president because she didn't want the program to lose its momentum.

"I want it to continue to grow and improve into the future," she said.

Her focus is reaching out to more single Soldiers across units and show them everything BOSS has to offer.

"Traveling off post to have an adventure is great. We will still do things like sky diving, but I would also like to get Soldiers involved in fun activities right here on post. There are so many great things Fort Polk has to offer like paint ball,

bowling, go carting and more. I know some Soldiers that have never been to the bowling alley or Toledo Bend Recreation Site. I think that needs to change," she said.

Ortiz said Soldiers are excited about the BOSS Beach Bash, held Aug. 2 at TBR.

"If this is their first time to visit Toledo Bend, I want it to be a positive experience for them and a successful event," she said.

Ortiz said the BOSS program has allowed her to meet many people who have become friends and family to her.

"I would never have had a chance to meet them if not for BOSS," she said.

Ortiz encourages single Soldiers to give BOSS a try. She said it never hurts to try something new.

"Young single Soldiers are often sent to places far away from home. They don't know anyone and that

can be hard. For me, BOSS has always been my safe place and I want to create an atmosphere that allows other BOSS Soldiers to feel that way as well," she said.

Not only does BOSS give Soldiers a place to connect with other Soldiers, but it also offers them a chance to be part of something bigger than themselves, said Ortiz.

"They don't realize how rewarding BOSS is until they have experienced it for themselves. The program can have a huge impact on their lives and give them

an opportunity to have a positive influence on others," she said.

A perfect example of that is the volunteer and community service aspect of BOSS.

Ortiz said Soldiers go to the Soup Kitchen in DeRidder each week to help feed people who need assistance.

"When you volunteer at the kitchen on a regular basis you see a

lot of the same people stop by to eat. We are able to make a connection on a personal level. If we miss a turn at the kitchen, they ask us where we were and if everything is OK. They miss us when we aren't there. It's nice to know the BOSS program has a positive impact, not only on Soldiers serving, but also in the surrounding communities," she said.

Ortiz said one of the most challenging things about being BOSS president so far has been making the program her own.

"People keep telling me I have big shoes to fill and how we used to do things and I keep answering that things change. It's my time to work hard to make this a one-of-a-kind BOSS program. I will do everything I can to make it shine, but I need everyone's support for that to happen," she said.

Ortiz also wants Soldiers to know that she and Command Sgt. Maj. Christopher M. Ausbun, garrison command sergeant major, are there for single Soldiers.

"BOSS is the voice of the single Soldier. If you have an issue, you can come to us and we will try to get it resolved," she said.

For more information about BOSS call 531-1948.



**Cpl. Bianca Ortiz**

## Pride

Continued from page 3

Col. Lee A. Burnett, 32nd Hospital Center commander, said he was pleased his unit had the honor and privilege of hosting the 2019 LGBT Pride month event.

"This is Fort Polk's opportunity to recognize lesbian, gay, bisexual and transgender Soldiers, as well as civilians and Family members, for their dedicated service to our Army and nation," he said.

Burnett said throughout history, LGBT Soldiers have served, fought and died for this nation.

"Their readiness and willingness to serve has made our Army stronger and our nation safer," he said. "We value all of our Soldiers and their Family members."

Burnett said, "As we celebrate Pride Month, let us take pride in those who step forward to serve our country. All who answer the call are doing the noblest thing they can do with their lives — providing security for others so they can dream their dreams, raise their children and live full lives."

Lt. Col. Melissa F. Tucker, Fort Polk Dental Health Activity commander, was the guest speaker for the event.

Tucker offered a personal example of how far the LGBT community has come.

"I want to thank my better half for attending. When we first started dating, it was against the law. We had to do that in secret. She was just my best friend. We always lived in fear that someone would find out. It's really nice that now I can introduce her as my wife," she said.

Tucker said in 1963, the Rev. Martin Luther King Jr. delivered an iconic speech.

"In that speech he said he had a dream that his children would be judged not by the color of their skin, but by the content of their character. I think most of us have that same dream; we don't want to be judged by what we look like, whom we worship or whom we love. We want to be judged by our character," she said.

Tucker said those in the LGBT community are just like everyone else.

"We want to be loved, love someone, have a community of friends and family and participate in the pursuit of happiness — just like everyone else. We all want the same things in life," she said.

Tucker said acceptance begins at a grass roots level.

"Change is not going to be a Supreme Court decision or a presidential declaration. We want to be treated with dignity and respect and that starts when we treat others with dignity and respect. Then it catches on like wildfire," she said. "I hope the world continues to change in a positive way. But that's up to us. Let's be that change."

Frank said the Army is driving that change.

"We as an institution set an example for the entire nation. The better we are at ensuring we look at all Soldiers equally, the more our nation will do the same. The U.S. military is the most respected institution in the nation. That means the American people watch and learn from us. I hope everyone leaves this event today remem-



**Soldiers line up to get a piece of cake at the Pride Month Observance held June 27 at Fort Polk's Warrior Gym.**

bering what our guest speaker and panel talked about and go out and put it into practice in our Army," he said.

Attending the celebration, Capt. Luisa Montero, 32nd Hospital Center, said, "The Pride Month celebration is important because our diversity is what makes us strong as a nation and an Army. Regardless of our background we should be able to support and respect each other. We all have something to offer."

Staff Sgt. Benny Mason, 710th Brigade Support Battalion, 3rd BCT 10th Mtn Div, said he attended the event to support positive changes in the LGBT community and the Army.

"When I joined the Army, 'Don't ask, don't tell' was in effect. I know people that were kicked out based on who they were. To see this celebration means we have come a long way," he said.



# Community

## Briefs

### School physicals

The Bayne-Jones Army Community Hospital's Family Medicine Clinic will conduct after hours Child and Youth Services and school physical clinics July 10 and 16 from 4:30-6:30 p.m. in the family practice area. Appointments are available by calling 531-3011. Parents should bring required paperwork with their portion completed to the appointment.

### Library fun

Fort Polk's Allen Memorial Library hosts story time and a movie, "The Lion King," Tuesday, 5 p.m. Enjoy the Disney classic and make a craft with your child.

Register at the library, located on Colorado Avenue with the Education Center. Call 531-2665 for more information.

### Golf scramble

Fort Polk's Warrior Hills Golf Course hosts a four-person scramble with a shotgun start July 12 at 11:30 a.m. Cost is \$35 for members and \$45 for non-members. Save \$5 if you register by July 10. Price includes golf, range balls, cart, lunch and prizes. Call 531-4661 for more information.

### Sports activities

The following sporting events are hosted by Fort Polk Intramural Sports:

- Three on three basketball tournament, July 23, 6 p.m., Warrior Fitness Center. Three-four player teams. Register at [evenbrite.com](http://evenbrite.com).
- Dodgeball tournament, July 30, 6 p.m. Warrior Fitness Center. Teams may consist of up to eight players.

For info call 531-2056. Open to active duty, Family members, retirees and Department of Defense civilians 18 and over.

### Movie night

Enjoy "Mary Poppins Returns" at the next Fort Polk movie night, July 27, on Warrior Field. The event is free and hosted by the Fort Polk Directorate of Family Morale, Welfare and Recreation. Concessions begin at 8 p.m. Movie starts at 8:30 p.m.



## Dress for success

## Proper attire important at job fair

By TAMMY SUMMERS

Employment Program assistant

FORT POLK, La. — There are times when dressing for certain occasions affects not only personal attitudes, but also the attitudes of others towards. First impressions are key and occur in the first 30 seconds of meeting others for the first time, which at a job fair can be significant.

While during an interview, work experience and education will outweigh a smart outfit. But an appropriate appearance may be that additional great first impression needed to secure the job.

Dressing for a job fair is just as important as dressing for an interview. Since an interview is more likely to occur at a job fair, being properly dressed is important. However, determining what to wear to a job fair can be frustrating.

There are many factors involved in choosing appropriate professional attire, such as weather condition, venue and the type of job for which a person is applying. Dressing for an office position would require more formal attire than a labor position.

However, all positions would require something above the normal casual outfit. Save the

denim for less formal occasions.

Wearing well-fitted, comfortable clothing in a conservative neutral color, whether a suit or nice pair of dress pants and a button-up shirt, should include simple, clean lines. It's important for women to remember comfort is necessary. Wearing low heels or flat dress shoes is ideal for the job fair run-way.

Men and women should keep accessories to a minimum, for example, two items or less. A watch and wedding band if married is ideal, however women may wear an understated necklace and earrings.

Men should be cleanly shaven with a conservative clean-cut hairstyle. Women's hair should be neat and tidy.

A polished look will convey confidence and a successful interview will triumph over other candidates.

The Employment Readiness Program has partnered with the Fort

Polk Thrift Boutique to offer a voucher for free business attire. Stop by the Fort Polk Employment Readiness Program office in the Family Readiness Center, bldg 924, located on the corner of Mississippi and BellRichard Avenues.



## Fort Polk hiring fair slated for July 25

### ERP

FORT POLK, La. — A Military Community and Spouse Hiring Fair takes place July 25 from 10 a.m.-1 p.m. at Fort Polk's Youth Services Gym, 1882, 16th St., bldg 2070.

Attendees can network with vetted employers, community leaders, senior military spouses and other job seekers. Take free professional head photographs for your LinkedIn profile and discover the best websites to work on your resume.

The following employers have committed to attend: Acadian Ambulance Service; AE-COM; Airstream Renewables, Inc.; AMERISAFE; Averitt Express, Inc.; Bayne-Jones Army Community Hospital; BlueWater Federal; Central Texas College; CVS Health; CW Resources; Fedex Freight; First Command

Financial Services; Fort Polk CPAC; GC&E Systems Group; Geostabilization International; Goodwill Industries of Southeast Texas and Southwest Louisiana; H&R Block; Iberia Comprehensive Community Health Center, Inc.; Kelly Services; Louisiana State Police; Louisiana Workforce Commission — Vets program; Lowes; Magellan Health; Manpower; Military Spouse Employment Partnership; Mondelez International; PRIDE Industries; Protemp Staffing Solutions, Inc.; Spouse Education and Career Opportunities; The American Legion; The Exchange (AAFES); The Home Depot; U.S. Army Recruiting DeRidder; and Walgreens.

Other employers are expected to join the lineup before fair commences.

For more information or to register visit [hiringourheroes.org/events](http://hiringourheroes.org/events).



# Keep your cool during hot weather

## CENTERS FOR DISEASE CONTROL

ATLANTA — High temperatures kill hundreds of people every year. Heat-related deaths and illness are preventable, yet more than 600 people die from extreme heat every year.

Take measures to stay cool, remain hydrated, and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

- High humidity. When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.

- Personal factors. Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness.

Closely monitor people who depend on you for their care and ask these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?



- Do they need help keeping cool?

People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

- Stay in air-conditioned buildings as much as you can. Contact your local health department or locate an air-conditioned shelter in your area. Air-conditioning is the number one way to protect yourself against heat-related illness and death. If your home is not air-conditioned, reduce your risk for heat-related illness by spending time in public facilities that are air-conditioned and using air conditioning in vehicles.

- Do not rely on a fan as your main cooling device during an extreme heat event.

- Drink more water than usual and don't wait until you're thirsty to drink.

- Check on a friend or neighbor and have someone do the same for you.

- Don't use the stove or oven to cook—it will make you and your

house hotter.

Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather:

- Limit your outdoor activity, especially at midday when the sun is hottest.

- Wear and reapply sunscreen as indicated on the package.

- Pace your activity. Start activities slow and pick up the pace gradually.

- Drink more water than usual and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.

- Wear loose, lightweight, light-colored clothing.

If you play a sport that practices during hot weather, protect yourself and look out for your teammates:

- Schedule workouts and practices earlier or later in the day when the temperature is cooler.

- Monitor a teammate's condition, and have someone do the same for you.

- Seek medical care right away if

you or a teammate has symptoms of heat-related illness.

- Learn more about how to protect young athletes from heat-related illness by taking this CDC course.

Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:

- Stay in an air-conditioned indoor location as much as you can.

- Drink plenty of fluids even if you don't feel thirsty.

- Schedule outdoor activities carefully.

- \* Wear loose, lightweight, light-colored clothing and sunscreen.

- \* Pace yourself.

- Take cool showers or baths to cool down.

- Check on a friend or neighbor and have someone do the same for you.

- Never leave children or pets in cars.

- Check the local news for health and safety updates.

For more information visit [www.cdc.gov](http://www.cdc.gov).

## Stay safe swimming this summer

### AMERICAN RED CROSS

WASHINGTON — Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. The American Red Cross offers these important swimming safety tips before you head out to the pool or beach:

- Swim in designated areas supervised by lifeguards.

- Always swim with a buddy; do not allow anyone to swim alone.

- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.

- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.

- Maintain constant supervision.

- Make sure everyone in your family learns to swim well. Enroll in age-appropriate Red Cross water orientation and learn-to-swim courses.

- If you have a pool, secure it

with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.

- Avoid distractions when supervising children around water.

- If a child is missing, check the water first. Seconds count in preventing death or disability.

- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.

- Know how and when to call 9-1-1 or the local emergency number.

- Protect your skin. Limit the amount of direct sunlight you receive between 10 a.m. and 4 p.m. and wear sunscreen with a protection factor of at least 15.

- Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.

- Enroll in Red Cross home pool safety, water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.

For more information visit [www.redcross.org](http://www.redcross.org).

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# Don't let spoiled food ruin outdoor fun

USDA

WASHINGTON — Outdoor activities are popular with Americans nationwide. The fresh air and exercise revives the spirit and mind. Hiking, camping and boating are good activities for active people and families, and in some parts of the country, such as at Fort Polk with its temperate climate, you can enjoy the outdoors for two or three seasons.

In many cases, these activities last all day and involve preparing at least one meal. If the food is not handled correctly, foodborne illness can be an unwelcome souvenir.

## Food safety while hiking and camping

Sometimes you just have to get out and walk around in the solitude and beauty of the outdoors. You may want to hike for just a few hours or camp for a few days. One meal and some snacks are all that's needed for a short hike. Planning meals for a longer hike or camping trip requires more thought. You have to choose foods that are light enough to be carried in a backpack and can be transported safely.

Whether you are in your kitchen or enjoying the great outdoors, there are food safety principles that never change. The first principle is to keep foods either hot or cold. Since it is difficult to keep foods hot without a heat source (although the new insulated casserole dishes will keep things hot for an hour or so), it is best to transport chilled foods. Refrigerate or freeze the food overnight. For a cold source, bring frozen gel-packs or freeze some box drinks. The drinks will thaw as you hike and keep your meal cold at the same time.

What foods to bring? For a day hike, just about anything will do as long as you can fit it in your backpack and keep it cold — sandwiches, fried chicken, bread and cheese and even salads — or choose non-perishable foods.

Most bacteria do not grow rapidly at temperatures below 40 degrees or above 140 degrees. The temperature range in between is known as the "Danger Zone." Bacteria multiply rapidly at these temperatures and can reach dangerous levels after two hours (one hour if the temperature is 90 degrees or above).

The second principle is to keep everything clean. Bacteria present on raw meat and poultry products can be easily spread to other foods by juices dripping from packages, hands or utensils. This is called cross-contamination. When transporting raw meat or poultry, double wrap or place the packages in plastic bags to prevent juices from the raw product from dripping on other foods. Always wash your hands before and after handling food, and don't use the same platter and utensils for raw and cooked meat and poultry. Soap and water are essential to cleanliness, so if you are going somewhere that will not have running water, bring it with you. Even disposable wipes will do.

It is not a good idea to depend on fresh water from a lake or stream for drinking, no matter how clean it appears. Some pathogens thrive in remote mountain lakes or streams and there is no way to know what might have died and fallen into the water upstream. Bring bottled or tap water for drinking. Always start out with a full water bottle, and replenish your supply from tested public systems when possible. On long trips you can find water in streams, lakes and springs, but



be sure to purify any water from the wild, no matter how clean it appears.

The surest way to make water safe is to boil it. Boiling will kill microorganisms. First, bring water to a rolling boil, then continue boiling for one minute. Before heating, muddy water should be allowed to stand for a while to allow the silt to settle to the bottom. Dip the clear water off the top and boil. At higher elevations, where the boiling point of water is lower, boil for several minutes.

As an alternative to boiling water, you can also use water purification tablets and water filters. The purification tablets — which contain iodine, halazone or chlorine — kill most waterborne bacteria, viruses and some (but not all) parasites. Because some parasites — such as *Cryptosporidium parvum*, *Giardia duodenalis* and larger bacteria — are not killed by purification tablets, you must also use a water filter. These water filtering devices must be 1 micron absolute or smaller. Over time purification tablets lose their potency, so keep your supply fresh. Water sanitizing tablets for washing dishes can also be purchased (just don't confuse the two). Water purification tablets, filters and sanitizing tablets can be purchased at camping supply stores.

If you are backpacking for more than a day, the food situation gets a little more complicated. You can still bring cold foods for the first day, but you'll have to pack shelf-stable items for the next day. Canned goods are safe, but heavy, so plan your menu carefully. Advances in food technology have produced relatively lightweight staples that don't need refrigeration or careful packaging. For example:

- peanut butter in plastic jars;
- concentrated juice boxes;
- canned tuna, ham, chicken and beef;
- dried noodles and soups;
- beef jerky and other dried meats;
- dehydrated foods;
- dried fruits and nuts; and
- powdered milk and fruit drinks.

Powdered mixes for biscuits or pancakes are easy to carry and prepare, as is dried pasta. There are plenty of powdered sauce mixes that can be used over pasta, but check the required ingredient list. Carry items like dried pasta, rice and baking mixes in plastic bags and take only the amount you'll need.

After you have decided on a menu, you need to plan how you will prepare the food. You'll want to take as few pots as possible. Camping supply stores sell lightweight cooking gear that nest together, but you can also use aluminum foil wrap and pans for cooking.

You'll need to decide in advance how you will cook. Will you bring along a portable stove or build a campfire? Many camping areas prohibit campfires, so check first or assume you will have to take a stove. Make sure to bring any equipment you will need.

If you are bringing a camp stove, practice putting it together and lighting it before you pack. If you build a campfire, carefully extinguish the fire and dispose of the ashes before breaking camp. Likewise, leftover food should be burned, not dumped. Lastly, be sure to pack garbage bags to dispose of any other trash, and carry it out with you.

Another important piece of camping equipment is a food thermometer. If you are cooking meat or poultry on a portable stove or over a fire, you'll need a way to determine when it is done and safe to eat. Color is not a reliable indicator of doneness, and it can be especially tricky to tell the color of a food if you are cooking in a wooded area in the evening.

When cooking hamburger patties on a grill or portable stove, use a digital thermometer to measure the temperature. Digital thermometers register the temperature in the very tip of the probe, so the safety of thin foods — such as hamburger patties and boneless chicken breasts — as well as thicker foods can be determined. A dial thermometer determines the temperature of a

Please see **Food**, page 10

# Impaired driving can wreck holiday, family plans

## CENTERS FOR DISEASE CONTROL

ATLANTA — Every day, 29 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. This is one death every 50 minutes. The annual cost of alcohol-related crashes totals more than \$44 billion.

### How big is the problem?

- In 2016, 10,497 people died in alcohol-impaired driving crashes, accounting for 28 percent of all traffic-related deaths in the United States.

- Of the 1,233 traffic deaths among children ages 0 to 14 years in 2016, 214 (17 percent) involved an alcohol-impaired driver.

- In 2016, more than 1 million drivers were arrested for driving under the influence of alcohol or narcotics. That's one percent of the 111 million self-reported episodes of alcohol-impaired driving among U.S. adults each year.

- Drugs other than alcohol (legal and illegal) are involved in about 16 percent of motor vehicle crashes.

- Marijuana use is increasing and 13 percent of nighttime, weekend drivers have marijuana in their system.

- Marijuana users were about 25 percent more likely to be involved in a crash than drivers with no evidence of marijuana use, however other factors — such as age and gender — may account for the increased crash risk among marijuana users.

### Who is most at risk?

Young people:

- At all levels of blood alcohol concentration (BAC), the risk of being involved in a

crash is greater for young people than for older people.

- Among drivers with BAC levels of 0.08 percent or higher involved in fatal crashes in 2016, nearly three in 10 were between 25 and 34 years of age (27 percent). The next two largest groups were ages 21 to 24 (26 percent) and 35 to 44 (22 percent).

Motorcyclists:

- Among motorcyclists killed in fatal crashes in 2016, 25 percent had BACs of 0.08 percent or greater.

- Motorcyclists ages 35-39 have the highest percentage of deaths with BACs of 0.08 percent or greater (38 percent in 2016).

Drivers with prior driving while impaired (DWI) convictions:

- Drivers with a BAC of 0.08 percent or higher involved in fatal crashes were 4.5 times more likely to have a prior conviction for DWI than were drivers with no alcohol in their system (9 percent and 2 percent, respectively).

### How can deaths and injuries from impaired driving be prevented?

Effective measures include:

- Actively enforcing existing 0.08 percent BAC laws, minimum legal drinking age laws, and zero tolerance laws for drivers younger than 21 years old in all states.

- Requiring ignition interlocks for all of-

fenders, including first-time offenders.

- Using sobriety checkpoints.
- Putting health promotion efforts into practice that influence economic, organizational, policy, and school/community action.
- Using community-based approaches to alcohol control and DWI prevention.

- Requiring mandatory substance abuse assessment and treatment, if needed, for DWI offenders.

- Raising the unit price of alcohol by increasing taxes.

### What safety steps can individuals take?

When your social plans involve alcohol and/or drugs, make plans so that you don't have to drive while impaired. For example:

- Before drinking, designate a non-drinking driver when with a group.

- Don't let your

friends drive impaired.

- If you have been drinking or using drugs, get a ride home, use a rideshare service or call a taxi.

- If you're hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver; offer alcohol-free beverages, and make sure all guests leave with a sober driver.

For more information visit [www.cdc.gov](http://www.cdc.gov).



## Food

Continued from page 9

food by averaging the temperature along the stem and, therefore, should be inserted 2 to 2 ½ inches into the food. If the food is thin, the probe must be inserted sideways into the food.

It is critical to use a food thermometer when cooking hamburgers. Ground beef may be contaminated with *E. coli* O157:H7, a particularly dangerous strain of bacteria. Illnesses have occurred even when ground beef patties were cooked until there was no visible pink. The only way to insure that ground beef patties are safely cooked is to use a food thermometer, and cook the patty until it reaches 160 °F.

### Cook all meat and poultry to safe minimum internal temperatures:

- Cook all raw beef, pork, lamb and veal steaks, chops and roasts to a minimum internal temperature of 145 degrees as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

- Cook all raw ground beef, pork, lamb and

veal to an internal temperature of 160 degrees as measured with a food thermometer.

- Cook all poultry to a safe minimum internal temperature of 165 degrees as measured with a food thermometer.

Heat hot dogs to steaming hot, and reheat any leftover food to 165 degrees as measured with a food thermometer. Be sure to clean the thermometer between uses.

If you are "car camping" (driving to your site), you don't have quite as many restrictions. First, you will have the luxury of bringing a cooler. What kind of cooler? Foam chests are lightweight, low cost and have good "cold retention" power. But they are fragile and may not last through numerous outings. Plastic, fiberglass or steel coolers are more durable and can take a lot of outdoor wear. They also have excellent "cold retention" power, but, once filled, larger models may weigh 30 or 40 pounds.

To keep foods cold, you'll need a cold source. A block of ice keeps longer than ice cubes. Before leaving home, freeze clean, empty milk cartons filled with water to make blocks of ice, or use frozen gel-packs. Fill the cooler with cold or

frozen foods. Pack foods in reverse order. First foods packed should be the last foods used. (There is one exception: Pack raw meat or poultry below ready-to-eat foods to prevent raw meat or poultry juices from dripping on the other foods). Take foods in the smallest quantity needed (such as a small jar of mayonnaise). At the campsite, insulate the cooler with a blanket, tarp or poncho. When the camping trip is over, discard all perishable foods if there is no longer ice in the cooler or if the gel-pack is no longer frozen.

Whether taking a hike or camping at an established site, if you will be washing dishes or cookware, there are some rules to follow. Camping supply stores sell biodegradable camping soap in liquid and solid forms. But use it sparingly, and keep it out of rivers, lakes, streams and springs, as it will pollute. If you use soap to clean your pots, wash the pots at the campsite, not at the water's edge. Dump dirty water on dry ground, well away from fresh water. Some wilderness campers use baking soda to wash their utensils. Pack disposable wipes for hands and quick cleanups.





# Understand history, significance of Independence Day

## GUARDIAN STAFF

FORT POLK, La. — Images of fireworks, barbecues, parades and the American flag are usually associated with Independence Day, but the celebrations stem from meaningful historical events. Read on to learn more about the Fourth of July:

On July 4, 1776, the 13 colonies — New Hampshire, New York, Delaware, Connecticut, Pennsylvania, Maryland, Massachusetts, New Jersey, Georgia, Rhode Island, North Carolina, South Carolina and Virginia — claimed their independence from England, an event that eventually led to the formation of the United States. Each year on the fourth of July, also known as Independence Day, Americans celebrate this historic event.

Conflict between the colonies and England was already a year old when the colonies convened a Continental Congress in Philadelphia in the summer of 1776. In a June 7 session in the Pennsylvania State House (later Independence Hall), Richard Henry Lee of Virginia presented a resolution with the famous words: “Resolved: That these United Colonies are, and of right ought to be, free and independent States, that they are absolved from all allegiance to the British Crown, and that all political connection between them and the State of Great Britain is, and ought to be, totally dissolved.”

Lee’s words were the impetus for the drafting of a formal Declaration of Independence, although the resolution was not followed up on immediately. On June 11, consideration of the resolution was postponed by a vote of seven colonies to five, with New York abstaining. However, a committee of five was appointed to draft a statement presenting to the world the colonies’ case for independence.

Members of the committee included John Adams of Massachusetts; Roger Sherman of Connecticut; Benjamin Franklin of Pennsylvania; Robert R. Livingston of New York; and Thomas

Jefferson of Virginia. The task of drafting the actual document fell on Jefferson.

On July 1, 1776, the Continental Congress reconvened, and on the following day, the Lee Resolution for independence was adopted by 12 of the 13 colonies, with New York not voting.

Discussions of Jefferson’s Declaration of Independence resulted in some minor changes, but the spirit of the document was unchanged. The process of revision continued through all of July 3 and into the late afternoon of July 4, when the Declaration was officially adopted. Of the 13 colonies, nine voted in favor of the Declaration, two — Pennsylvania and South Carolina — voted no, Delaware was undecided and New York abstained.

John Hancock, President of the Continental Congress, signed the Declaration of Independence. It is said that John Hancock’s signed his name “with a great flourish” so England’s “King George can read that without spectacles!”

Today, the original copy of the Declaration is housed in the National Archives in Washington, D.C., and July 4 has been designated a national holiday to commemorate the day the United States laid down its claim to be a free and independent nation.

### Fun facts, by the numbers:

- 2.5 million — In July 1776, the estimated number of people living in the newly independent nation.
- 327.2 million — The nation’s estimated population on this July Fourth.
- \$4 million — In 2013, the dollar value of U.S. imports of American flags. The vast majority of this amount (\$3.9 million) was for U.S. flags made in China.
- \$781,222 — Dollar value of U.S. flags exported in 2013. The Dominican Republic was the leading customer, purchasing \$160,000 worth.
- \$302.7 million — Annual dollar value of shipments of fabricated flags, banners and similar emblems by the nation’s manufacturers, according to the latest published economic census data.

- \$223.6 million — The value of fireworks imported from China in 2011, representing the bulk of all U.S. fireworks imported (\$232.5 million). U.S. exports of fireworks, by comparison, came to just \$15.8 million in 2011, with Australia purchasing more than any other country (\$4.5 million).

- 31 — Places that have “liberty” in their names. The most populous one as of April 1, 2010, is Liberty, Missouri. (2,339). Iowa has more of these places than any other state: Libertyville, New Liberty, North Liberty and West Liberty.

- 35 — Places that have “eagle” in their names. The most populous one is Eagle Pass, Texas (26,248).

- 11 — Places that have “independence” in their names. The most populous one is Independence, Missouri. (116,830).

- Nine — Places that have “freedom” in their names. The most populous one is New Freedom, Pennsylvania. (4,464).

- One — One place with “patriot” in the name: Patriot, Ind. (209).

- Five — Places that have “America” in their names. The most populous is American Fork, Utah (26,263).

- More than 1 in 4 — The chance that the hot dogs and pork sausages consumed on the Fourth of July originated in Iowa.

- 6.8 billion pounds — Total annual production of cattle and calves in Texas. Chances are good that the beef hot dogs, steaks and burgers on your backyard grill came from the Lone Star State, which accounted for about one-sixth of the nation’s total production. And if the beef did not come from Texas, it very well may have come from Nebraska (4.6 billion pounds) or Kansas (4.1 billion pounds).

- Six — Number of states with highest broiler chicken production. There is a good chance that one of these states — Georgia, Arkansas, North Carolina, Alabama, Mississippi or Texas — is the source of your barbecued chicken.

- Seven in 10 — The chances that the fresh tomatoes in your salad came from Florida or California, which combined accounted for 71 percent of U.S. fresh market tomato production last year.

- 2.5 billion pounds — Florida led the nation in watermelon production last year (750 million pounds). Other leading producers of this popular fruit included California, Georgia and Texas; each had an estimate of more than 600 million pounds.

- 81 million — Number of Americans who said they have taken part in a barbecue during the previous year. It’s probably safe to assume a lot of these events took place on Independence Day.





# Army hospital offers new treatment for certain tumors

By **LORI NEWMAN**  
BAMC PAO

JOINT BASE SAN ANTONIO, Texas —The Brooke Army Medical Center Nuclear Medicine Department now offers a new treatment for certain types of neuroendocrine tumors.

The use of lutetium Lu 177 dotatate was approved by the Food and Drug Administration in January 2018 for the treatment of somatostatin receptor-positive gastroenteropancreatic neuroendocrine tumors (GEP-NETs), including foregut, midgut and hindgut neuroendocrine tumors in adults.

"BAMC is the first military treatment facility to provide this type of therapy, and the first center in San Antonio," said Lt. Col. Penny Vroman, Nuclear Medicine Department chief.

"Until this treatment was created and approved patients have been getting (other treatments) that were not as effective," Vroman said. "Data has shown that this therapy reduced the risk of this type of cancer spreading or growing, and some patients even had their tumors shrink."

The inpatient procedure consists of four IV infusions spaced eight weeks apart, which must be administered by specially trained staff in a dedicated radiotherapy room.

"It's a radioactive substance that's injected through an IV into the patient," Vroman said. "It's targeted molecular therapy, or theranostics."

Theranostics is a field of medicine that combines specific targeted therapy based on specific targeted diagnostic tests. With a key focus on patient centered care, theranostics provides a transition from conventional medicine to a contemporary personalized and precision medicine approach.

"The patient receives two IVs during the treatment," Vroman explained. "One is an amino acid infusion to protect their kidneys and the other is the peptide receptor radionuclide therapy drug. The process takes about five to six hours to complete."

Only two patients have started this course of therapy at BAMC to date. Not all patients meet the criteria for the treatment. A hematology/oncology doctor makes the referral to the Nuclear Medicine Department for a consultation. If the patient is a candidate for the treatment, Nuclear Medicine personnel will order the medicine and begin the process of scheduling the procedure.

One of the patients who is currently receiving the therapy was referred by Lt. Col. (Dr.) Lindsey Graham, Hematology/Oncology Department.

These types of tumors are slow growing and someone's best chance is if they are found early and can be surgically removed, Graham explained. There isn't a cure for this type of neuroendocrine tumor, but it can be controlled with medications.

"It's like a chronic disease that may over time get worse, but if you take your medicines you can keep it from getting bad quickly," Graham said.

"We don't have a chemotherapy that will cause reliable shrinkage of these tumors.

"This type of therapy has been talked about in literature and presented at conferences for a while. Studies have shown this is an effective therapy for neuroendocrine tumors."

Before offering this treatment at BAMC, a comprehensive team of personnel from several

*Danielle Gonzales and Ric Torres, nuclear medicine technologists, demonstrate how the lutetium Lu 177 dotatate would be administered to a patient June 27 in the Nuclear Medicine Department at Brooke Army Medical Center. Nuclear medicine technologists are specially trained to administer radiopharmaceutical to patients.*



LORI NEWMAN / BAMC PAO

*Lt. Col. Penny Vroman, Brooke Army Medical Center Nuclear Medicine Department chief, looks at scans of a patient with neuroendocrine tumors June 26 to see if the radiopharmaceutical drug is targeting the tumors.*



departments throughout the hospital was formed. Staff members were trained on the use of the drug, and checklists and policies were created to ensure the safety of staff members and patients because this medicine uses radiation to kills cancer cells.

"We make sure the radiopharmaceutical being used for treatments and diagnostic purposes is used safely," explained Dexter Brathwaite, physical science technician, Health Physics Service. "My role was to train the staff before we started to administer this therapy to the patient."

A dedicated radiopharmacist, who has had several years of additional training in nuclear medicine, handles these types of radiopharmaceuticals.

A radiopharmaceutical is a radioactive drug used for diagnostic or therapeutic purposes.

"It is very much a team approach to this treatment," Brathwaite said. "We are working urgently to make sure it is a smooth process, and are hopeful this treatment will be a main staple offered here."

Graham and Vroman agree.

"I definitely love my team members in Nuclear Medicine," Graham said. "I'm thankful they found out all the steps and hoops they had to go through to get approved to do this here."

"We are excited because we have been waiting for this type of targeted molecular therapy to treat these patients who have metastatic neuroendocrine tumors," Vroman said.



# Animal bite 101: How to beat risks of infections, disease

By Capt. APRIL WILKINS

BJACH DPM

FORT POLK, La. — There are many questions that go through a person's mind when they are attacked by an animal. After the initial shock of getting bitten, have you ever wondered what is the right thing to do? The following steps should help lessen the chance of infection.

## What to do if bitten

- Immediately flush the wound with soap and water; if the bite is severe report immediately to the emergency room.

- If the wound is not severe, after flushing with soap and water, cover the wound with a clean dressing and report to the emergency room for care.

- Upon arrival at the ER you will be triaged and an animal bite report will be started. The following information is needed when filling out an animal bite report:

- A description and location of the animal.
- Circumstances of the bite; was it non-provoked?
- The animal's health and behavior at the time of the bite. Did it appear sick; was it aggressive, weak or thin?
- Complete address and phone number of the animal's owner.
- The animal's vaccination history, if available.

## What about rabies?

Rabies is a viral disease that can affect most warm-blooded animals. Transmission of rabies

occurs when the virus-laden saliva of a rabid animal is introduced by a bite or otherwise into a fresh break in the skin.

Do not think that rabid animals can be spotted easily because they drool or foam at the mouth. This only happens some of the time. Rabid animals may appear to act abnormally or stagger, appear paralyzed, act restless, change the tone of the bark or appear to be choking.

Rabid animals are not always aggressive and may act unusually docile or friendly. The worst culprits are skunks, raccoons, bats, ferrets and foxes. Other known carriers include dogs and cats. Animals that are rarely — if ever — infected include rabbits, mice, squirrels, rats, hamsters, gerbils and guinea pigs. If these small rodents are bitten by a larger animal they are usually consumed and do not live to carry the rabies virus.

## What about the animal that bit me?

It is important to confirm whether or not the animal that bit you could have been rabid at the time of the bite. Detain or hold the animal if it can be done safely. A healthy dog or cat that bites a person should be confined and observed for 10 days. Any illness during this quarantine period should be evaluated by a veterinarian and reported immediately to the Louisiana Department of Health. If signs of rabies develop, the animal should be humanely killed and sent to the LDH for testing.

## What if you can't find the animal?

Be sure to make note of the description of the animal and the location the animal can be found.



What led up to the bite? If possible, have family members or friends keep looking for the animal. Military police may be able to assist in locating and capturing the animal.

Any bite or scratch by a wild or domesticated animal should be regarded as a possible exposure to rabies. If it was a dog or cat that bit you, and it is healthy after 10 days, rabies would no longer be a concern.

Rabies in people has a 100 percent morbidity rate, but if you get timely, appropriate wound care and rabies shots, you will be 100 percent protected against rabies.

# FIVE BRANCHES. ONE NATION. HAPPY 4TH.



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# Medic takes quick action to save motorcyclist

## ARMY NEWS SERVICE

FORT LEONARD WOOD, Mo. — What started out as a relaxing day fishing, ended in a life-saving response, which earned one noncommissioned officer the Soldier's Medal for his heroic actions.

Sgt. Dameon Morse, emergency care NCO with Company A, 169th Engineer Battalion, 1st Engineer Brigade, was on his way home after a day of fishing, June 2, 2017, when he saw a wrecked motorcycle in the middle of the road on the Hathaway Bridge in Panama City, Florida.

"My first thought was 'Where is the guy?'" Morse said. "I could see his motorcycle was in pretty bad condition from the crash, and since I did not see any motorcyclist, I stopped and went looking to see if they were OK."

Morse ended up running a quarter mile against the flow of traffic and came upon the rider who had sustained critical injuries including an amputated arm and a nearly-severed leg beneath his knee. Morse said he quickly assessed the scene and took control, instructing a bystander to help him as he worked to stop the bleeding by using pressure and a belt as an improvised tourniquet.

"I reacted as I have always been trained in the Army," he said. "The trauma training I received as a medic, and leadership training as an Army NCO, helped me remain calm and take charge of the situation."

According to 1st Lt. Rob Cook, Co A, 169th Eng Bn executive officer, traffic continued to flow at high speeds across the 3,000-foot bridge, which connects Panama City with Panama City Beach, Florida, as Morse and the bystander attended to the rider until first responders could arrive.

"Sgt. Morse displayed exceptionally meritorious bravery with little regard for his own safety to save the life of a civilian in need," Cook added.

With everything considered, the situation turned out the best it could.

"Despite the motorcyclist losing an arm and a leg as a result of the crash, he was still able to live and recently got married and became a fa-



Col. Kip Korth, 1st Engineer Brigade commander, Fort Leonard Wood, Mo. (left), shakes hands with Sgt. Dameon Morse, emergency care NCO with Company A, 169th Engineer Battalion, 1st Engineer Brigade, after Morse was awarded the Soldier's Medal June 10 at the Naval Diving and Salvage Training Center, Panama City Beach, Fla.

EDWARD BUCZEK / ARMY NEWS SERVICE

ther," Morse said. "As a husband and father myself, I am glad I was in the right place at the right time to help."

Morse was awarded the Soldier's Medal in a ceremony held June 10 at the Naval Diving and Salvage Training Center, Panama City Beach, Florida. Col. Kip Korth and Command Sgt. Maj. Robert Ferguson II, 1st Engineer Brigade commander and command sergeant major, presented the medal.

Lt. Col. Justin Pabis and Command Sgt. Maj. Kevin Meade, 169th Eng Bn command team, and Morse's immediate leadership team attended the ceremony along with his family.

"It is important to recognize Soldiers like Sgt. Morse for the actions he took, because as a culture we often characterize or idealize heroes to a level of myth or legend, much like the ones we see in tales of fiction," said Staff Sgt. David Craig, Morse's supervisor. "Modern heroes are

individuals who, in a time of need, step up to take action sacrificing concern for themselves in order to protect others."

"I am not surprised by Doc's (Morse) actions that night," Craig said. "He has shown repeatedly that he is a steward of his profession and a man of action."

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# Preventive health screenings essential for readiness, good health

## HEALTH.MIL

WASHINGTON — Physicians can provide checklists that inform male patients of important health screenings for their 40s, 50s and beyond. These checklists make for a good start, but age is only one factor physicians consider.

According to Col. John Barrett, the Army senior service leader and associate professor at the Uniformed Services University of the Health Sciences in Bethesda, Maryland, primary care providers review literature around a variety of conditions and apply evidence-based protocols specific to each patient.

"Their recommendations are based on patient health status, symptoms and risk factors," ex-

plained Barrett.

Health care providers consult the U.S. Preventive Services Task Force.

"The USPSTF serves as the standard for clinical preventive services recommendations," said Barrett. "This group is at the forefront of recommending evidence-based screenings."

Medical societies, such as the American Academy of Family Physicians, generally follow USPSTF guidelines, and the Military Health System is one of many federal partners.

Barrett used USPSTF guidelines to create a chart with case studies of adult male patients in different life stages. Said Barrett, "The chart's three subjects are a 24-year-old active duty Soldier, a 44-year-old mili-

tary retiree, and a 66-year-old contemplating retirement from his post-military career. The chart should raise men's awareness of their own health conditions and screenings that their primary care physician might suggest."

One of the recommended screenings is a colorectal cancer screening.

According to Cmdr. David You, the U.S. Navy gastroenterology specialty leader and a gastroenterologist at Lovell Federal Health Care Center in North Chicago, Illinois, this is important because men have a higher incidence of colon cancer. They are also more likely to develop colon polyps that can later turn into colon cancer if not removed.

"If you are a 50-year-old male with no family history or risk factors, that's the recommended age to get your first colonoscopy," said You.

Critical risk factors include family history — if a parent or sibling has been diagnosed with colon cancer. For men with a first-degree family history of colon cancer, which means a parent has been diagnosed with the disease, screenings usually begin at age 40 and sometimes earlier if the family member was diagnosed before age 60, explained You.

"Due to colon cancer diagnoses increasing in young men over the last 10 years, even without family history of colon cancer, some medical specialty groups advocate beginning screenings at age 45, in particular if you are African-American, since they have higher rates of colon cancer," said You.

You's patients echo the often-heard complaint about a colonoscopy: The preparation for the test is the worst part. It consists of nothing but clear liquids the day before the procedure and drinking a high volume of a prescribed liquid to clean the gastrointestinal tract starting the night before the procedure.

As for the procedure itself, You said, "Often I hear, 'That's it?' from my patients. Under light sedation, the procedure can be uneventful and it is truly the easiest part of the entire process."

Less-invasive tests are available, including a yearly test called FIT (fecal immunochemical test) that looks for hidden blood in the stool.

"These tests screen for colon cancer," said You, "but if the results are positive for colon cancer indicators, you'll still need a colonoscopy. The good news is that if your colonoscopy results are normal, your next test will be in 10 years if you have no family history or other risk factors."

You explained that good health habits lower the risk of developing colon polyps.

"Eat more fruits and vegetables, especially berries and leafy greens, keep your weight down and exercise, even one hour per week," he suggested, adding that fiber is a key dietary addition.

"Aim for 30 grams of fiber per day," he said. "An apple has four and a bowl of bran cereal has 15, so getting to 30 grams isn't as difficult as it may sound."



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## BOSS

### • Beach bash

Fort Polk's Better Opportunities for Single Soldiers hosts its annual BOSS Beach Bash summer celebration Aug. 2 from 9 a.m.-4 p.m. at Toledo Bend Army Recreation Site. This event is for single Soldiers only. There will be free food, a live DJ, games, boat rides and free giveaways. A shuttle service is provided from the Home of Heroes Recreation Center, 2165 Ninth St. For more information call 531-1948.

### • Lemon lot

Trying to sell your vehicle? Bring it to the BOSS Lemon Lot. Registration is \$5 for 30 days. Cars that are not registered will be towed. Register at the Home of Heroes Recreation Center.

### • Volunteer opportunity

The BOSS program encourages you to donate your time to those in need. BOSS lends a helping hand at the DeRidder Soup Kitchen each Monday and Wednesday. Departure time is 4 p.m. from the Home of Heroes Recreation Center.

## Festivals

### • Cajun festival

The Cajun Music and Food Festival celebrates the preservation of Cajun music and heritage July 19-20 at the Burton Coliseum, 7001 Gulf Hwy., Lake Charles.

The festival features continuous live Cajun music, traditional Cajun foods, arts and crafts, Cajun waltz and two-step dance contests and children's activities.

Admission is \$8 per person. Children under 12 get in free. The festival starts at 4 p.m. July 19 and 9 a.m. July 20. The festival ends at 11 p.m. each night.

For more information visit <http://cfmalakecharles.com>.

### • Arts & Crabs

Check out the Arts & Crabs Festival that highlights the ties between Louisiana's seafood and culture Aug. 17 at Burton Coliseum, 7001 Gulf Hwy., Lake Charles. Attendees sample from an extensive tasting featuring the best local chefs, each preparing a unique seafood dish representative of their cuisine's styles.

For more information visit [www.artscouncilswla.org](http://www.artscouncilswla.org).

### • Duck festival

If you love to hunt fowl, you won't want to miss this festival focused on everything to do with hunting ducks. The Gueydan Duck Festival takes place Aug. 22-25, at 404 Dallas Guidry Road, Gueydan.

The event offers opportunities to enjoy a duck and goose calling contest, skeet shooting, dog trials and decoy carving.

This is in addition to great food, live bands, cooking contests and a carnival.



For more information visit [www.duckfestival.org](http://www.duckfestival.org).

## Miscellaneous

### • Farmers markets

If you are interested in buying fresh fruits and vegetables right from the grower, as well as a wide range of other products, visit the beautiful restored historic Cash & Carry building on the corner of Enterprise and Broad streets in downtown Lake Charles. The address is 801 Enterprise Blvd., Lake Charles.

The market also provides live music from local entertainers with homegrown sounds. The hours of operation are every Tuesday from 4-6 p.m.

For more information call (337) 310-0405.

Or visit the Charlestown Farmers Market behind 1911 Historic City Hall, 1001 Ryan St., Lake Charles.

The market highlights Louisiana-made items including seasonal produce, eggs, grass-fed beef, pork and lamb; gumbo, canned goods, baked goods, local honey, organic juices, plants and homemade arts and crafts.

The market is open Saturdays 8 a.m.-noon.

For more information visit <https://www.facebook.com/Charlestown-Farmers-Market-373565812722947/timeline>.

### • Summer pops

The Lake Charles Symphony opens its 62nd season with Summer Pops, an annual event that brings fun, orchestral music to first time symphony goers by allowing the symphony to perform with non-classical artists.

This year's Summer Pops is Dancing Queen — The Music of ABBA, July 13 at the Lake Charles

Civic Center Coliseum, 900 Lakeshore Drive, Lake Charles. Doors open at 6 p.m. and the concert begins at 7 p.m.

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

## Clubs/groups

### • 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 July tournament takes place at Toledo Bend Saturday. The entry fee is \$40. For more information visit [www.fortpolkcommunitybassmasters.com](http://www.fortpolkcommunitybassmasters.com).

### • Lose weight

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

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

### • Toastmasters

Is Toastmasters right for you? Do you want to become a confident public speaker and strong leader? If so, Toastmasters is the place you want to be. You'll find a supportive learn-by-doing environment that allows you to achieve your goals at your own pace. There is a Toastmasters Club located at Fort Polk called Speak and Grow Toastmasters. The club encourages anyone interested to stop by and visit with them.

The club meets the first and third Wednesday of the month at the Education Center, Room 208 from noon-1 p.m. The next meeting is today. For more information call LaVersa Wiltz at (337) 208-8557.

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

IT Customer Service Desk– Ft. Polk

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

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

Highlights of Responsibilities:

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

Candidate Requirements:

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

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

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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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