



# FORGING THE

# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

Vol. 46, No. 30

Home of Heroes @ Fort Polk, LA

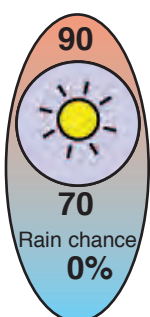
July 26, 2019



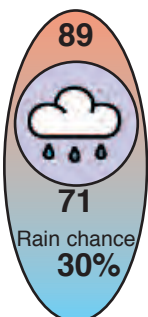
### 82nd Abn tackles JRTC

Soldiers assigned to 2nd Battalion, 501st Parachute Infantry Regiment, 1st Brigade Combat Team, 82nd Airborne Division participated July 20 during Rotation 19-08.5 at the Joint Readiness Training Center. For more photos see page 6 of today's Guardian.

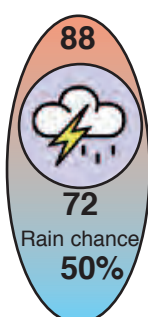
### Weekend weather



Today



Saturday



Sunday

### Inside the Guardian

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## In our view

Guardian staff asked Fort Polk community members, "Why is physical fitness important to you?" Here are their responses:



**Stormie Tip-pit:** "Fitness is a lifestyle you create to be all your own — you get out of it what you put into it, which results in a healthier and longer life."



**Mark Tucker:** "It's important for longevity. I enjoy working out because it keeps me young."



**Lynnette Plevris:** "I like the way it makes me look and feel, it gives me more energy and it's a stress reliever."



**Uyi Smalls:** "It's good for all around health — you keep yourself fit so you can live longer."



**Justin Stromberg:** "I used to be super skinny but now I am fit and healthy because I work out. Fitness is also a good stress reliever."



**Austin Baraki:** "I am a doctor and take care of people who are sick and frail and I think the keys to successful aging are nutrition, physical fitness and strength training."



**Austin Baker:** "It's important to pass my Army Physical Fitness Test and I want to look and feel good."



## Guardian

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## Briefs

### Pavement marking

Pavement marking on Fourth Street from Georgia to Mississippi avenues, and on Mississippi Avenue from Third Street to Louisiana Avenue is ongoing. Motorists should expect possible closures, detours, delays and flagging operations. Please exercise caution and obey the instructions of onsite crews.

### DFAC closure

The Patriot Inn Dining Facility is closed Wednesday through Aug. 4. It will reopen Aug. 5 at 7:30 a.m. During the closure, the Guardian Inn, bldg 2382, will operate as the post dining facility, serving scheduled meals of breakfast, lunch and dinner from Wednesday through Aug. 2, and brunch and supper meals Aug. 3-4.

### Special Ops brief

A Special Operations briefing is held Wednesday at 10 a.m. and 1 p.m. and Thursday at 10 a.m. in the Fort Polk Education Center, Colorado Avenue, room 101. There will also be an Army Physical Fitness Test July 30 at 7 a.m. on Honor Field. For more information call Staff Sgt. Renaldo Eugene at (706) 464-6154.

### Benefits briefing

A Social Security Benefits briefing is scheduled Aug. 19 from 9-10:30 a.m. at Bayou Theater, 7830 Mississippi Ave. A Social Security Administration employee will discuss program benefits, disability, benefits calculations, eligibility, Medicare and special veterans benefits. Call 531-1799 for more information.

### Organization day

Bayne-Jones Army Community Hospital holds its annual organization day today. Clinics, pharmacy, lab and radiology will close at 11 a.m. The emergency room and inpatient services remain open. The dining facility will open for breakfast only from 6:30-9 a.m. If entering BJACH after 11 a.m., use Entrance A.

### GI Bill extension

The Office of the Undersecretary of Defense has issued an extension to the deadline date on the limits of transferability of education benefits for service members with greater than 16 years of service until Jan. 12. Official guidance from Human Resource Command is pending and will be distributed when received. Should Soldiers have questions, they can contact their retention officer.



*The first two responders on the scene begin sweeping the school for the active shooter during an exercise held July 18 at North Polk Elementary School.*

JEAN DUBIEL / GUARDIAN

## Active shooter exercise sharpens DES response

By JEAN DUBIEL

Guardian staff writer

FORT POLK, La. — “Exercise, exercise, exercise: Active shooter reported at North Polk Elementary School” blasted over the radios July 18, alerting members of Fort Polk’s Directorate of Emergency Services that it was go time. Military police, investigators, firemen and emergency medical technicians reported they were en route.

The first responders to the scene were two military police patrolmen. They found several casualties scattered along the corridors of the school as they began their search for the shooter. Neutralizing the threat was their first priority, so they had to ignore the many cries for help, the screams of pain and fear reverberating through the brightly colored halls of the elementary school.

The exercise was not only a test of procedures and standards — it was a reminder of why these incidents are called “tragedies,” and that hard choices have to be made when your duty is to protect and serve. So they stepped over the wounded, assuring those that were conscious that help was coming, and continued their search for the shooter. Once they found him, the patrolmen handcuffed him and began moving the wounded outside.

As with any exercise, refinement is often needed to create a deeper understanding of the task at hand. This exercise was reset after the initial response, and once everyone was back at their starting positions, the call went out over the radios again.

“We reset the exercise because law enforce-

ment was not working correctly with the fire department and emergency medical services,” said Fort Polk DES Chief of Police Bobby Lungrin, who has been in law enforcement for 35 years. Lungrin was an exercise evaluator for the event. He said conducting training with fire and EMS personnel was essential for an effective response.

“The patrols were moving casualties outside before any medical teams were there to treat them. Law enforcement officers are not subject matter experts on casualty management and control — that’s for the fire and EMS guys to handle. Also, the patrols didn’t park their vehicles correctly. They made it nearly impossible to start evacuating the casualties,” he said. “We decided to stop and reset. Missing the mark on these two basic points illustrates why we have to do periodic training and rehearsal.”

Deputy Fire Chief Craig Wilgus, a former installation evaluator for Installation Management Command, also served as an evaluator.

“We practice a lot and know our roles, but (these exercises help us) refine those practices to turn us into an effective unit — fire and police officers working together — for the betterment of the team,” he said.

After the reset, interagency communication and response were improved. The patrolmen first neutralized the shooter, communicated with incident command that it was now safe for medical teams to enter, then began moving people to one location inside the building.

“Once they placed all the victims in one hallway, we came up with a grab and go procedure: Send the triage (team) in, then the rescue teams

Please see **DES**, page 5



## Esper confirmed as new defense secretary

By JOE GOULD and LEO SHANE III

Army News Service

WASHINGTON — The Senate on July 23 overwhelmingly approved Mark Esper to be the country's 27th defense secretary, ending a wait of more than 200 days for a permanent Pentagon leader.

Esper's relatively drama-free confirmation vote — 90-8 — stood in contrast to the seven months of uncertainty in the highest levels of the military's leadership.

After former Defense Secretary Jim Mattis was forced out of his post early on the first day of 2019, acting Defense Secretary Patrick Shanahan helmed the department until he suddenly withdrew from consideration for the full-time job in June amid reports of domestic violence among his family members.

Esper, who until then had served as Army secretary since late 2017, bounced between that job and the acting defense secretary job over the last five weeks.

Lawmakers and military officials expressed concerns over the temporary, unclear leadership in recent months, especially as other top military posts were vacated.

The July 23 vote ends the longest period the Defense Department has gone without a permanent, confirmed leader since it became a Cabinet-level agency.

Senate Majority Leader Mitch McConnell, R-Ky., said ahead of the vote that Esper is "beyond qualified" for the top military job.

"His record of public service is beyond impressive," McConnell said. "His commitment to serving our service members is beyond obvious. And the need for a Senate-confirmed secretary of defense is beyond urgent."

Senate Armed Services Committee Chairman Jim Inhofe, R-Okla., offered similar praise.

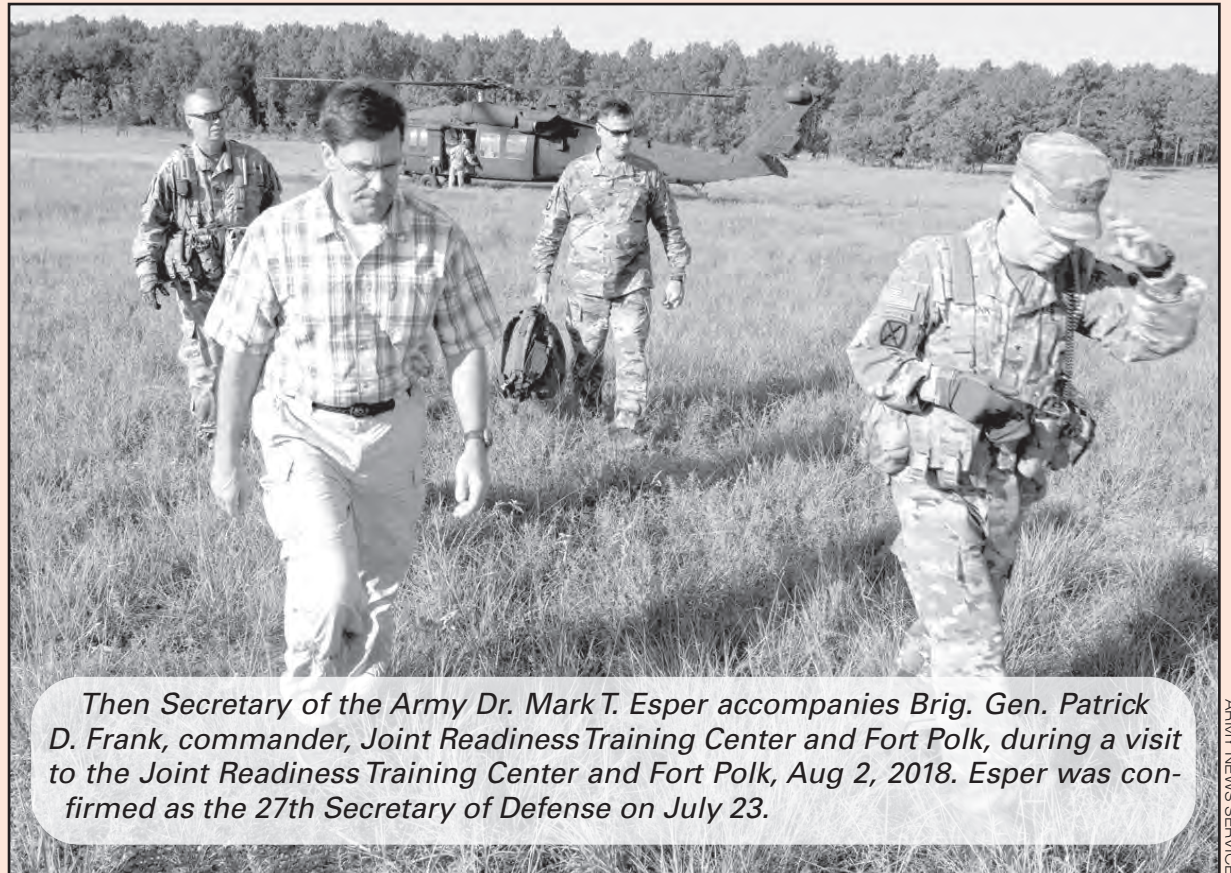
"It's not very often we have someone who is enthusiastically supported by Republicans and Democrats, and is obviously the right person," he said. "He has the trust of our president, our military, Congress and the country to keep our nation safe."

The only sharp opposition to Esper's nomination came from Massachusetts Democratic Sen. Elizabeth Warren, a Senate Armed Services Committee member and 2020 presidential hopeful, who grilled Esper over his ties to his former employer, Raytheon.

But since President Donald Trump announced Esper's nomination last month, Democrats and Republicans have mostly offered effusive praise for Esper as the right candidate for the job.

At Esper's confirmation hearing last week, Sen. Tim Kaine, D-Va., lauded Esper for hosting him and Sen. Mark Warner, D-Va., for an unvarnished look at problematic Army housing in Virginia.

"That willingness to show personal accountability was impressive," Kaine said. "He's been proactive and he's been transparent. ... And I



*Then Secretary of the Army Dr. Mark T. Esper accompanies Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, during a visit to the Joint Readiness Training Center and Fort Polk, Aug 2, 2018. Esper was confirmed as the 27th Secretary of Defense on July 23.*

ARMY NEWS SERVICE

think those are trademarks of exceptional leadership."

### Work ahead

Esper, a West Point graduate and former Army lieutenant colonel, was vice president of government relations for Raytheon — the third-largest defense contractor in the United States — for seven years before becoming Army secretary. His most notable work leading the Army included a shake-up of the service's acquisitions portfolio.

**"He (Esper) has the trust of our president, our military, Congress and the country to keep our nation safe."**

**Sen. JIM INHOFE**  
Chairman, Senate Armed Services Committee

He inherits a military charged with following the National Defense Strategy's focus on competition with Russia and China but still grappling with Iran tensions, politically charged troop deployments on America's southern border and pressure from Trump to exit Afghanistan.

The American Enterprise Institute's Rick Berger said the leadership vacuum after Mattis has left the Pentagon "adrift." Esper would be wise to reset relationships with Capitol Hill and the press, who have both grumbled at a

lack of engagement, he added.

"The department has never been more timid about telling its story to the public or to Capitol Hill, a legacy of Secretary Mattis and his caretaker successor," Berger said.

Loren DeJong Schulman, a deputy director at the Center for a New American Security, said Esper's priorities will be to fill the department's widespread leadership vacancies, dig into the fiscal 2021 budget process and assert himself in decisions regarding tension with Iran.

"In doing so, he has the opportunity to reorient some troubling trends in the Pentagon, such as the growing absence of transparency with the press, Hill and American people, and the dominance of the Joint Staff in what should be political-military policy debates," she said.

"Esper is also fighting a White House policy process driven by presidential tweet and instinct, without a responsible deliberate process. Like Mattis, Esper can insist on better cross-agency deliberation to develop policy ideas that support the president's objectives."

Senators will move onto the next Pentagon leadership vacancy when they hold a confirmation hearing for David Norquist to be deputy secretary of defense. Trump has already nominated Ryan McCarthy to replace Esper as secretary of the Army.

Lawmakers are also pressing Trump to move quickly on naming candidates for other key Pentagon leadership vacancies, including a new Air Force secretary, a new Defense Department comptroller (Norquist's current job), and a new undersecretary for personnel and readiness.

# 'Stop the Bleed' campaign brings battlefield lessons to civilians

## HEALTH.MIL

WASHINGTON — A public health campaign called Stop the Bleed builds on lifesaving lessons from military battlefields. The goal is to train Americans of all ages how to successfully respond to bleeding emergencies in traumas from accidents and intentional violence.

"Stop the Bleed is a fantastic way for people to address extremity hemorrhage," said Dr. Craig Goolsby, a former Air Force emergency physician who served two combat tours in Iraq.

Goolsby is vice chair of education in the Department of Military and Emergency Medicine at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. He's also science director of USU's National Center for Disaster Medicine and Public Health. The center is a collaboration of the Departments of Defense, Health and Human Services, Homeland Security, Transportation and Veterans Affairs.

"We know that trauma is the leading cause of death for people ages 1 to 44," Goolsby said, citing statistics from the Centers for Disease Control and Prevention. While CPR training teaches bystanders how to respond when someone stops breathing, "We didn't have anything before Stop the Bleed to teach people what to do for hemorrhaging."

Death from blood loss can occur in as little as five minutes, health care experts say.

The centerpiece of Stop the Bleed is the tourniquet. It's an old-school tool that was revived and championed by Dr. Frank Butler. The now-retired Navy ophthalmologist led the Navy Special Warfare Biomedical Research Program from 1990 to 2004. Battlefield trauma care was part of this program.

The U.S. military used tourniquets during World War II, but they were poorly designed and often didn't work, Butler said. After the war, tourniquet use in both the military and civilian sectors ended.

"In fact, medics were taught not to use tourniquets," Butler said.

However, Butler read two research papers that noted the No. 1 cause of preventable death in the Vietnam War was extremity hemorrhage.

"An estimated 3,400 American lives were lost from failure to apply tourniquets to arm and leg wounds," Butler said.

His research, and subsequent recommendations from a joint study by special operations medical providers and USU, led to the development of a new approach to battlefield trauma care. Tactical Combat Casualty Care, or TCCC, emphasizes that all personnel in the combat zone should be trained to control external hemorrhage with tourniquets.

"Once an intervention has proven to save lives in combat, you immediately start thinking, could this intervention save lives in the civilian sector as well?" Butler asked. He was in the group of physicians, military leaders and law enforcement officials called the Hartford Consensus. They came together after the shootings at Sandy Hook Elementary School in Connecticut, in December 2012.

The Hartford Consensus advocated for teaching the public how to respond to bleeding emergencies. Their efforts were followed by a White House task force that developed the Stop the Bleed program. It launched in October 2015.

Clint Bond, an Army veteran, is the external and emergency communications director for the Fort Worth Independent School District in Texas. He took the Stop the Bleed course when it was offered by a local health care organization. That organization and a local hospital donated Stop the Bleed kits to Fort Worth schools, Bond said. The kits include tourniquets, bleeding control and compression bandages and protective gloves.

At Bond's urging, all 125 nurses in the Fort Worth school district have received Stop the Bleed training. The nurses, in turn, will train teachers and interested parents.

"Many of these school shooters are using weapons that I'm familiar with from my military days, and

they create terrible wounds," Bond said. "We need to be prepared so that if something happens, we're the cavalry, and we'll know what to do until medical help arrives."

However, Goolsby notes, Stop the Bleed's value extends beyond intentional harmful acts. In Massachusetts, first responders have pre-positioned Stop the Bleed kits on remote beaches to aid victims of shark attacks. In Georgia, a school nurse armed with Stop the Bleed training and supplies provided life-saving aid to a fourth-grader who severed an artery in her arm after falling on the school playground.

Through a grant from the Federal Emergency Management Agency, Goolsby is working with the Red Cross to develop a trauma first-aid course for high school students that includes CPR-like certification. It's expected to roll out in 2021.

In what may be thought of as a full-circle moment, Stop the Bleed has led to a Department of Defense-mandated course for service members in non-combatant roles to learn some critical TCCC skills including external hemorrhage control. Tactical Combat Casualty Care for All Service Members, or TCCC-ASM, launched in May.

More information about Stop the Bleed can be found at the Department of Homeland Security, [www.dhs.gov/stopthebleed](http://www.dhs.gov/stopthebleed), and USU's Stop the Bleed page, <https://stopthebleed.usuhs.edu/>.

## DES

Continued from page 3

follow and start pulling each victim out," said Wilgus.

DES Fire Chief Bill Nowlin said some of the lessons learned from this exercise have resulted in improved radio communications, an enhanced communication plan and the discovery of a more efficient way to remove victims.

"We revised our incident command checklist to match what we were doing out in the field," he said. "By working hand-in-hand with the police, it helps us streamline our procedures so that we can match ours to theirs and work together as one well-oiled unit instead of two separate entities."

Tommy Bolton, DES training officer, is credited with writing parts of the Army's active shooter response plan. He also served as an evaluator for the exercise. He said the purpose of conducting these exercises boils down to saving lives.

"The more we practice these events, the better we become. It is an ever-changing situation out there, and as tactics change we have to evolve to keep up, and to do that we have to train," he said. "Fort Polk is very proactive. Our personnel are some of the best trained on the road today. The level of care that our police and fire provide is second to none."

Lungrin said the skills involved in this kind of response are subject to atrophy, and as new methods come to light, training has to adjust.



*Casualties are moved out of the building and gathered for treatment during an active shooter exercise held at North Polk Elementary School July 18.*

"The tactics and techniques used in these events are ever-evolving," he said. "If you trained on them two or three years ago, you will find that quite a bit has changed. As we change our tactics, so do the attackers. When an agency responds to an attack like this, there are many

lessons learned which are then shared with other law enforcement agencies across the nation. From those we try to build plans and tactics to incorporate those lessons and build best practices."

While the primary purpose of the exercise was to enhance proficiency, it also served as an opportunity to grow leaders.

"We are putting people in incident command roles who have not done it before," said Nowlin. "That way they'll know what to do if they are the ones here at zero-dark-thirty and no one (more senior) is here to help them."

Lungrin agreed.

"We stepped back (from leading the incident) to train some of our subordinate leaders so that they could run with an incident in our absence. This creates a depth of training and allows junior leaders to gain training experience to manage these kinds of events," he said.

"We want to get better and better at what we do," said Nowlin. "Repetition is the key to muscle memory. We practice so much and work closely together, I think we are leaps and bounds above other installations. We treat the training not as a precursor to 'if' something happens, but rather 'when' it happens. We align our priorities to those of the senior commander, ensuring we are ready to support the mission when we are called upon."



# 'All Americans' of 82nd Airborne Division train at JRTC

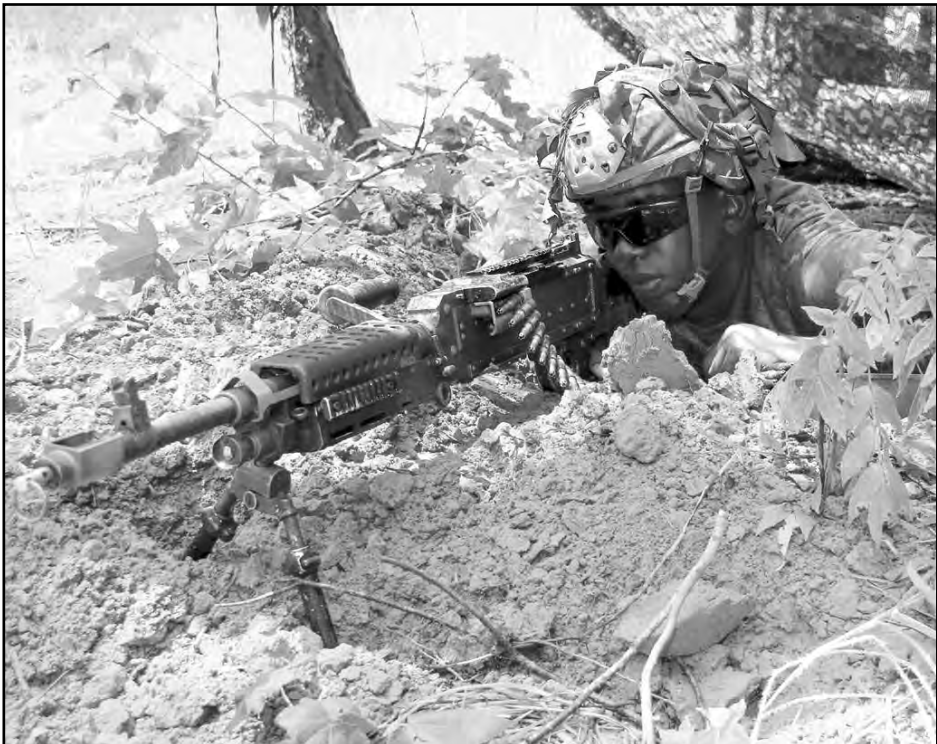
GUARDIAN STAFF

FORT POLK, La. — Soldiers of the 1st Brigade Combat Team, 82nd Airborne Division are going through their crucible training at the Joint Readiness Training Center for Rotation 19-08.5. See page 7 for more photos.



# All Americans

Continued from page 6



OPERATIONS GROUP





# In first year, Futures Command grows from 12 to 24,000 personnel

By SEAN KIMMONS

Army News Service

WASHINGTON — From what began as a dozen people whom Army leaders said formed a “beachhead” in downtown Austin, Texas, the Army Futures Command has considerably grown in the past year to more than 24,000 around the world.

The command, which was created to oversee the Army’s modernization efforts, now has Soldiers and civilians located in 25 states and 15 countries.

It is set to achieve full-operational capability Wednesday, capping off the Army’s largest reorganization effort in more than 40 years.

“Growing from that original 12, I like to describe it as a startup trying to manage a merger as we assume command of subordinate organizations,” said Gen. John Murray, the AFC commander.

In a media briefing at the Pentagon July 18 along with Bruce Jette, the Army’s acquisition chief, Murray credited the “incredible feat” to the hard work of his staff, Army leaders including Jette, as well as lawmakers.

“This work would not have been possible without the support of Congress,” he said. “Consistent, on-time funding will be critical to our efforts going forward.”

Jette, the assistant secretary of the Army for acquisition, logistics and technology, highlighted the command’s eight cross-functional teams that have allowed Soldiers to team with acquisition and science and technology experts at the start of projects.

The teams tackle six modernization priorities: Long-range precision fires, next-generation combat vehicle, future vertical lift, network, air and missile defense, and Soldier lethality — all of which have been allocated \$30 billion over the next five years.

“We are focused on continuously modernizing the Army through the development and timely delivery of overmatch capability to the Soldier,” Jette said.

Without proper funding due to a possible continuing resolution, Murray said at least six procurement programs could face delays, including robotic combat vehicles and new navigation equipment.

“A CR would absolutely degrade our competitive advantage,” he said.

## Blank canvas

With no previous history or operating procedures to start with, Murray said the Army’s newest major command had to be built using a blank canvas.

Early on, the command created the CFTs to handle the most essential modernization needs.

The Army Capabilities Integration Center then transitioned over to be the command’s Futures and Concepts Center, which is developing the multi-domain operations concept.

“That continues to mature and we will turn that into doctrine at some point in the future,” Murray said.

The Research, Development and Engineering Command then realigned to become its Combat Capabilities Development Command.

“They are tasked with not only finding, but



Sgt. BRANDON BANZHAF/ARMY NEWS SERVICE

Command Sgt. Maj. Michael Crosby, left, Army Futures Command’s senior enlisted leader, participates in the command’s activation ceremony in Austin, Texas, Aug. 24, 2018, along with Gen. Mark Milley, chief of staff of the Army; former Army Secretary Mark Esper; and its commander, Gen. John Murray. Murray and Bruce Jette, the assistant secretary of the Army for acquisition, logistics and technology, held a Pentagon media briefing July 18, to provide an update on the command and modernization efforts. Esper was confirmed July 23 as the 27th Defense Secretary.

building the technologies to ensure future victories,” he said.

Research elements at the Army Medical Research and Materiel Command have realigned, too.

## Finding innovation

AFC has also forged closer bonds with industry and academia. Near its headquarters, the University of Texas, for instance, is creating a robotics institute to help the command develop technology for autonomous breaching missions as well as improving battery and energy storage.

**“We are focused on continuously modernizing the Army through the development and timely delivery of overmatch capability to the Soldier.”**

**BRUCE JETTE**  
Army acquisition chief

In May, the general observed an early demonstration of robotic combat vehicles breaching through obstacles at Yakima Training Area in Washington.

“It was done poorly,” he said. “But the fact that there was not a single Soldier in any of the

vehicles was pretty key.”

He was also amazed of how quickly Soldiers figured out how to operate the vehicles, which were driven using video game controllers.

In the coming years, he said he expects Texas A&M University to also complete a Soldier development center that will pair Soldiers with engineering students and faculty to solve problems on the battlefield.

A few blocks from the command’s headquarters, the Army Applications Laboratory has set up shop inside Capital Factory, a hub for startups, to help innovators navigate the Army’s acquisition process.

The command is also forming another team inside its headquarters to better engage with small businesses.

“We’re focused on making sure that we take advantage of the opportunities that small businesses offer,” he said.

In the near future, the general hopes to host a networking event that brings small businesses and the larger defense companies together to ensure their ideas come to fruition.

“The one thing I worry about with small businesses is their ability to scale,” he said. “There are lots of ways they can scale; one of the ways is working with a defense prime.”

The Army Office of Small Business Programs at the Pentagon, Jette noted, will also continue to complement what the AFC headquarters is doing from Texas.

“It’s critically important,” he said.

“A lot of innovation comes from small business.”



## Briefs

### Commissary closure

The Fort Polk commissary is closed Aug. 11 and 12 for formal inventory. The commissary will reopen Aug. 13 at 9 a.m.

### PX lighting

Additional lighting poles will be installed at the crosswalks south of the Main Post Exchange to increase pedestrian visibility 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 and remain aware of equipment movement.

### Intramural sports

Fort Polk Intramural Sports hosts a dodgeball tournament Tuesday at 6 p.m. at Warrior Fitness Center. Teams may consist of up to eight players. For information call 531-2056. Open to active duty, Family members, retirees and Department of Defense civilians 18 and over.

### Youth sports

Fort Polk Child and Youth Services Youth Sports is accepting applications for tackle football, cheerleading and fall soccer through Aug. 15. Specifics for each activity are:

- Tackle football — ages 7-15, parent meeting and skills assessment Aug. 7 or 9, 6 p.m., cost is \$75, season runs Sept. 14-Nov. 2.
- Tackle football cheerleading — ages 7-15, parent meeting and skills assessment Aug. 7 or 9, 6 p.m., cost is \$50, season runs Sept. 14-Nov. 2.
- Fall soccer — ages 5-18, parent meeting and skills assessment, Aug. 6 or 8, 6 p.m., cost is \$55, season runs Sept. 14-Oct. 26.
- Fall pee wee soccer — ages 3-4, parent meeting and skills assessment Aug. 6 or 8, 5:30 p.m., cost is \$25, season runs Sept. 14-Oct. 26.

A current physical must be on file at Youth Sports for the duration of the sports season. Coaches are always needed. To volunteer call 531-6004 or stop by Youth Sports, bldg 400, 6880 Radio Road. Call 531-1955 for more information.

### Movie night

Enjoy "Mary Poppins Returns" at the next Fort Polk movie night, Saturday, 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.

Please see **Briefs**, page 13



Lee Coriell, North Polk Elementary School principal, (center) gets down on the level of his students to talk to them at Cafeteria Conversations held at Parkway Elementary School Aug. 2, 2018. NPE was just one of the Vernon Parish Schools that lined the hall prepared to answer any questions parents and students had before the start of a new school year. This year's event is slated for Thursday.

## Cafeteria Conversation set for Thursday

### GUARDIAN STAFF

FORT POLK, La. — The annual Back to School Cafeteria Conversation and Resource Fair is held Thursday 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.

Last year more than 975 parents, children and educators from the Vernon Parish community gathered for the event, held as part of the Education Initiative, a partnership between Fort Polk, Fort Polk Progress and the Vernon Parish School District to provide quality education for military and civilian children. Every school in the district was represented.

Principals and counselors will have booths set up for their schools so parents and students can meet them and gather information for the upcoming school year.

In addition to the cafeteria conversation event, Operation Home Front's Back to School Brigade will offer eligible Families free school supplies, 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).

For more information about the Back to School Cafeteria Conversation and Resource Fair call 531-1617.



A dietitian from Bayne-Jones Army Community Hospital speaks with parents and children about nutritious snacks during last year's Cafeteria Conversations.



# Elite gaming: Army engages youth in esports

By **DEVON L. SUITS**

Army News Service

FORT KNOX, Ky. — A loud cadence of gunfire echoed throughout the compound as the enemy-attacking force — a team of five operators — breached the second floor.

Unfazed by the commotion overhead, Sgt. David Blose maintained his composure as he crouched in a corner to hold his defensive position. Any “noob” or rookie, would have charged upstairs to engage the enemy — but not Blose.

Blose’s team was down two teammates as the enemy moved downstairs. It didn’t take long for one to cut across Blose’s line of sight. With a simple flick of his wrist, he clicked the trigger on his submachine gun and eliminated the adversary with deadly accuracy.

Now exposed, Blose moved to cover in the adjoining room as the enemy force ran toward him with guns blazing. Blose fought back and dispatched each enemy in rapid succession.

The virtual compound fell silent as Blose, who goes by “Pumpkin.USAE” in the video game Rainbow Six Siege, waited for the final enemy to make a mistake. With the slightest flutter of movement at the end of Blose’s crosshairs, he opened fire.

“Orange Team: Round 3 Won — Enemies Eliminated,” read Blose’s monitor, followed by several cheers from his teammates through the Discord voice-chat application. Blose had just “aced” the enemy team by successfully eliminating all five enemy operators.

As a representative of the Army Esports Team, Blose maintains his competitive edge with every game of Rainbow Six Siege, or “Siege” for short. Further, Blose does this all while maintaining his Army career.

“I never thought I would play video games for the Army,” Blose said. “It is every (gamer’s) dream.”

## Army esports

The esports program is an Army Recruiting Command outreach effort created to connect the Army and American population through a shared passion for gaming, said Sgt. 1st Class Christopher Jones, the non-commissioned officer in charge of the program.

“Gaming as a medium has been growing consistently,” Jones said.

“Soldiers have grown up as gamers long before they joined the Army. We’re putting a light on the gaming community itself, showing that it’s not just a specific kind of person that plays video games. Everybody can enjoy this medium together, and it is a great way to grow the community at large.”

One side of the program targets the competitive gaming circuit for games like Counter-Strike: Global Offensive, Overwatch, League of Legends and Siege.

More than 6,500 Soldiers applied to be part of the Army’s esports program shortly after it launched in September 2018. The esports team is slated to announce the final team roster in October.

Soldiers who are identified as the most competitive in select gaming titles will be reassigned to Fort Knox for a three-year tour, Jones said. While at Knox, competitors will spend most of their time practicing with their teammates to maintain their competitive edge, he added. Teams will then use their skills to represent the Army at regional or national tournaments, or at other gaming exhibitions and conventions.

## Army life

Blose currently serves as an aviation power plant repairer and squad leader with the 82nd Combat Aviation Brigade at Fort Bragg, North Carolina. He will move to Fort Knox in the coming months.

“As an aviation power plant repairer, I am responsible for the maintenance and repair of turbine engines used by any Army helicopter,” Blose said. “It’s a tedious task, but it is also strenuous and stressful. People’s lives are in our hands, and if we don’t do certain things correctly, it could cause an aircraft to crash.”

Growing up as an Army dependent, Blose said he often played video games with his father and brother.

“My father was big into computers and video editing, so we got to play a lot of different games,” he said. “It made us closer as a family. My mom wasn’t all into it, but she didn’t mind us (bonding) over video games. While living in Turkey, I was introduced to the game ‘Counter Strike.’ My brother and I would wander into the city and go to multiple internet cafes to play the locals. That was my first introduction to competitive first-person shooters.”

Until he relocates to Fort Knox, Blose constantly has to balance his Soldier and esports responsibilities. Every morning, Blose is up for physical training. He then moves into a lengthy duty day troubleshooting, inspecting or maintaining helicopter engines, he said.

Once home, Blose spends his downtime relaxing or playing games with his wife as he waits for his West Coast teammates to log on. Once everyone is online, the team spends the next five hours rehearsing tactics and playing matches. If



*Sgt. David Blose competes online in Rainbow Six Siege as a representative of the Army Esports Team at the USA Skills Conference in Louisville, Kentucky, June 25, 2019.*

he is lucky, he goes to bed by midnight.

## Outreach

Interacting with the public is a core aspect of the esports program, Jones said. Esports representatives have participated in several events, to include their recent involvement at the Skills USA conference in Louisville, Kentucky.

Skills USA is a national-level competition for college and high school students in trade-based career fields. Some of these fields include welding, mechanic work, culinary arts and cosmetology, Blose said. In addition to the competition, students get a chance to interact with possible employers from their respected trades.

During the event, Blose had many opportunities to engage with the students, often sharing his experience as an aviation power plant repairer.

“There were a number of kids that came up (and asked) ‘How do you play games and do (your job) in the Army?’” Blose said.

“It was fun reaching out and sharing my stories with them.”

The competitive esports program is more than frags or wins. Soldiers participating in the program must be in good standing with the Army by maintaining their physical fitness standards, along with their career field-specific certifications, Jones said.

The team’s training schedule will be similar to a traditional sporting environment. At the same time, program officials will help monitor the training requirements for each Soldier to ensure they remain proficient and competitive in respected career fields, Jones added.

The Soldier mindset will be the key moving forward, Jones said. A

Soldier’s mental endurance and their ability to handle stressful situations will give them a competitive advantage against other esports organizations.

“A lot of the tactics we use in Siege, we learned through basic training, whether it be different battle drills, tactics, (or) call outs,” Blose said. “If we have a bad match, we’re able to bounce back and adapt to the other team’s tactics.”

## Discord

In addition to the competitive team, program officials are driven to bring the Army’s gaming community together through Discord, live streams, gaming videos and social media.

There are about 8,000 gamers already connected through the Army’s Discord server, which includes representatives from the active duty, Guard and Reserve, Family members and veterans, Jones said.

“The Discord server is a hub where Soldiers congregate for scrimmages, tournaments, and fun play,” Jones said. “It has channels for every game that’s being played, along with rooms to chat to find new people to play. This Discord is open to the public and is the first and only verified military Discord server.”

The Discord server also includes a section for Soldier support. Under this channel, gamers can speak to a recruiter to get more information about the Army. Further, Soldiers can ask questions about promotions, fitness or even talk to a career counselor.

“The Army esports program is engaging with the younger generation, and I feel this opportunity is important to help build Army of tomorrow,” Blose said.



600 years, 13 chapters, 1 strategic guide

# Sun Tzu offers timeless lessons in 'Art of War'

By Retired Lt. Col. MARK LESLIE

DPTMS chief, plans and operations

*"The art of war is of vital importance to the state. It is a matter of life and death, a road either to safety or to ruin. Hence under no circumstances can it be neglected."— Sun Tzu*

FORT POLK, La. — In my reviews I usually try to give a quick synopsis of the book and then I get to the message I think the CSA is trying to give us as the main lesson and reason he wants his leaders to invest time in it. I changed that up a bit this time with this review.

The reason I think the Chief wants us to read this book is articulated perfectly in the above quote from the book "The Art of War." I won't bother summarizing or restating it, but I will say, what we do is important for many reasons but none more so than the above.

I have had this book for years and referenced it throughout my career.

This book is often quoted by business leaders, military professionals, politicians, news analysts and is commonplace in movies.

The problem is quotes without context are like statistics: They can mean anything you want them to.

Reading the whole book is critical to understanding the quote, the lessons and where they apply. The copy I have on my shelf is dog eared, stained and well-travelled — but it is not the best or most reader friendly version.

There are literally hundreds of versions of this book, so I went to Allen Memorial Library to see which version they had. I am glad I did. The version by James Clavell (author of the bestseller Shogun) available there is probably the best and most reader friendly of them all. While I may not agree with some of the statements in his forward, his edits and writing style are spot on.

Many refer to this book as a strategic guide. My professional opinion on this tome is different. This book isn't going to tell you how to win — I don't think any book can — but the book can help train and guide the thought process of a leader to use all the tools

available and maximize how we think and approach the war fighting functions.

As we transition into Decisive Action here at the Joint Readiness Training Center and Fort Polk, it may not be a bad thing to take a look at what Sun Tzu had to say. He talks many things that we train and teach every day and even some that are making a resurgence, things like the lost arts of deception and reconnaissance.

The book is divided into 13 chapters; consider making it a checklist of "considerations" in everything you do, be it the military or business. It is almost like what we call "war fighting functions."

- Plans and Calculations
- Waging War
- The Plan of Attack
- Tactical Dispositions or Positioning
- Energy
- Weak and Strong Points
- Engaging and Maneuvering the Force
- Variations of Tactics
- Moving The Forces
- Terrain
- Battlegrounds
- Attacking with Fire
- The Use of Intelligence and Spies

There is some real insight in this book. Every time I read it, I find a new lesson.

I think it is a good tool to keep handy for when you do your Mission, Enemy, Terrain

(and weather), Troops, Time and Civilians considerations (METT-TC) analysis, whether it be in the training area during tactical training, Leader Training Program (LTP), weather response or even garrison business operations.

There is a reason this book has survived and been studied by leaders for more than 600 years. I think the Chief expects his leaders to be intellectual warriors.

While time has changed, much of this book still rings true and if nothing else, it makes you think.

Don't just google good quotes from the book — study, know and reference it. Our Soldiers and country deserve this level of intellect from the most respected profession in the country.

**"The Art of War"**

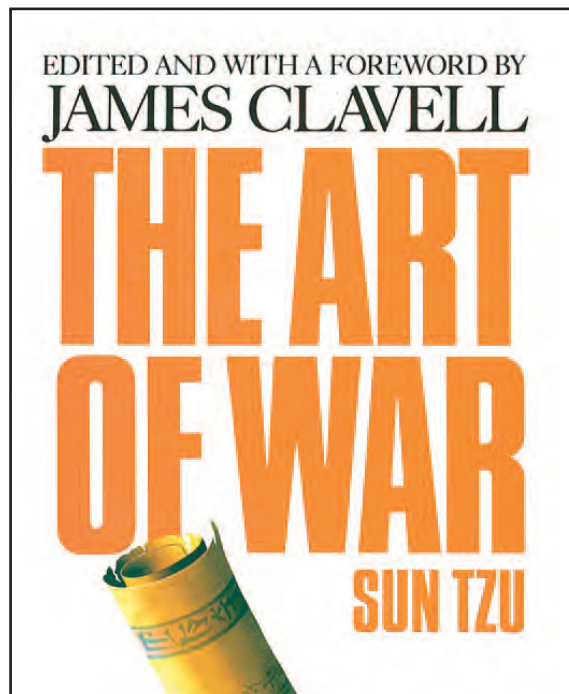
**Author: Sun Tzu (edited: James Clavell)**

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## Commentary





# 'Walking blood banks' fill gap for medical care in field environment

By EVE MEINHARDT

Army News Service

FORT BRAGG, N.C. — While carrying a ruck sack may sometimes feel like the equivalent of carrying a refrigerator on your back, a ruck sack is not able to provide a stable, temperature-controlled environment for lifesaving blood products that might be needed in remote or deployed environments.

The XVIII Airborne Corps and the Armed Services Blood Program are partnering to identify Soldiers with blood type O who have low levels of antibodies in their blood. These individuals have the ability to provide an immediate blood donation to an injured person of any blood type that needs a transfusion at or near the point of injury.

"We are taking individuals with type O blood, who are already considered universal donors for packed red blood cells, and testing the levels of antibodies in their blood," said Lt. Col. Melanie Sloan, director, Fort Bragg Blood Donor Center.

"Everyone has antibodies. They are naturally occurring and can attach themselves to transfused blood cells. The titer testing helps identify individuals with lower levels of these antibodies."

The Army is currently using the standard of 1 to 256 for the level of antibodies in the individuals identified as low titer O. When a person with blood type A or B needs blood and is receiving blood from a type O donor, the lower level of antibodies will make it easier for the body to accept the different blood type. Low titer O blood can be given to anyone in need, regardless of their blood type.

First Lt. Robert Blough, the physician assistant for the 82nd Airborne Division Artillery (DIVARTY) and a former Special Forces medical sergeant, arranged for Soldiers in his unit to get tested for low titer O and also helps with mobile training teams to teach others how to perform field blood transfusions. He said he is passionate about implementing this program across the force because he has seen first-hand how it can save a life.

**"We were doing this in 1918 during World War I. We were still doing whole blood transfusions in World War II up through the conflicts in Korea and Vietnam."**

**Lt. Col. GEORGE BARBEE**

Deputy corps surgeon, Task Force Dragon, XVIII Airborne Corps

"In 2007, I had an Iraqi get shot in the lower abdominal area," said Blough. "He was bleeding out internally, not overly fast, but there was nothing I could do to stop the bleeding inside him. The MEDEVAC got delayed. We were sitting on a mountaintop with this guy and I did not have the ability to transfuse blood to save his life."

Blough said that experience led him to volunteer for the working group spearheading the ef-



EVE MEINHARDT / ARMY NEWS SERVICE

*Sgt. Charles Moncayo, 82nd Airborne Division Band, get his blood drawn as part of the low titer O testing at a blood drive hosted by the 82nd Airborne Division Artillery (DIVARTY), June 7. The XVIII Airborne Corps is identifying Soldiers with blood type O who have low levels of antibodies in their blood. These individuals have the ability to provide an immediate blood donation to an injured person of any blood type that needs a transfusion at or near the point of injury.*

forts to identify and screen fresh whole blood donors within the XVIII Abn Corps.

The ability to transfuse blood while on the battlefield or at a remote location is hardly new and its effectiveness has been proven throughout history.

"We were doing this in 1918 during World War I," said Lt. Col. George Barbee, deputy corps surgeon, Task Force Dragon, XVIII Abn Corps. "We were still doing whole blood transfusions in World War II up through the conflicts in Korea and Vietnam."

Barbee said the Army transitioned from whole blood to component therapy in the 1970s. He said that while breaking the blood down into components is effective for treatment of some disease processes, it's not a feasible option for an immediate need for blood in the field.

"We have done a lot of studies to see what the best method was for saving lives through transfusion," he said. "They pointed back to whole blood."

The ability to identify low titer O Soldiers provides an agile and flexible approach to accessing the lifesaving measures that whole blood provides. The ASBP is increasing the amount of low titer O whole blood that it stocks on its shelves for rapid deployment and emergency measures.

However, blood needs to be stored in a tem-

perature-controlled environment and bags of blood are not always readily available in a time of crisis. The pre-screened and identified Soldiers provide an instant supply if one of their peers is injured and needs a transfusion.

Each of the identified Soldiers is regularly tested for a variety of blood-borne diseases to ensure their safety and the safety of others. Patient privacy still applies for identified donors. If they are removed from the roster, the information is kept confidential and only revealed to the patient.

While the identification of being a "walking blood bank" might seem a little odd for the Soldiers who have this universal blood

type, they are instrumental to efforts to improve survivability and mobility for the Army. Barbee hopes to someday see the program implemented across the Department of Defense.

"We completely support the XVIII Airborne Corps' whole blood initiative," said Col. John J. Melvin, chief nurse and chief of clinical operations, U.S. Army Forces Command Surgeon's Office. "It closes the gaps that we see on the battlefield for blood supply at role one and conditions of prolonged field care. To provide the best opportunity of survival for our Soldiers, the whole blood program is essential for our successful treatment of combat casualties."





# Feats of strength: Soldiers compete in 1,000 Pound Challenge

By Pfc. ANDREW WASH

Army News Service

MIHAIL KOGALNICEANU AIR BASE, Romania — The sound of energetic music filled the gymnasium. It had become a space to get amped up and ready for a chance to test the limits of physical capabilities. For many, it was the first time they would push themselves to such a limit, but for others, the challenge was a familiar one. The goal: Lift a total of 1,000 pounds or more.

"The first time I squatted 405 pounds I told myself, 'I can do this. I really want to get strong.' It was exhilarating to have that weight on my back," said Spc. Zane Adams, a combat engineer with the 1st Engineer Battalion, Fort Riley, Kansas.

This drive is what brought Adams to the 1,000 Pound Weightlifting Challenge at the gym in Mihail Kogalniceanu Air Base, Romania, June 25.

About 15 U.S. Army Soldiers were in attendance to take on the challenge. In the event, participants strived to complete one repetition of a squat, bench press and deadlift in which the total weight of each added to at least 1,000 pounds.

The Morale, Welfare and Recreation Center on MKAB hosts the event a few times each year. Upon completion of the challenge, participants are then considered members of what is known as the 1,000 Pound Club, which acknowledges physical achievement and dedication to training.

Adams was brimming with positivity and support for his fellow Soldiers throughout the

entire event. After returning from a 60-day stint in the field in Smarden and Bordusani, Romania, he said he felt this would be the perfect way for him to let loose and enjoy his passion of weightlifting.

Adams participated with peers from his unit and his platoon leader.

"I just wanted to see where I was at," Adams said. "My PL is here, and we have always had a friendly rivalry to see who can lift more. We came out to have a good time."

Adams didn't just meet the challenge, he crushed it, lifting a total of 1,305 pounds at the event.

Adams found his love for weightlifting as a college cheerleader at the University of Arkansas, his cheer background evident in his enthusiasm and ability to get everyone motivated to do their best.

Adams weightlifted competitively for more than five years before joining the military but now pursues it as a hobby.

After taking a brief hiatus from weightlifting in favor of running, Adams said he is looking forward to staying in shape and lifting whenever possible.

"With weightlifting, I don't have to have a plan for it. Everyone around me is super supportive and we can all just make this work together," Adams said.

The 1,000 Pound Challenge was open to anyone who wanted to test their limits and participate.

"This was an incredible event. Probably one of the most fun events I've ever seen put on," Adams said. "It was awesome to have such a supportive environment. It was just fun to see people do something they love in an electric, professional atmosphere."



Pfc. ANDREW WASH / ARMY NEWS SERVICE

Spc. Zane Adams, 1st Engineer Battalion, lifts 505 pounds to complete the 1,000 Pound Challenge June 25 at Mihail Kogalniceanu Air Base, Romania, with a total score of 1,305 pounds.

## Briefs

Continued from page 9

### 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 health-care beneficiaries 18 and older.

Participants should wear appropriate and comfortable gym attire, and register at <https://www.eventbrite.com/e/foam-rolling-workshop-registration-64565567350>. Call 531-3203 for more information.

### 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 Sol-

diers 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.

### National night out

The DeRidder Police Department hosts an essay contest for junior high and high school students in honor of National Night Out, an annual community-building campaign that promotes strong police-community partnerships. Fort Polk's 519th Military Police Battalion will also participate in the community-wide festivities.

Essays must be submitted by Sunday. Junior high winners receive \$50 for first place, \$30 for second place and \$15 for third place. High school winners receive \$75 for first place, \$50 for second place and \$30 for third place. Finalists will be notified by Aug. 1 and winners receive their prize at National Night Out activi-

ties Aug. 6 at the DeRidder Fairgrounds. For more information and

rules call (337) 462-8914 or email [jherrington@cityofderidder.org](mailto:jherrington@cityofderidder.org).

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# Take walk on wild side at Baton Rouge Zoo

## BATON ROUGE ZOO

BATON ROUGE, La. — Zoos are wonderful places to visit and explore. Each zoo is a little different in design and the types of animals it houses.

The Baton Rouge Zoo opened in 1970 and continues to be a place where people connect with animals.

The zoo has grown to become a year-round family attraction in Baton Rouge. With more than a quarter million guests each year, the zoo attracts visitors of all ages and backgrounds.

If you and your family are itching to try something new, the zoo offers the opportunity to see and learn about a wide variety of animals

from all over the world, as well as a few found locally. An example of what you might see includes giraffes, black rhinos, monkeys, otters, tigers, reptiles, eagles, flamingos and more.

In addition to the animals living at the zoo, the facility is active in conservation programs and participates with other zoos around the world in nearly 30 international Species Survival Plans (SSP) for critically endangered species.

Three of these SSP animals, the Guam Rail, Arabian Oryx and Golden Lion Tamarin, have been successfully reintroduced into the wild and represent living proof of the zoo's long-term commitment of reintroduction to strengthen and supple-

ment wild populations of endangered and threatened wildlife.

The zoo conducts active outreach and in-house educational programs. These programs are aimed at making the public aware of the problems confronting the wildlife of the world.

Admission to the zoo begins at 9:30 a.m. and closes at 4 p.m., daily. The zoo grounds close at 5 p.m. The Baton Rouge Zoo is open every day except for New Year's Day, Thanksgiving, Christmas Eve and Christmas Day.

Due to daylight savings time and the extra hours of sunshine, the zoo is open later during summer weekends! From April through August, the gate is open from 9:30 a.m. to 5 p.m., and zoo grounds close at 6 p.m.

Admission for adults and teens is \$8.75 per person. Admission for seniors 65 and older is \$7.75 per person. Admission for children ages 2-12 is \$5.75 per child. Children ages 1 and under get in free. Tax is added to each admission price.

A visit to the zoo is not complete without a ride on the scenic Cypress Bayou Railroad. This adventure takes guests into the beautiful wetlands surrounding the zoo perimeter.

The train runs daily beginning at 10 a.m. and continues every half hour, weather permitting. Train tickets are \$2 plus tax per person (ages 1 and under are free).

The zoo has a couple of special events you might want to participate in this summer.

First, the zoo has Twilight Tours every Tuesday and Thursday in July from 6 p.m.-7:30 p.m.

Take a narrated tram ride through the zoo in the cool of the evening, enjoy an animal encounter

at the Wildlife Safari Theatre and an evening snack. Admission is \$16 for adults and teens and \$13 for children ages 2-12. Pre-registration is required and space is limited.

You might want to participate in the 14th annual Zoo Run 5K and ½ Mile Kids' Fun Run Aug. 24. The event encourages competitors to run like a cheetah. At the run, enjoy the scenery as you scamper, trot or gallop your way through the Zoo.

All proceeds from the race support the zoo and international cheetah conservation efforts. There will be food and refreshments for the whole family to enjoy after the race. Anyone who participates in the race or supports a runner, gains free admission to the zoo as long as they're on site before admission gates open to the public at 9:30 a.m.

Registration opens at 6:30 a.m. The fun run begins at 7:45 a.m. and the 5K begins at 8:15 a.m.

Race day registration is at the front entrance of the zoo, located 15 minutes from downtown Baton Rouge.

Take Exit 8A off of I-110 North and turn right onto La. Hwy 19. Continue to the second stoplight and turn right onto Thomas Road. The zoo entrance is one mile on the left. Baton Rouge is about three hours from Fort Polk.

Participants who are pre-registered by Aug. 15 are guaranteed a Zoo Run T-shirt on race day.

Sign up for preregistration entry fees for adults and teens before Aug. 24 is \$25 or \$30 on the day of the race.

Sign up for preregistration entry fees for children ages 12 and under before Aug. 24 is \$12 or \$17 on the day of the race.

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



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## Bask in music, art, culture at Louisiana at Folk Festival

### PUBLIC AFFAIRS OFFICE

FORT POLK, La. — The 40th annual Natchitoches Northwestern State University Folk Festival takes place today and Saturday.

The festival includes a wide variety of traditional crafts, folk foods, kidfest, three stages with live music, narrative sessions and music performances that entertain and inform.

The festival is held in air-conditioned Prather Coliseum, 220 South Jefferson St., on the Northwestern State University campus in Natchitoches.

The 2019 festival theme is “Vive la Louisiane!” The theme celebrates how artists are tapping into the power and artistry of the old ways and revitalizing and reimagining tradition as they make it their own.

Festivalgoers can enjoy the sounds of the region’s folk music ranging from Cajun, Zydeco, bluegrass, country, blues and gospel.

Featured musicians include blues artist Tab Benoit, Cajun artists the Bruce Daigrepoint Cajun Band, traditional Americana musicians the Rayo Brothers, Celtic music by the Kitchen Session Band and Creole la la by Goldman Thibodeaux and the Lawtell Playboys. Bruce Daigrepoint and Jamie Berzas will conduct a work-shop on the Cajun accordion.

If the music isn’t enough, the Louisiana Vintage Dancers, accompanied by the Kitchen Session Band, are sure to make you curious about the dance moves of a bygone era. In addition, for those with itchy feet, Cajun and Zydeco dance lessons will be offered.

Regional material culture crafts, such as beadwork, quilts, spinning and weaving, Native American baskets, Czech Pysanky eggs, along with demonstrations by the craft persons working on site are included.

Join in the fun at the 2019 Folk Festival for a true celebration of Louisiana’s Folklife as they wel-

come many incredible crafts persons and musicians who find their inspiration in traditional roots where the past meets the present.

Purchase your admission wristband the day of the festival. The wristband is \$6 per person today. The wristband is \$10 Saturday. The festival is free for children 12 and under.

In addition to all you can see and do at the festival, you can also attend the annual Louisiana State Fiddle Championship held in Magale Recital Hall, 140 Central Ave., Saturday from 1-4 p.m.

Fiddlers from around the state compete for cash prizes and ribbons in two general divisions: Non-championship and championship. Participants may only compete in one division.

Fiddlers may also enter the Twin Fiddles category. Those who enter the championship division will compete for the grand champion title.

The two top fiddlers from each group — ages 0-21, 22-59, 60 and above — will compete for cash prizes and the opportunity to be recognized as the state’s best fiddler.

The Louisiana Folklife Center, an agency of Northwestern State University, was established in 1976. The center is a research facility, which coordinates the Natchitoches/NSU Folklife Festival and serves as an archival repository for many folklife materials.

The Folklife Center has more than 800 artist and subject files, 1,500 audio recordings, 100 video tapes, a small but growing print library of books and periodicals and 5,000 still photographic images.

Media organizations such as the CBS Evening News, Turner Broadcasting Company, Louisiana Public Broadcasting and other individuals, groups and agencies use the Center’s resources.

For more information visit [www.louisianafolklife.nsula.edu](http://www.louisianafolklife.nsula.edu).



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# 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

### • Marshland festival

The two-day festival is held today and Saturday at the Lake Charles Civic Center, 900 Lakeshore Drive, and offers music from Zydeco to country to Cajun. The festival features live entertainment, games, arts and crafts booths, food and exhibits. Live music begins at 6 p.m. today, and ends at midnight. Admission is \$15 per person. On Saturday, the music begins at noon and ends at midnight. Admission is \$20 per person. Children 12 and under are free. For more information, a complete schedule of events and band lineup visit [www.marshland-festival.com](http://www.marshland-festival.com) or call (337) 540-3182.

### • Satchmo Summerfest

This annual festival, held Aug. 2-4, celebrates Louis Armstrong's life, legacy and music. The festival is held at the New Orleans Jazz Museum at the Mint, 400 Esplanade Ave., New Orleans.

The festivities include a seminar series, jazz exhibits, a jazz mass and second-line parade, fantastic food and a host of star-studded performers. Daily admission is \$6 per person. For more information visit <https://satchmosummerfest.org/>.

### • 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](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, about two hours south of Fort Polk. 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

### • Alexandria Zoological Park

If you love animals, summer is the perfect time to pack up the family and head to the Alexandria Zoo, 3016 Masonic Drive. The zoo is open from 9 a.m.-5 p.m. daily. Admission is \$7.50 per person ages 13-64. Admission for children ages 4-12 is \$5.50. Admission for seniors 64 and older is \$4.50. Children three and under get in free.

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

### • Kent Plantation House

Take a tour of Kent Plantation House, 3601 Bayou Rapides Road, Alexandria. Admission is \$11 per adult. Admission for seniors and military is \$9 per person. Admission for children ages 6-12 is \$3.50. Children under 6 get in free. The plantation is listed in the National Register of Historic Places and is an authentic Creole plantation house built circa 1796, prior to the Louisiana Purchase. It is a classic example of French colonial architecture.

Standing on the original land grant from the King of Spain to Pierre Baillio II, it offers a glimpse of the French, Spanish and American

cultures that have influenced Louisiana. The plantation house is one of the oldest standing structures in the state of Louisiana. Together with its outbuildings, it preserves the homestead of a successful Creole family typical of a Louisiana colonial era working plantation. For more information visit [www.kenthouse.org](http://www.kenthouse.org).

### • Barksdale museum

Visit the Barksdale Global Power Museum, 88 Shreveport Road, Barksdale Airforce Base, Shreveport. Take an exciting journey through the past and discover the dynamic history of strategic bombardment at the home of the 2nd Bomb Wing, the mighty 8th Air Force, and the new Air Force Global Strike Command.

The museum is not only a memorial to successes in battle, but a recognition of the many years spent training to deter war. The peacetime history of Barksdale Air Force Base is as significant as those years at war.

See vintage aircraft like the venerable B-17 and B-24 bombers of World War II; along with their best "Little Friend", the P-51 Mustang. You can also see Cold War heroes such as the B-52D and B-52G Stratofortress. You will see the highest and fastest flying jet aircraft ever — the MACH 3, SR-71 Blackbird. There are many more on display in the air park to enjoy.

The museum is open from 9:30 a.m.-4 p.m., Monday through Saturday except Thanksgiving, Christmas and New Years Day.

For more information visit [www.barksdale-globalpowermuseum.com](http://www.barksdale-globalpowermuseum.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. The August tournament takes place at Sam Rayburn Reservoir, just north of Jasper, Texas, Aug. 6. 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.

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