



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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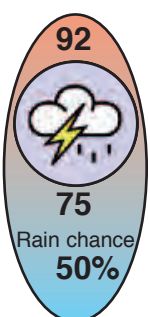
1ST LT. FRANK RUSCITO / 1ST BN (ABN), 509TH INF REG

Geronimos prove their mettle in Yarborough Mile

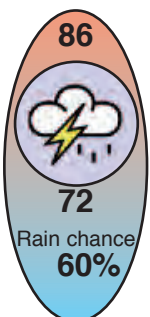
Paratroopers with 3rd Platoon, Able Company, 1st Battalion (Airborne), 509th Infantry Regiment, known at the Joint Readiness Training Center and Fort Polk as both "Geronimos" and "OP-

FOR," gather for a group photo after claiming first place in the 509th Inf Reg semiannual Yarborough Mile competition July 9. For story and more photos see page 5 of today's Guardian.

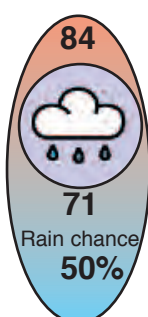
Weekend weather



Today



Saturday



Sunday

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Viewpoint

Writer paints poignant picture of World War I

By Retired Lt. Col. MARK LESLIE
DPTMS chief, plans and operations

FORT POLK, La. — In retrospect, I probably should have given you this review last year when the nation was celebrating the 100-year anniversary of World War I and the U.S. Army Library system was hosting a reading program focused on World War I. But, as you will find



Leslie

out when you read this book, we still had troops in Europe in 1919. Since all veterans of the "war to end all wars" are no longer with us, it may have provided a timely memorial and salute to the great men of the "great war," the war that forced the world into the age of modern warfare.

If you are looking for one book that delivers the entire history of everything that matters on World War I, "The First World War" by Hew Strachan is it. Before reading this book, I had read quite a bit on World War I and thought I knew and understood the reasons, belligerents and results. Wow — was I mistaken!

Most every minor student of military history thinks they know the

causes of World War I. Most people understand that few wars are caused by one single event but rather a series of events. But, having said that, there is usually one defining or the "last straw" moment that is a rallying point for a country to commit their country to this deadly endeavor.

In the Civil War it was Fort Sumter; in World War II, Pearl Harbor; and the War on Terrorism, 9/11. As the author expertly lays out, in World War I, there was not a single defining moment (although there were definitely moments).

I think readers will be surprised to learn who actually started the war, and the participants dragged into the war — almost unwillingly — out of a sense of loyalty to allies. What impressed me was the author did not dive right into the campaigns and offensives; instead, he goes into depth and detail on the real and deep-rooted causes of World War I, the long-term effects and the staggering costs in human loss and suffering.

If you need a book to reference on World War I, this is it. While I am not personally a fan of the writing style of the author, there is no denying the accuracy and in-depth research and analysis he invested. You will learn something; I did. Plus, the pictures, many masterfully colorized, are an added bonus that brings the war to life and humanizes the conflict that seems so long ago. In reality, it end-

ed just 50 years before I was born. That makes it seem not so long ago.

As always, in every review, I try to impart what I think the Army Chief of Staff wanted us, his professional leaders, to get out of the book, and why he wanted us to invest valuable time in reading it.

I think the Chief wants us to understand that many of the deep-rooted tensions still prevalent in Europe today were seeds planted even prior to World War I. Understanding and knowing the history of strife and

reasons for hate that still resonate today are paramount in any holistic and compre-

hensive engagement strategy. Europe is still — and will always be — a potential conflict zone. Understanding this theater and the war that brought to the forefront many of the tensions that exist today is important — whether in a training deployment working with allied partners, demonstrating strength as a deterrent on the continent by, with and through partners to aggressors, or more devastatingly combat operations.

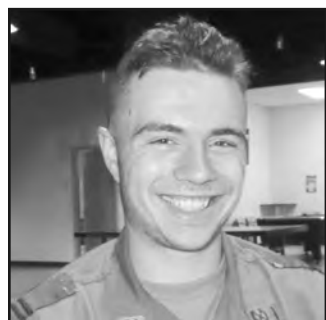
Historical context is a powerful weapon to be gained and wielded as a weapon in all forms of engagement in the mind of a professional leader in the best Army in the world.

BOOK: The First World War
AUTHOR: Hew Strachan
ALLEN MEMORIAL LIBRARY
CALL NO: MS PRL 640.3 STR

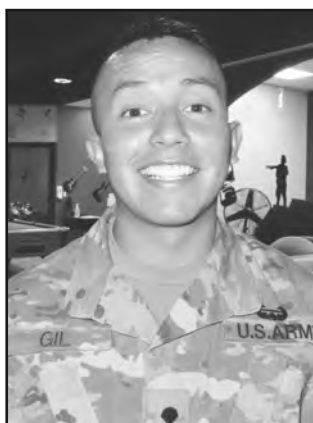
Commentary

In our view

Guardian staff asked Fort Polk Soldiers, "What boosts your morale?"
Here are their responses:



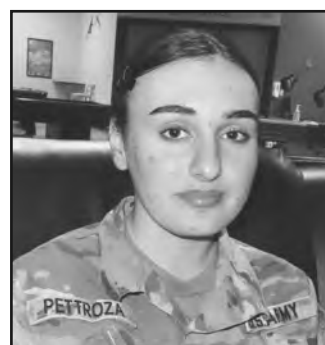
Spc. David Foster: "Cooking foods from different cultures — Japanese, French, Italian — cooking and serving food makes me happy."



Spc. Jesus Gil: "Doing PT gives me motivation for the rest of the day."



Leah Logan: "Any kind of incentive, from time off to free food or a free T-shirt, and helping others achieve their goals."



Pvt. Fabiana Petroza: "I feel like I can do anything after I finish PT. Also, knowing I don't have duty on the weekend."



Guardian

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Briefs

GI Bill change

The Defense Department issued a substantive change on July 12, 2018, to its policy on the transfer by service members in the uniformed services of Post-9/11 GI Bill educational benefits to eligible family member recipients. Effective July 11, eligibility to transfer those benefits is limited to service members with at least 6 years, but not more than 16 years of total creditable service.

Previously, there were no restrictions on when a service member could transfer educational benefits to their family members. It is important that Soldiers contact their Education Center or retention officer to see how these changes will affect them. Should Soldiers have questions in reference this new guidance, they should contact their retention officer or visit or call the Education Center in bldg 660, Colorado Avenue, or call 531-5269 and request to speak with a counselor.

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 school 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.

Road repairs

Paving efforts on Mississippi Avenue from Fourth Street to Louisiana Avenue will continue this week. Pavement marking is expected to be completed by the week of July 22. This will require closures, detours and flagging operations to complete the repairs while ensuring safety for motorist and construction crews.

Motorists should exercise caution and obey the instructions of onsite crews. Delays should be expected while work is ongoing.

Alternate routes are encouraged to minimize delays and traffic congestion along Mississippi Avenue.

Storm damage repair

Portions of the sidewalks outside the

DES: Register weapons, no MC cuts

DES

FORT POLK, La. — The Fort Polk Directorate of Emergency Services wants to make visitors and residents of the installation aware that the wearing of motorcycle cuts is prohibited on Fort Polk.

Cuts are insignia on outer wear that include, but are not limited to rockers that identify club names and territories; club logos plus motorcycle club or rider club patches; a "1 %" signifying outlaw intent; office or rank held within a club; or a side patch that often contains a club saying.

Soldiers and civilians may be cited for failure to follow the guidelines governing motorcycle cuts in Fort Polk Regulation 190-5, Chapter 1-3.

Visitors and residents of Fort Polk are also reminded of the rules concerning privately owned firearms on Fort Polk.

Privately owned firearms and ammunition are prohibited on Fort Polk. This includes possession, carrying, transportation, use or storage by any person while on the Fort Polk Military reservation and Toledo Bend Recreation Site except as specifically authorized by an approved weapons registration. Concealed carry is prohibited.

All personnel residing on the installation have five business days from the time of arrival or acquisition of the firearm to register it at the Visi-

tors Control Center.

Visitors and guest of Fort Polk must register their firearms prior to entering the installation regardless of the reason for access.

Exchange customers that purchase a firearm must fill out FP Form 563 at the time of sale. This form is proof of registration for five days, after which the buyer must either remove the weapon from the installation or formally register it with the Visitors Control Center.

Active-duty military and Family members must complete FP Form 563, have their company commander approve the form and then turn it in to the visitors control center to complete the registration process.

Department of the Army civilians, civilians and non-residents must complete FP Form 563 and turn it in to the visitors control center.

The following are prohibited from registering firearms on Fort Polk:

- A person convicted of a felony
- A person convicted of a crime covered by the Lautenberg

Amendment to the Federal Gun Control Act of 1968, as amended in 1996.

- A person who is a fugitive from justice.
- A person convicted for possession, use or sale of drugs (includes Article 15)
- A person who is presently declared as mentally incompetent
- A civilian or Family member under the age of 18

For more information contact Fort Polk Police Operations at 531-2256.



Guard deployed to help California quakes

ARMY NEWS SERVICE

TRONA, Calif. — Two major earthquakes that hit towns in the Mojave Desert of California July 4 and 5 left behind cracked and burning buildings, closed highway and burst water lines that prompted call-up of the National Guard to help distribute water and food.

The 143rd Military Police Battalion set up an emergency supply distribution point in Trona High School over the weekend after 30 miles of damaged Route 178 closed, temporarily isolating the town. Broken water lines had shut off water to the residents and the only food store in Trona had been damaged by the quakes and closed.

A 6.4 magnitude earthquake hit the towns of Trona and Ridgecrest July 4 along with China Lake Naval Air Weapons Station. Another 7.1 earthquake hit the same area July 5, prompting evacuation of non-essential personnel from China Lake.

The 143rd MPs were activated by the governor and deployed to Trona. They have distributed

500 cases of drinking water per day to residents, said Sgt. Robert Madrigal, NCO in charge of the task force.

About 200 Red Cross snack packs have been distributed daily, Madrigal said, along with about 100 Meals Ready to Eat. Another 200 gallons of water have been given out per day for pets and other purposes, he said.

In the 100-degree heat, residents have been lining their vehicles up at the high school to receive the water and food packets. Madrigal said Soldiers handing out the supplies noticed how tired the residents looked.

"We try to comfort them as much as possible," he said.

Some of the residents told Soldiers about walls that collapsed in their homes, but thankfully no one was killed or seriously injured, said a California Guard spokesman. He attributed the low injury rate to the remoteness of the area.

About 200 National Guard Soldiers were initially activated for the humanitarian assistance and Madrigal said about 50 remain.

DoD Warrior Games 2019 conclude in Tampa

By JOSEPH JONES

Army News Service

TAMPA, Fla. — In the Amalie arena on the evening of June 30, hundreds of supporters, fans, and the families of wounded, ill and injured service members and veterans competing in the Department of Defense 2019 Warrior Games anxiously awaited the closing ceremony to begin. For most, the commencement of the closing ceremonies is bittersweet.

For some, like the participating athletes, it marks the triumphant milestone of a mission accomplished.

Each participant in the 2019 DoD Warrior Games has had to overcome some form of extraordinary adversity, conquer their own specific challenges, and in many cases recover from what they may have been told was unrecoverable. For these brave athletes, the commencement of Warrior Games signifies defying all odds, no matter how insurmountable they may have seemed to be in the past.

To properly close out the Warrior Games, actor, comedian, producer, and activist Jon Stewart, returned to host the closing ceremony.

Stewart gave a heartfelt dedication to recently deceased 9/11 responder, activist, and former Marine Lou Alvarez as he told the Warrior Games athletes how much their dedication inspires others.

"As I watch you all together, the camaraderie, the teamwork, the family that you form, it inspires me and it reminds me of my friend Lou Alvarez, and my friend Ray Pfeifer and what they fought for, and I will always have your back, and I will always have their backs, because I know you guys will always have my back and have your communities backs," Stewart said.

Gen. Richard D. Clarke, commanding general, United States Special Operations Command, MacDill, Air Force Base, also spoke at the closing ceremony.

"I believe not only has Warrior Games saved our warriors' lives, but it has saved families and strengthened our families. To all of our families, thank you very much. To our athletes, you have inspired us, we watched you in hundreds of competitions, we watched you get knocked down, we watched you get back up, we watched you laugh, we watched you cry, these were some incredible games," said Clarke. "It has been an absolute honor for SOCOM to sponsor these games, so thank you," Clarke added.

The coveted "Heart of the Team" Award goes to one member on each team whose teammates collectively felt best embodied the spirit of the DoD Warrior Games. Each team votes internally to select the recipient of the award. Prior to the presentation of this accolade during the closing ceremony, the chosen recipient is unaware that their teammates have selected them to receive the honor.

The 2019 recipient of the "Heart of the Team" Award for Team Army was U.S. Army retired Staff Sgt. Matthew Lammers of Fairmont, North Carolina.

Members of Team Army also collected two of



Army Staff Sgt. Mathew Lammers reacts to being named to receive the Heart of the Team Award for Team Army during the 2019 DoD Warrior Games closing ceremonies in Tampa, Florida, June 30.



Comedian John Stewart receives a thank you gift from Gen. Richard Clarke, commander, U.S. Special Operations Command, and competing team captains during the closing ceremony of the 2019 DoD Warrior Games in Tampa, Florida.

three coveted "Ultimate Champion" medals. To earn the Ultimate Champion title, athletes must compete in their respective functional classifications in eight sporting events. There are two slots allotted to each service branch for the prestigious honor. Ultimate Champion athletes earn points based on their individual results in the events. The Ultimate Champion is the athlete who earned the most points in the eight sporting events.

Retired Staff Sgt. Ross Alewine, of Williamston, South Carolina, was awarded the Bronze Ultimate Champion medal, and Capt. Casey Turner, of Fort Bragg, North Carolina, was awarded the Silver Ultimate Champion medal.

Also revealed during the closing ceremony,

followed by a concert from multi-platinum singer Sara Evans, was the official announcement of the hosting destination of the upcoming 2020 DoD Warrior Games: San Antonio, Texas.

The 2019 DoD Warrior Games were held from June 21-30 in Tampa Bay, Florida.

The athletes who participated in the competition are comprised of wounded, ill and injured service members and veterans representing the U. S. Army, Marine Corps, Navy, Air Force, and Special Operations Command. Athletes from the United Kingdom Armed Forces, Australian Defence Force, Canadian Armed Forces, Armed Forces of the Netherlands, and the Danish Armed Forces also competed in this year's DoD Warrior Games.



1ST LT. FRANK RUSCITO / 1ST BN (ABN), 509TH INF REG



On July 9, paratroopers with the 1st Battalion (Airborne), 509th Infantry Regiment "Geronimos" participated in the unit's semiannual Yarborough Mile competition following block leave. Clockwise, from the top left, participants finish the event under the watchful eyes of a time keeper; teammates carry a 55-gallon drum, one of the many obstacles in the course; two paratroops head toward the finish line, their uniforms soaked from sweat and water obstacles along the course; and team members carry a five-gallon water can and a simulated shoulder fire rocket across an open field;

Trudging through places others dare not venture

Summer Yarborough Mile marks 1-509th ready for duty

By 1st Lt. FRANK RUSCITO
1st Bn (ABN), 509th Inf Reg

FORT POLK, La. — Fort Polk's thick undergrowth and murky brown swamps charged to life at first light July 9 as Geronimo paratroopers celebrated their return from summer leave by conducting the famed Yarborough Mile. A long-standing tradition within 1st Battalion (Airborne), 509th Infantry Regiment, this competitive event refocuses paratroopers on their unit mission, builds cohesive teams and invigorates esprit de corps within the battalion.

The Yarborough Mile is a biannual event within the 509th Inf Reg. It is named in honor of Lt. Gen. William P. Yarborough who commanded 1-509th during World War II. The course begins at an inconspicuous drainage culvert on South Fort Polk, quickly drops into the water, and then meanders 3.1 miles through treacherous mud, flowing creeks and thick vegetation until it circles back on itself.

The battalion fielded 11 teams for this iteration. Each team consisted

of 18-to-24 paratroopers. At the starting point, teams were issued a 55-gallon drum, two 5-gallon water cans, pickets and training equipment that replicates a shoulder fired rocket, one case of Composition-4 explosives and a replicated mortar round. Teams navigated the course with their assigned items and maintained accountability of personnel and equipment throughout. Judges timed each team and assessed penalties to teams with deficiencies along the way.

While physical stamina and personal grit benefits individuals daring to enter this course, the best performances came from elements demonstrating teamwork, strong leadership and collective will. The Yarborough Mile forces teams to navigate natural obstacles that include fallen trees, deep water, thick mud and dense growth that characterizes the Louisiana bayou. Man-made obstacles included low-crawling under barbed wire.

The "Mile" helps Soldiers mentally and physically by building confidence in each paratrooper that they can endure the harsh elements

of Central Louisiana and defeat any foe who contests them at Fort Polk. Leave it to the Army's "World Class OPFOR" unit to celebrate their return to work by trudging through places others dare not venture.

Able Company, Third Platoon posted a winning time of 31:50. First Lt. Jacob Teeter leads third platoon. Jacob, a native of Los Angeles, California and a graduate of the University of Portland said, "The physical fitness and dedication of this platoon is second to none and this is proven through our back to back wins of the Yarborough Mile."

Teeter deflected praise, and redirected this accomplishment to his platoon. He remarked, "This win is due to the leadership of the NCOs and the intestinal fortitude of each Geronimo paratrooper."

Able Company, First Platoon, led by 1st Lt. Tyler Eccles, finished second. Capt. Robert Doyle, Able Company commander, said he expects this kind of performance from his Soldiers. "Able paratroopers commitment to physical fitness and teamwork enabled the success of the entire Company," he said. "I am

proud of each and every Soldier's performance."

Yarborough's name is renowned in airborne and Special Forces communities, primarily from his reputation as a fierce warrior who garnered the trust of Soldiers and leaders who revered his leadership throughout his career. He designed the "Jump Wings" paratroopers wear today and the "Jump Boot" once utilized for combat operations but now more commonly seen as a symbol of the long history of the Airborne Soldier.

He is credited as the "Father of the Modern Green Berets" due to his extensive work as the second commander of what would become the John F. Kennedy Special Warfare Center and School and the primary driver behind the official recognition of the Green Beret as the official headgear of the U.S. Army Special Forces.

With the Yarborough Mile complete, Geronimo paratroopers turned their focus immediately towards the next rotation at the Joint Readiness Training Center and Fort Polk.

HERO: 'I did what any person would have done ... I just did what I was supposed to do'

Fort Polk MP saves life of motorcyclist on dark highway

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — July 4 was a typical day for Pvt. Devan Tillotson, a military policeman with Fort Polk's 519th Military Police Battalion. The 19-year old was wrapping up leave with his family in Connecticut and preparing to head back to his duty station in Louisiana.

Tillotson's mom, Carla Keim, headed out early in the morning of July 5 for a normally uneventful trip down Interstate 84 to take her son to the nearest airport when things suddenly took a turn.

"It was about 4:45 a.m. and we noticed a motorcycle had pulled over off to the side of the road up ahead of us," Tillotson. "It was in an area that was not well lit, sort of between two light poles."

At the same time he saw the motorcyclist standing beside his bike, Tillotson said a car passed him and his mother at a high rate of speed and struck the motorcycle rider and his bike.

"I'm overwhelmed with the compassion and quick response of this young MP, demonstrating the Warrior Ethos and exactly what we want in every Soldier in our formation."

Lt. Col. SONJA L. WHITEHEAD
Commander, 519th MP Bn

The force of the impact caused the four-wheeled vehicle's right front tire to explode, and sending the tire's rim flying over the guardrail. Incredibly, the driver kept going — on three wheels — and fled the scene.

"I saw the motorcycle flying and could tell the rider was hurt," Tillotson said. "We stopped and I ran back to him and could tell he was bleeding pretty badly from his head, along with other injuries."

Calling on his military training

and working late nights helping his mother study to become an emergency medical technician, Tillotson said he ran back to his mother's car, grabbed a belt from the pants he planned to wear for the flight to Fort Polk, then returned to the injured cyclist and applied a tourniquet, stemming the flow of blood — all while he and the victim were mere inches from the Interstate.

"I was begging my son to get off the road as vehicles, including 18-wheelers, were flying by him," Keim said. "I was terrified, and sure we were all going to be hit."

Keim said she used the light on her cell phone to try and signal traffic to slow down, but was unsuccessful — the motorists were too busy trying to avoid debris from the crash that spread across the roadway.

"I begged Devan to walk away and get out of the road," she said. "He looked me right in the eyes and said, 'Mom, I got it.' He would not leave this man's side."

While jumping out of the car and running to the injured man's side and rendering first aid were heroic in her eyes, Keim said the thing that impressed her the most about her son was that he did it without thinking of his own safety.

"I learned a lot about scene safety in my EMT course," she said. "This horrific scene was hands-down the most unsafe scene I have ever been on, made much worse by my child right there. I don't know a lot about military awards, but I know a hero when I see one and my son is a hero."

Bret Snyder, the motorcyclist who was injured agreed.

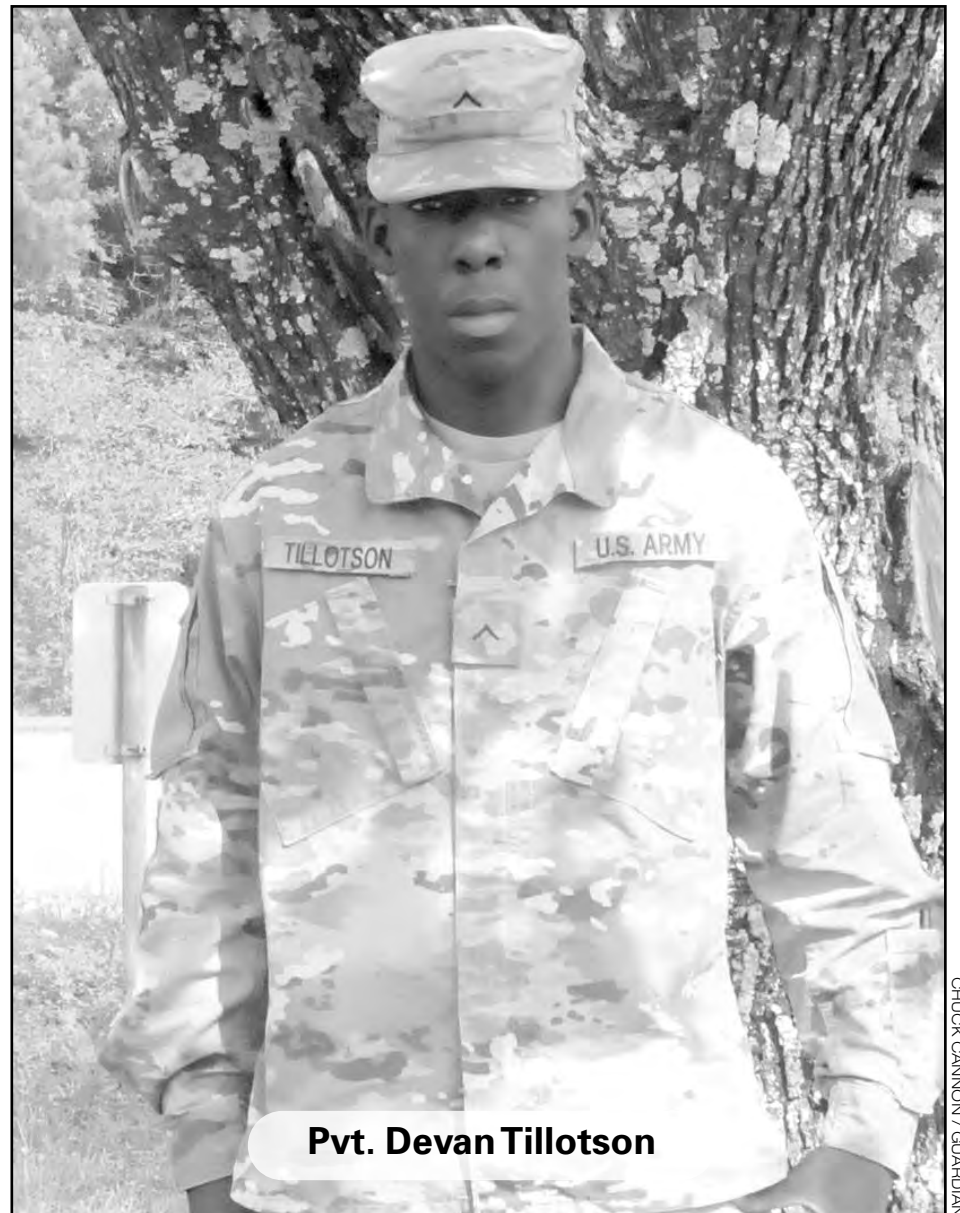
"My younger brother passed away August of 2018," Snyder said. "When I realized I was alive, I said to myself, 'I'm not going to die; I don't want my parents to bury both of their sons within a year.'"

Snyder said he owes his life to Tillotson's quick actions.

"He was superb," Snyder said. "He kept his composure and never flinched. My youngest son is 20 and in the Marines. He has the same demeanor as Devan — cool, calm and collected."

Lt. Col. Sonja L. Whitehead, commander, 519th MP Bn, said she was proud of her young Soldier.

"I'm overwhelmed with the compassion and quick response of this



Pvt. Devan Tillotson

CHUCK CANNON / GUARDIAN

young MP, demonstrating the Warrior Ethos and exactly what we want in every Soldier in our formation," she said. "He knew what to do to save this stranger's life, and simply had the courage and compassion to take action."

After meeting Snyder, Keim said she was reminded of her son.

"Snyder is a hell of a guy, just like Devan," she said. "Something tells me that if it were my son on the side of the road, the man that was hit, the victim in all of this, he wouldn't have left my boy either. I visited him in the ICU and he was more concerned that I didn't get to see my son off at the airport."

Tillotson said he doesn't understand what all the fuss surrounding his actions is all about.

"I did what any decent person would have done," he said. "I had first aid training in the Army, my mother is an EMT and my dad is a

police officer. When I saw someone in trouble, I just did what I was supposed to do — render first aid and stay with him until first responders arrived."

When police and EMTs arrived, Tillotson said one of the first responders asked if he had been the one who placed the tourniquet and applied pressure to the wound.

"I told him, 'Yes,' and he said that probably saved him," Tillotson said.

As for what advice he would give to someone who happens upon a similar scene, Tillotson said, "Don't be afraid. Let your training take over and do your best. That's all you can do."

Sometimes all you can do is enough. Just ask Snyder.

"The world needs people like Devan and his mother," Snyder said. "With all the rhetoric out there, Devan and his mom reinforced my faith in mankind."



Dental assistant student Laura Harrison (left) assists the dentist, Col. Robert Keeler, with a patient at Chesser Dental Clinic July 9 during the final weeks of the Red Cross Dental Assistant Training Program.



Bianca Bowen (left), Red Cross Dental Assistant Program student, checks a patient's dental records as the dentist, Capt. Stephen Thomas, dons his gloves at Chesser Dental Clinic.

JEAN DUBIEL / GUARDIAN

Spouses take bite out of unemployment, become dental assistants

By **JEAN DUBIEL**
Guardian staff writer

FORT POLK, La. — “What did the tooth say to the departing dentist? Fill me in when you get back!”

The American Red Cross at Fort Polk offers dental assistant training to Family members of active duty and retired Soldiers. The nearly eight-month long course results in a certificate of training that can be used to either obtain employment in a clinical setting or further one's education in dentistry.

For spouses that are looking for a “portable” career, dental assistant may a viable option.

“They get great experience with this program,” said Capt. Kevin Brunstein, U.S. Army Dental Activity, Chesser Dental Clinic, dental assistant program director. “It takes them from knowing nothing about dentistry to being proficient dental assistants. That qualifies them to work at any Army post or even in civilian offices, so there are many employment opportunities for them, no matter where they may get stationed.”

Dental instructor and former student Jennifer Walker said most trainees never have considered a career in health care, and this program gives them their first look into that field.

“It gives them a new perspective on what kinds of jobs are out there,” she said. “They have the opportunity to try a new field, and it gives them another aspect of (career development).”

The program also provides a benefit for the Army, according to Brunstein. “It is good for the DENTAC because it can be hard to find qualified dental assistants, especially in more remote locations like Fort Polk,” he said. “Here we have a chance to train them and do so to our standards.”

Leslie Jones is the Red Cross program manager for Fort Polk. She said the program has been offered at Fort Polk for the past 10 years. “We are excited to offer life-enriching opportunities for our military spouses, retirees and dependents,”

she said.

“We realize that they tend to move around a lot, going from installation to installation, and this offers a great career path that can transfer to new locations with their service member.”

The current class has five participants who began their coursework in January and will graduate July 19. They are: Michelle Isom, Laura Harrison, Bianca Bowen, Kiara Carter and Sharlene Palarchie.

Isom said the classroom portion of the course was particularly challenging.

“It was four weeks of studying, 40 hours a week in class then more studying at home, even dreaming about studying!” she said. “We had exams and quizzes that we had to pass to determine if we were going to continue with the chair side portion of the course, and that was a little stressful, but the reward is in giving back to the military community. Soldiers give so much, and it's great to be able to give back to them by brightening their smiles, making them feel better by relieving their pain and enhancing Army readiness as well.”

Palarchie said her greatest hurdle was taking X-rays. “I had to overcome my (apprehension) to place a sensor in the patient's mouth and not causing them any discomfort while trying to get a clear (image). It was a little intimidating at first,” she said. “But I have enjoyed learning from the dentists and I want to learn more. All of the dentists and dental assistants have been amazing.”

Carter said she joined the program because she had a difficult time finding a job when she moved to Fort Polk.

“I was looking and looking, and started to get a little discouraged. Nothing was coming my way,” she said. Though her background is in business management, once she became involved in the dental assistant program, her interest changed.

“I knew nothing about this field when I start-

ed, but now here I am about to graduate and I absolutely love it,” she said. “And I don't want to stop here, I want to continue my education and learn even more.”

Bowen came into the program because she felt she was at a crossroads in her life and was unsure of what she wanted to do next.

“I heard about this program from a coworker, and something just clicked,” she said. “I knew this would be right for me, and at first I was a bit skeptical because I thought this might be too good to be true, but now I feel really blessed to have been part of it. It has been truly amazing for me.”

For Harrison, becoming a dental assistant gave her a chance to develop herself.

“I like the medical field and I wanted to do something on my own and for myself,” said Harrison. “I wanted to do something with patient care, and this was it for me.”

Her advice for anyone considering the program is to “go for it.”

“You have everything to gain and nothing to lose for doing it,” she said. “It's been the most positive experience of my life and I recommend it to anyone.”

The next application period opens July 25 and ends Aug. 31. Forms are available at the Red Cross office, 1778 Third St., bldg 220; Shira Dental Clinic, 7223 Mississippi Ave, bldg 1561; and Chesser Dental Clinic, 1840 BellRichard Ave., bldg 2157.

Applicants must be:

- current military ID card holders (spouse or Family member of active duty or retiree)
- able to commit to 40 hours a week training for eight months
- able to complete medical clearance and maintain current immunizations.

Completed forms will only be accepted at the Red Cross office.

For more information call 531-4783 or (804) 385-0966.

Rocket man: USU grad heads to International Space Station

MILITARY HEALTH SYSTEM

WASHINGTON — An Army officer who is a graduate of Uniformed Services University of the Health Sciences is among the three-person crew scheduled to launch on the spacecraft Soyuz 59S July 20 to live and work on the International Space Station.

Col. Andrew Morgan was an emergency physician in the Military Health System serving in special operations units worldwide before being selected by NASA in 2013 as an astronaut candidate. He will serve as a flight engineer for the ISS expeditions 60 and 61. His anticipated adventure sparked a recent panel discussion at USU about opportunities for alumni and students to work with and for NASA.

Astronaut training is “a lot like med school,” said Maj. Frank Rubio, a physician who’s spent the past 18 months preparing to one day go into space.

“For every one or two hours of fun, there’s about 10 to 20 hours of studying,” he said.

The training is academically rigorous, he added, and “sometimes, you’re scared out of your mind.”



Rubio was one of four panelists who spoke during the discussion, which was part of the President’s Leadership Series. It was titled “In Support of Space Flight: The Countdown to the International Space Sta-



tion Expedition 60/61 Launch.”

The other panelists were Dr. Mark Mavity, director of NASA’s Health and Medical Systems Division in Washington; Dr. Richard Scheuring, associate professor of military and emergency medicine at USU, and a medical operations flight surgeon at Johnson Space Center in Houston, Texas; and Lt. Col. Kristin Silvia, chief of bioastronautics at Patrick Air Force Base, Florida. All the panelists but Scheuring are also USU graduates.

Space, like the military, “is a team sport,” said Scheuring, who is also a flight surgeon in the U.S. Army Reserve and will be supporting Morgan’s expedition from the Johnson Space Center. Scheuring urged students interested in internship opportunities to get in touch with him because their USU education makes them attractive candidates for the space agency.

“When I tell other people what we do here, their mind is blown,” Scheuring said, noting in particular Operation Bushmaster. The simulated mass casualty exercise is required of all fourth-year medical students as well as some graduate school of nursing students.

Mavity urged the students to take advantage of leadership opportunities.

“You’re here to support the ... women and men who support the mission in harm’s way,” he said. “You’re also here to become leaders.”

Silvia described her role in Human Space Flight Support at Patrick Air Force Base as “teaching prehos-

pital care and then space medicine on top of that.”

She said her background in emergency medicine makes her particularly well suited for the position.

“There’s no one right formula to become an astronaut,” Rubio said, adding that a career in space “was not on my radar. My lifelong dream was to be a doctor.”

Rubio was a battalion surgeon for the 10th Special Forces Group before a friend suggested he apply to NASA.

When Rubio completes training next month, he’ll be assigned technical duties at the Johnson Space Center while awaiting a flight assignment.

“Leaving medicine was a high price to pay for joining NASA,” he said. “It hurts to let that go.”

However, he said he wears the NASA uniform with great pride.

The final question asked the panelists about their favorite space-related movie. Mavity named the “The Right Stuff,” the 1983 film about the original Mercury 7 astronauts. Scheuring said the Star Wars franchise films, and Silvia said “Hidden Figures,” the 2016 film about African-American female mathematicians who worked at NASA in the early 60s. Rubio said he’d choose the 2015 film “The Martian,” about an astronaut accidentally left behind, mainly because his children love it.

Cmdr. Tammy Servies, associate program director for USU’s general preventive medicine residency, served as panel moderator. Servies is a physician and a USU graduate.

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Community

Briefs

School physicals

The Bayne-Jones Army Community Hospital Family Medicine Clinic conducts after hours Child and Youth Services and school physical clinics Tuesday 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.

Golf scramble

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

Sidewalk repair

Portions of the sidewalks outside the west stairwell of Fort Polk Headquarters, bldg 350, were damaged during construction and require replacement. Work is expected to continue through Sunday.

The area will be condoned off while work is ongoing. Please don't enter the work area. The contractor will have a spotter watching the work area. Thank you for your patience.

PX lighting

Additional lighting poles will be installed at the crosswalks south of the Main Post Exchange to increase pedestrian visibility from Monday through Aug. 5. The contractor will cordon off the area with fencing, caution tape or barricades while work is ongoing.

Please do not enter the work area, exercise caution around the area and remain aware of equipment movement.

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. Register at 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

Please see Briefs, page 14



Camp Discovery helps students improve

By STARLA COODY

Fort Polk Progress

VERNON PARISH, La. — Students from the Vernon Parish area extended their learning during summer break by participating in Camp Discovery. Camp Discovery is supported by the Education Initiative led by Fort Polk Progress, which aims to improve school performances, helping to ensure students receive a great education in the Vernon Parish and Beauregard Parish schools.

Camp Discovery began in 2014 as a week-long science camp and has continued to grow each year. Camp coordinator Nichole Williams shared, "Each year we see attendance increase and this is the largest group since launching Camp Discovery in 2014."

This year, the one and one-half week-long camp was held at Pickering High School and 91 students attended.

Williams is a fifth grade math teacher who recently transferred from Pickering Elementary to Rosepine High School to teach middle school math. She is also a math content leader for Vernon Parish.

Six teachers and the camp coordinator were involved in this year's learning experience, which was held the first week of June.

Camp Discovery is a STEM camp held in Vernon Parish to support student learning in the content areas of science, technology, engineering and mathematics.

Each year the camp features different theme centered on STEM activities. The camp experience is full of hands-on practical exercises that help students learn and work together as a team.

Vernon Parish partnered with Bricks, Bots and Beakers (B3) for a unique twist on this year's camp. B3 is an education company that creates meaningful opportunities for children to experience a full range of STEM class, camps, parties, field trips and workshops. Bricks denotes engineering and building activities for kids from ages 3 through middle school. Bots represents the field of robotics and programming for children from pre-K through middle school. Beakers is

hands-on science made possible through "Gross Out" chemistry, elementary entomology, potions lab, forensic mysteries and more.

"The B3 program takes a 'deep dive' into science, the first letter in the acronym STEM, which is often overlooked," said Leigh Lansdale, curriculum supervisor, VPSB. "The curriculum is minute-to-minute packed with discovery for all students."

Students in grades 1-4 enjoyed a different theme — SuperHero STEAM — while students in grades 5-8 centered their focus on Epic Engineering Disasters.

The SuperHero STEAM program encouraged campers to build super hero themed projects with Lego bricks. They completed activities such as Super Glow-in-the-Dark Kryptonite, Flying Superman, Tallest Tower, Super Hero Helmets, a Superhero training course and much more.

The campers in the upper grades explored historical engineering disasters, from collapsing buildings like the Fidenae Stadium and bridges like the Tay Bridge and Tacoma Narrows Bridge, to sinking ships like the Titanic. Campers identified design flaws, and helped one another discover new design solutions.

Both sessions at Camp Discovery included various experiments and science inquiry. Each session also focused on projects that inspired student creativity to shine, and hands-on practical exercises that allowed students to learn and work cooperatively in groups to compete tasks.

Fort Polk Progress Chairman Michael Reese expressed his appreciation to the Vernon Parish School Board and the host of teachers that coordinate Camp Discovery each year.

"Camp Discovery is an excellent educational journey that offers ideas and themes that are outside of the normal school year curriculum. It offers a hands-on, essential, (while) fun experience for our military-connected and civilian Vernon Parish students," he said.

With the continued funding support for teachers and supplies provided by Fort Polk Progress, the Vernon Parish School District plans to continue growing Camp Discovery's attendance while providing rigorous STEM activities each summer.

AAFES celebrates anniversary with special savings

AAFES

FORT POLK, La. — For 124 years, the Army & Air Force Exchange Service has gone where troops have gone to provide goods and services to Warfighters and their Families. The Department of Defense's oldest retailer is celebrating its July 25 anniversary with savings for military shoppers.

Fort Polk Soldiers and families can enjoy these great savings:

- Select home goods for \$124 — up to 50 percent savings on Wusthof cutlery, Cuisinart cookware, Bissell vacuums, Ninja kitchen systems and more. Valid July 19-25.

- A free 16-ounce coffee at Express locations on July 25.

- Select snacks at Express loca-

tions for \$1.24 through July, including Del Monte fruit cups, Stryve protein snacks, Deli Express meat and cheese sticks, Ball Park hot dogs, king-size candy bars, Kettle brand chips, ice cream treats and more.

- \$1.24 off combo meals at participating Exchange restaurants on July 25.

- \$1.24 off Reel Time Theater concession combos July 26 to 28.

"It's been an honor for the Ex-

change to serve Warfighters and their families for 124 years," said Ronald McDuffie, Exchange general manager. "These special savings are to say 'thank

you' to our military shoppers — the best customers in the world."

An important part of the Exchange's history is giving back. One hundred percent of Exchange earnings are reinvest-

ed in the community, with about 60 percent of earnings going to quality-of-life programs such as child development and fitness centers. In 2018, Fort Polk Exchange shoppers generated \$715,141.07 for these programs.

In 1895, the War Department issued General Order 46 directing commanders to establish an exchange at every post. Since then, exchanges have faithfully served alongside military members wherever they are called to serve.

"The Army & Air Force Exchange Service brings convenience and savings to those serving," McDuffie said.

"Whether stationed stateside, overseas or right here at Fort Polk, troops and their families know the Exchange is there for them."



Foundation grants awarded to Vernon Parish School Board

By STARLA COODY

Fort Polk Progress

LEESVILLE, La. — The Rapides Foundation and Orchard Foundation recently awarded grants to the Vernon Parish School Board. VPSB received three grants from The Rapides Foundation — The Effective Schools Grant, The Healthy Behaviors Grant and the Student Youth Civic Volunteer Grant.

The Effective Schools Grant totaled \$225,000, and focuses on the implementation standards in kindergarten through second-grade classes, leadership and professional development for leaders and teacher leaders to include mentors and content leaders.

Among the items covered under the grant are travel expenditures for administrators and teachers; Kagan training and personal development throughout the year for teacher leaders; and district staff and administrators to attend supervisors, teachers and principal collaborations provided by the Louisiana Department of Education.

Kagan training focuses on engaging students to keep them motivated, and as a result, learn more.

In addition, various expenses for training and substitute teacher allotments for English Language Arts and Math personal development are funded.

The Healthy Behaviors Grant totaled \$28,000 and focuses on Healthy Living Clubs at the schools, while the Student Youth Civic Volunteer program, which totaled \$6,200, focuses on student volunteer clubs at Simpson and Pitkin High Schools. Pitkin High School earned top honors for the Youth Civic Volunteer Program with an individual student earning the top honors and another student placing third.

The Orchard Foundation is funded by The Rapides Foundation and provides training for educators and administrators as well as programs designed for parents. The VPSB participates in the following programs:

- Kagan training for teachers
- Center for Educational Leadership that pro-

vides training for administrators

- School readiness, which provides training for PreK teachers

- Cenla Work Ready Network, which provides training for teachers

- Career Compass, which conducts counseling to high school students

- Jump Start training for teachers

- Central Louisiana Instructional Partnership, which supplies a resident in either math or science

- Read to Soar PreK student and parent reading program

Fort Polk Progress Chairman Michael Reese expressed his appreciation to The Rapides Foundation and Orchard Foundation for investing in education in Vernon Parish, which serves a large population of military-connected students.

"We value the support and consideration that these foundations supply to our community," Reese said. "This generous funding is important to both students and teachers as it gives them all the tools they need for success."

Time for summer fun, summer sun: Know how to protect yourself

TRICARE

WASHINGTON — Summer is here, and that means lots of sunny weather. Soaking up the sun is one of the best parts about summer. However, make sure to protect your skin when enjoying the sun-filled days ahead. Too much unprotected exposure to the sun's ultraviolet (UV) rays can cause sunburn, eye damage, and skin damage in the form of premature wrinkles, according to the American Cancer Society. It can also cause skin cancer. Depending on your risk for developing skin cancer, TRICARE covers your skin cancer screening exams.

According to the Centers for Disease Control and Prevention, "Skin cancer is the most common form of cancer in the United States." In as little as 15 minutes, UV rays can damage your skin. Preventing your exposure to UV light from the sun and avoiding artificial sources like tanning beds and sunlamps, is the

best way to lower your risk of skin damage and skin cancer.

There are many easy ways to protect your skin while outdoors in the sun. Follow these sun safety tips to help protect the whole family this summer:

- Use a broad-spectrum sunscreen: Apply a thick layer of broad-spectrum sunscreen with at least SPF 15 or SPF 30 on all parts of exposed skin before you go outside. This is a good practice even on slightly cloudy or cool days.

Remember, sunscreen wears off. You need to reapply sunscreen if you stay out in the sun for more than two hours, and any time after swimming, sweating, or toweling off. Before you use your sunscreen from last year, check its expiration date.

- Wear clothing to cover your skin: In addition to sunscreen, wear long-sleeved shirts, long pants, or long skirts when possible to provide protection from UV rays. A T-shirt or a beach cover-up can also offer some protection.

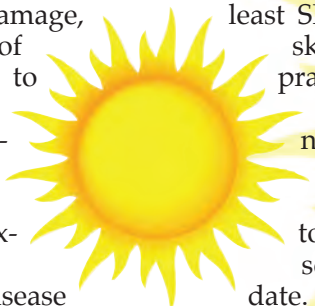
- Use shade: Seek shade under an umbrella,

tree, or other shelter when the sun's summer rays are strongest, between 10 a.m. and 4 p.m. But don't rely on the shade alone. You still need to remember to use protective measures, like sunscreen and protective clothing, when you're outside even on cloudy days.

- Wear a hat to provide upper body shade: Wear a hat with a wide brim to shade your face, head, ears, and neck.

- Wear sunglasses: According to the American Academy of Ophthalmology, protect your eyes, vision, and the skin around your eyes by wearing sunglasses that block at least 99 percent of both UVA and UVB rays. Wraparound sunglasses provide additional protection.

If you notice changes in your skin, such as a new growth, a sore that doesn't heal, or a change in the appearance of a mole, talk to your doctor. TRICARE covers skin cancer exams for people who are at a higher risk for developing skin cancer. This includes individuals with a family or personal history of skin cancer, increased occupational or recreational exposure to sunlight or clinical evidence of precursor lesions.



Actress doesn't play Soldier — enlists, trains, becomes real deal

By ALEXANDRA SHEA
IMCOM

FORT JACKSON, S.C. — Not many people could recognize Carly Schroeder June 27 at Fort Jackson's Hilton Field. The blonde-haired, blue-eyed Lizzy McGuire and General Hospital actress who traded her red carpet heels for combat boots, blended into the crowd of roughly 450 other identically dressed Soldiers as they walked across the field during their Basic Combat Training graduation ceremony.

"Army life is different from Hollywood," Schroeder said. "There are some similarities, but Army life is very uniform. Everyone is disciplined and treated equally."

No stranger to weapons training and the physicality of stunt work, Schroeder faced a new set of challenges during BCT. She faced marksmanship courses with the Army's M4 rifle, daily physical fitness workouts, ruck marches, obstacle courses, learning to work with others as a team and a culminating event that tests the abilities and strengths of fellow Soldiers to work together to successfully complete a set of missions — The Forge.

"The most difficult thing has to be between the ruck marches and food," Schroeder said. "Before I came here I was vegan."

Schroeder lived the vegan lifestyle for quite some time before enlisting, but adapted to a vegetarian diet to take in additional protein during training. While the military has always offered alternate meals to those with dietary needs, it can be challenging to find a wide variety of those foods within the BCT environment.

"It was quite an adjustment," said Schroeder.

"There was only one MRE I could eat — veggie crumbles."

An MRE, or Meal, Ready-to-Eat, is a daily ration that contains about a day's worth of calories in a convenient to carry and store pouch. The MRE mentioned is Menu 11 — Vegetable crumbles with pasta in taco style sauce. With a little help from some new friends, she "fare-d" well with field rations.

"My teammates made sure they had my back and got the veggie crumbles for me every time," Schroeder said.

Schroeder, like all trainees to



ALEXANDRA SHEA/IMCOM

Spc. Carly Schroeder, center, stands with 450 other Soldiers from 2nd Battalion, 60th Infantry Regiment as they await to reunite with their Family members June 26 for Family Day one day before Basic Combat Training graduation.

pass through BCT, learned not only the basics of making a Soldier physically but also social skills that allowed her to adapt and overcome in stressful situations when finding herself in a foreign environment with new people. These skills empower Soldiers to build personal and professional relationships quickly and units to build a cohesiveness that helps ensure successful future missions.

"Basic Combat Training was fun but hard too," said Pvt. Mylene Sanchez, a fellow unit member. "The ruck marches were really hard, Schroeder really helped me a lot with them. She helped take some of the weight for me."

Actions such as helping a buddy out with a few pounds during a ruck march exemplify one of the seven Army core values — selfless service. These values are instilled in each Soldier from day one of training and they use them to

build strong teams.

"Teamwork was the biggest obstacle for everyone to overcome," said another unit member, Spc. Joel Morris. "As long as you pushed forward and kept trying, it was a breeze."

Schroeder easily cultivated relationships, even with those who knew of her silver screen time.

Schroeder explained how she didn't talk about her time as an actress and how she wanted to blend in so people wouldn't treat her differently. Eventually, word spread about her acting career, but her relationships with her team members were already cemented.

"She was an amazing leader," said Pvt. Cindy Ganesh, another unit member who trained alongside Schroeder. "She took the time to help and teach. She was a friend, a real friend."

Morris said, "she would kick everyone's butt in combatives."

As the 10-weeks of training came to an end with the graduation ceremony, the Soldiers now face Advanced Individual Training.

Some of the Soldiers who met in training will continue on with fellow graduates depending on the location of their AIT training and their occupational specialty. Schroeder is a 09S — Commissioned Officer Candidate — who will attend 12 weeks of tactical and leadership training at Fort Benning, Georgia before she is officially commissioned.

While the former actress is on her way to the next chapter of her military career, she is not likely to forget soon the friendships she built in BCT.

"They're not my team members anymore, we became Family," Schroeder said. "We worked through 10 hard weeks together. It was brutal but it's what we bonded over."

Soldiers team with allies to showcase grappling skills

By Staff Sgt. JUSTIN HARDIN

Army News Service

CAMP ARIFJAN, Kuwait — Booming cheers and thunderous applause from the crowd of U.S. and Kuwaiti service members, police officers and civilians filled the air as two competitors grappled on an oversized blue mat in the center of the Camp Arifjan zone 1 gym, June 23.

Loud music combined with the crowd noise made it difficult for people trying to hear the person sitting next to them. Through all that noise, one distinctive voice pierced through like a knife.

“Pass that knee, pass that bottom knee,” yelled Sgt. Linsey Williams, a public affairs specialist with the 34th Red Bull Infantry Division, Minnesota Army National Guard, as veins bulged out the sides of her neck.

Williams was coaching Staff Sgt. Kenry Trowers to help him remember an evasive maneuver during his match with a member of the Kuwaiti navy in a friendly bout between the two nations.

The crowd noise softened during a less active moment in the match, then suddenly erupted again as one competitor gained an advantage. The one constant through this fluctuating energy was Williams; even when the cheers subside she coaches.

“Control his knees man, he’s going to try and bring them in,” said Williams as she leaned forward in her chair, edging as close to the action as possible.

Williams got her first taste of grappling in the basic combatives course during her initial entry training with the U.S. Army in 2011.

“While I was at Fort Meade, Maryland, I found a gym and kind of got hooked,” said Williams.

Not long after she completed initial entry training, Williams deployed to Camp Arifjan, Kuwait, in 2011. While at Camp Arifjan, Williams joined a Brazilian jiu-jitsu club.

“That’s where I really started, it was such an experience that I knew it was something I had to carry with me when I got home,” said Williams. Williams has taken a coaching role in the Brazilian jiu-jitsu club and in the combatives tournament during her second deployment to Camp Arifjan.

“This was my time to help others as they started their competitive journey,” Williams said.

Capt. Dylan Grayston, an assistant air officer with the 11th Marine Expeditionary Unit, said he improved his grappling by cross-training with Williams.



Sgt. CHRISTOPHER LUNDBORG/USARCENT

Sgt. Linsey Williams, a public affairs mass communications specialist assigned to the 34th Red Bull Infantry Division, Minnesota Army National Guard, shakes hands with service members of the Kuwait armed forces after a combatives tournament at Camp Arifjan, Kuwait, June 23. U.S. Army Central hosts events such as the combatives tournament to strengthen its relationship and build partner capacity with the Kuwaitis.

“Sergeant Williams has taught me a lot,” said Grayston. “It has been great having that experience, camaraderie and training.”

Trowers, an air movement request noncommissioned officer in charge with Combined Joint Task Force Operation Inherent Resolve, won his match with coaching from Williams. Trowers said he encourages others interested in combatives to come see Williams for coaching.

Once the matches were complete and medals presented the crowd dispersed, but Williams re-

mained to coach and mentor all eager to improve.

“It has been a great experience ... getting to coach in real time ... it has been a cool way for me to link my understanding of competing with my understanding of helping others compete,” said Williams.

After her deployment to Camp Arifjan, Williams plans to return to Minnesota and continue to train and work toward a possible Ultimate Fighting Championship career.



Latest weapons system handbook released

ARMY NEWS SERVICE

FORT BELVOIR, Va. — The biennial publication detailing the U.S. Army’s major weapon systems, equipment programs and science and technology initiatives is now available anywhere military books are sold.

With responsibility for several hundred programs, the U.S. Army Acquisition Corps and its workforce — comprised of more than 39,000 military and civilian professionals — have the unique and solemn responsibility of providing the materiel solutions that ensure Soldiers are equipped and ready for any mission, anywhere in the world.

With program descriptions, status and specifications, projected activities and benefits to the Soldier, this handbook is designed to give a better understanding of the Acquisition Corps’ efforts to provide Soldiers with the advanced, world-class capabilities they need to win the nation’s wars and come home safely.

This year, the handbook showcases the individual organizations that collectively form the Office of the Assistant Secretary of the Army (Acquisition, Logistics and Technology) (ASA(ALT)), as well as the important work they do to make the total Army more lethal, capable and efficient.

Health tips for distance runners prepping to race

ARMY PUBLIC HEALTH CENTER

WASHINGTON — Training for the Army Ten-Miler or any long race starts with incorporating the Performance Triad (P3) of sleep, activity and nutrition into your training routine. The three P3 tenets are intertwined to enhance your performance.

The following performance basic training tips can get you started. Start training wisely. Three to five months is enough time for a 10-mile run. To help with motivation, think about signing up with a local running group or convince a friend to join you. Frequency. Plan for about three to four runs per week: A long run, medium run and interval training.

- Long run. The bedrock (or core) of training will be the long run. Start training with a long run every weekend. How long is "long"? That depends on how far you typically run without stopping! Two options to help you train for the race: A 20-week program and a 10-week program. On your long run day, this should be a slower pace to build up your endurance. Your long-run pace should be one to two minutes per mile slower than your short-run pace even if you are walking up hills and running on the flats and downhill. In two weeks, add a half mile to a mile for the next long run. Every 4th week of training requires you to slightly decrease your mileage for your long run. This gives your body a chance to recover before increasing your distance again.

- Interval training. During the week, plan one day of speed work or high intensity running. Interval training is running fast for one to four minutes, then recovering at a light jog for an equal amount of time. You can use mailboxes or telephone poles as your intervals. Ideally, add one or two days of strength training to your training plan and one or two additional runs per week in between, with an easy pace and at low distances.

- Tempo runs. A tempo run is a pace you can maintain for an hour. It is not your fastest pace, but it will help with your speed for the race day. Start with a warm up for 5 minutes and then transition to a faster run for 5 to 10 minutes and slow down for 5 minutes. Gradually increase up to 25 to 30 minutes at the faster pace.

- Fueling. Eat breakfast before your long run. Focus on mostly carbs and some protein about 30 minutes before you run. Pick foods that are easily digestible. Some examples of good pre-long run fuel include a bagel with peanut butter, a banana, and an energy bar, or a bowl of cold cereal or oatmeal with a cup of milk. If you'll be out for more than an hour or so, have a sweet snack (such as a few jelly beans) of 30-40 kcals every two miles. This will top up your muscles' glycogen stores. Don't try anything new on race day.

- Hydration. The right balance of hydration can truly make a difference. Try not to overhydrate the morning of your long run, so you don't have to look for a pit stop along the way. The recommendation is to drink 16 to 24 ounces of fluid before your workout or race. On long-run days, plan to either carry water with you in a water bottle or plan a route that you can loop back to your car or home so you can pick up water and snacks. Make sure you are drinking water along the way.

- Warm-up. It is important to perform a good, dynamic warm-up before your workouts so that

all your joints and muscles are ready to go. What is a dynamic warm-up? It means slow, controlled movements that increase blood flow to the muscles and joints you will be using during your workout. For instance, jogging in place, slow squats, lunges, or Army PRT preparation drills. Your warm-up does not need to last more than 5-10 minutes.

- Recovery. For the cool down, walk for 10 minutes to slow down your heart rate and help prevent soreness. Now that your muscles are nice

Please see **Runners**, page 15



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Briefs

Continued from page 9

by the Fort Polk Directorate of Family Morale, Welfare and Recreation. Concessions begin at 8 p.m. Movie starts at 8:30 p.m.

BJACH workshop

Bayne-Jones Army Community Hospital's Physical Therapy section hosts a foam rolling workshop Aug. 21 from 6-7 p.m. at Warrior Fitness Center, 8314 Alabama Ave. Learn how to increase your mobility and decrease injuries. The class is first-come, first-served and open to healthcare beneficiaries 18 and older. Participants should wear appropriate and comfortable gym at-

tire, and register at <https://www.eventbrite.com/e/foam-rolling-workshop-registration-64565567350>. Call 531-3203 for more information.

Photo contest

The deadline for the Vernon Parish Chamber of Commerce's Beauty of Vernon Parish Photo Competition is July 15. Twelve finalists will be selected and featured in the 2020 Chamber of Commerce Calendar. Of those 12 finalists, one grand prize winner will receive a \$500 award, presented during the Chamber of Com-

merce Award Ceremony at Gallery One Eleven in Leesville, Aug. 10, at 6 p.m. Finalists will have their photos framed and displayed at the gallery in August. For more information call (337) 238-0349.

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.

Allen acres

Allen Acres Natural Area in Pitkin will host a mothing (sheeting) event to coincide with National Moth Week July 20-28. Moth species recorded this week will be reported with checking of the sheets and photographing of

moths scheduled for 9:30 p.m. each night and again at 5:30 a.m. each morning.

Allen Acres also conducts a bio blitz July 20-28 where participants identify and document living organisms from humans to birds to insects to fungi to plants and more.

David Lewis (co-author of *Mushrooms of the Gulf Coast States: A Field Guide to Texas, Louisiana, Mississippi, Alabama and Florida*) and Pat Lewis will lead a mushroom foray on July 20 at 9 a.m.

Craig Marks (author of *Butterflies of Louisiana: A Guide to Identification and Location*) will lead a butterfly count on July 27 at 9:30 a.m.

For more info, email native@camtel.net or call (337) 328-2252. Info will also be posted on www.allenacresbandb.com. Allen Acres is located in west Central Louisiana in Vernon Parish at 5070 La. Hwy 399, Pitkin.



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Cleaning, sanitizing, disinfecting keys to disease control

ARMY PUBLIC HEALTH CENTER

WASHINGTON — Cleaning, sanitizing, and disinfecting surfaces are key steps in the prevention, reduction, and control of communicable diseases within a child-care setting.

Cleaning, sanitizing, and disinfecting within a child care setting have different meanings:

- **Cleaning** — uses a solution made of soap and water. Physically removes any dirt or debris from surfaces.

- **Sanitizing** — uses a solution made of bleach and water. Reduces the amount of germs on surfaces. Used on food contact surfaces and on items that children may place in their mouths.

- **Disinfecting** — uses a solution made of bleach and water that is stronger than the sanitizing solution. Destroys germs on surfaces. Used on diaper changing tables and surfaces contaminated with blood or blood containing body fluids.

It is important to use the right solution for the right purpose and apply it in the right way. Bleach is a chemical and can be irritating, the recommended bleach to water solutions ensure that they are effective while limiting potential harmful effects to children and child-care providers when mixed and used the right way. Appropriate personal protective equipment and measures should be used when using bleach solutions.

Sodium hypochlorite is the active ingredient in commercial bleach. The percentage of sodium hypochlorite in the commercial bleach product used is important as it controls the amount of bleach to mix with water, which affects how long the solution needs to have contact with the surface.

Commercial bleach products to water mixtures should be mixed to result in appropriate chlorine parts per million (PPM) residuals. Residual PPM affects contact time and drying recommendations based on the frequency of use, purpose, and the reason the surface is being sanitized or disinfected.

Soft or porous surfaces contaminated with blood or body fluids should be blotted or wiped to absorb with an appropriate disposable agent or material. The disposable item used should be placed in a plastic bag to be discarded. Carpeted



or upholstered furniture or areas may need to be steam cleaned at 158 degrees for at least five minutes or at 212 degrees for one minute. Contaminated cloth toys or linens may be washed with water temperatures of 140-160 degrees and then completely dried on the highest dryer setting. Severely contaminated cloth toys or linens should be discarded in a plastic bag. Preventive Medicine should be consulted for instances of porous surface blood and body fluid contamination to ensure appropriate disinfecting procedures are conducted.

The following steps correlate to non-porous (hard) contaminated surfaces (diaper changing tables, table tops, high chairs, non-cloth toys, non-carpeted flooring).

1. Identify the bleach concentration, either 8.25 percent or 5.25-6.00 percent sodium hypochlorite commercial bleach products. Use unscented, liquid-type bleach. The use of splash-less or gel bleach products is not recommended.

2. Clean the surface with soap and water. Surfaces should be cleaned to remove any visible de-

bris, dirt and other contamination before using the appropriate bleach solution.

3. Choose the right bleach solution mixture. Bleach solutions, except for blood and body fluid disinfection preparations, should be made fresh daily for sanitizing and disinfecting. Blood and body fluid disinfecting solution should be made on an as needed basis. Bleach should be added to cool water and not mixed with any other cleaning products.

4. Sanitize, disinfect or conduct blood and body fluid disinfecting procedures by wetting the entire surface, allowing the solution to remain on the surface for at least two minutes, and then dry with a disposable paper towel or allowing to air dry as directed. Food contact surfaces must be air dried only.

Generally solutions should be used in accordance with prescribed established guidance for child-care provider use. For a table of general bleach product to water mixtures and use guidance, visit <https://phc.amedd.army.mil/topics/healthyliving>.

Runners

Continued from page 13

and warm, this is a good time to gently perform some stretches.

Hold your stretches for about 30 seconds each. You should feel gentle tension while stretching, no need to push through anything stronger.

After you have finished your run, make sure to eat and drink for recovery. Plan to have a snack of about 250 calories containing carbohydrates and protein within 30 minutes after finishing your run. It's important to replenish your glycogen stores. Low fat chocolate milk is always a good choice as it has protein and carbohy-

drates. If your muscles are sore, then a hot bath might also help.

- **Clothing.** Plan the right clothing by thinking ahead. Having the right running shoes is a must. Ideally your shoes should be worn in for a couple of months before the race. Practice wearing the right amount of clothes during training. Many runners heat up more when racing and will wear less clothing on race day. It also depends on the weather conditions, so check the weather forecast before training and on race day.



JOIN US FOR VBS at Cooper Baptist Church

What: Vacation Bible School - IN THE WILD

Where: Cooper Baptist Church - 853 Cooper Church Rd

When: July 21st 12PM - 1:30PM VBS KICK OFF Join us for lots of fun.

July 24th - July 28th (Wed. - Sat. 6 - 8:30 PM, Sun. 9:30 Am - 1:00 PM)

Who: EVERYONE - We have classes 4 year old to adults.

Why: We would love for you and your family to join us for VBS this Summer.

We will be providing dinner nightly, Wed. - Sat.

Light snacks will be provided on Sunday following Family Day worship.

Contact us if you have any questions:

337-537-3735 | CooperBaptistChurch@yahoo.com

CooperBaptist.org



Cooper Baptist Church
A Lighthouse to the Community



Lagniappe

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://cf-malakecharles.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. Sample dishes from local chefs, each preparing a unique seafood dish representative of their cuisine's styles. For more information visit 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.

State parks

Mansfield State Historic Site

Mansfield State Historic Site, 15149 La. Hwy 175, three miles south of Mansfield, offers two events in July for the historically minded:

• Saturday, 2 p.m., "Civil War Medicine," paints a candid picture of what it was like to be treated by



Army doctors during the Civil War. Period equipment will be on display.

• July 20, 10 a.m.-4 p.m. and July 21, 10 a.m.-2 p.m., period Civil War encampment complete with authentically uniformed Soldiers and equipment. The program is conducted by members of the Trans-Mississippi Hell Cats reenactment group who portray Civil War Soldiers in an authentic wartime camp setting.

Admission to the historic site is \$4 per person ages 4-61; seniors 62 and older and children 3 and under are admitted free. Call (318) 872-1474 or (888) 677-6267 for more information.

Miscellaneous

• Summer pops

The Lake Charles Symphony opens its 62nd season with Sum-

mer 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, Saturday 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.

Clubs/groups

• 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.

LUNG CANCER? Call Now !

Asbestos exposure at refineries, shipyards, chemical plants, power plants, pipelines, on ships, offshore rigs, or other maritime jobs, industrial, construction, manufacturing jobs, or the military may be the cause. Family in the home were also exposed. Throat, Stomach, and Colon cancers may also be asbestos related.

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EXCAVATOR OPERATOR & MANUAL LABOR Temporary Job Opportunity. Excavator Operator and Manual labor personnel needed for 1-2 weeks worth of work, starting July 10th, 2019. Must be able to get on base at Fort Polk. For more info. email agleeson@blacksp.com.

FOR SALE

1995 CHEVY SILVERADO, Runs Good, Motor Does Smoke But Is A Dependable Vehicle. Extend Cab. Interior And Tires In Very Good Condition. \$1600.00. Text 337-397-6606

MOSSBERG 500A 12 Gauge Pump Camo Turkey Gun \$200.00. Text 337-397-6606

CVA POTIMA 50 CALIBER Black Powder With All Accessories \$200.00. Text 337-397-6606

FOR SALE: TWO 28-FOOT ALUMINUM PONTOONS, connected with partial cover. Pontoons sit on 28-foot trailer, \$6,000. Call 318-352-3618.

REAL ESTATE

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

FOR LEASE IN DERIDDER'S GREEN ACRE SUBDIVISION. Move-In Ready! Beautiful 4 BR, 2 Bath, 2 car garage, extra large living and dining areas, kitchen, den and patio with fenced backyard. Call 318-717-5057.

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Fort Polk Guardian

www.thefortpolkguardian.com

Tradin' Post Ads

Published for the community of Fort Polk, La.

Deadline For All Classified Ads Is Noon Tuesday

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

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HUGHESNET SATELLITE INTERNET - 25MBPS STARTING AT \$49.99/MONTH! Get More Data FREE Off-Peak Data. FAST download speeds. Wi-Fi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-844-253-8788 (LA-SCAN)

SPECTRUM TRIPLE PLAY! TV, Internet & Voice for \$99.97/mo. Fastest Internet. 100 MB per second speed. Free Primetime on Demand. Unlimited Voice. NO CONTRACTS. Call 1-844-669-6795 or visit <http://tripleplaytoday.com/la> (LA-SCAN)

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MBPS PLANS STARTING AT \$30/MONTH. Our Fastest Speeds (up to 50 Mbps) & Unlimited Data Plans Start at \$100/month. Call Viasat today! 1-855-801-0860 (LA-SCAN)

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* Only single soldiers living in barracks may list numbers with 531 prefixes.

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Category: ☐ Household Appliances ☐ Furniture ☐ Sporting goods ☐ TV/Radio/Stereo
☐ Motor Vehicles ☐ Computers ☐ Pets ☐ Garage Sales ☐ Real Estate ☐ Misc.

Advertisement: In 25 words or less (one word per block) give description, price, telephone number and other pertinent information. For garage sales, list time, date and location.

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HELP WANTED

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1995 CHEVY SILVER-ADO, Runs Good, Motor Does Smoke But Is A Dependable Vehicle. Extend Cab. Interior And Tires In Very Good Condition. \$1600.00. Text 337-397-6606

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