



# FORGING THE

# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

Aug. 9, 2019

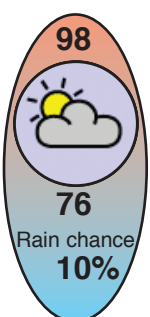


TC BRADFORD/PUBLIC AFFAIRS SPECIALIST

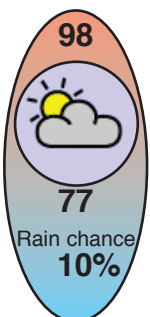
### Sling load operations at Fort Polk

Soldiers with the 3rd Brigade Combat Team, 10th Mountain Division conduct sling load operations training at Fort Polk's Honor Field with the 1st Battalion, 5th Aviation Regiment Aug. 2. See page 6 of today's Guardian for more photos.

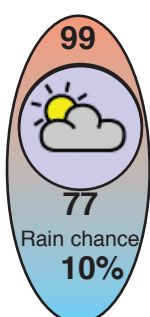
### Weekend weather



Today



Saturday



Sunday

### Inside the Guardian

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# Viewpoint

## In our view

Guardian staff asked Fort Polk community members, "What is the best compliment you have ever received?" Here are their responses:

**Ernest McClinton:**  
"You have a good heart."



**Sgt. Alicia King:**  
"My kids told me I was the best mom."



**Chris Richardson:**  
"One of the best compliments I've ever received was when my wife said 'yes.' It's been 11 years and counting."



**Julie Davis:** "You have such a great energy and attitude."



**Kevin Lusk:** "I think a simple pat on the back for a job well done."



**Spc. Natalie Cam-po:** "You are a lot smarter than you perceive yourself to be."



**Pvt. Mark Dominy:**  
"That's the best Bar-B-Q I've ever had."



**Spc. Joshua Gearhart:** "A few of my friends have told me that I'm a great friend to talk to."



## Guardian

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## Briefs

### Benefits briefing

A Social Security Benefits briefing is scheduled for 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 (337) 531-1799 for more information.

### TSP brief

Two Thrift Savings Plan benefits briefings are held Sept. 5 at Bayou Theater, 7830 Mississippi Ave. The first is held from 8:30-11 a.m. and the second from 1-3:30 p.m. A TSP Investment Board training specialist will discuss how TSP contributions work, the difference between traditional and Roth contributions, TSP withdrawal options and death benefits, various retirement options and how to manage their accounts. Appropriated fund civil service employees and military members are welcome to attend.

Call 531-1799 for more information.

### Law enforcement jobs

Fort Polk's Soldier For Life-Transition Assistance Program offers an opportunity for Soldiers to learn about employment with federal and other law enforcement agencies Sept. 12 from 9 a.m.-1 p.m. at the Library and Education Center in bldg 660. For more information call 531-1591.

### Abandoned vehicles

The Directorate of Emergency Services traffic section will release the following Vehicles to a towing company for disposal Sept. 9 if they remain unclaimed. Vehicles are listed with the last four numbers of their VIN number. If one of these vehicles belongs to you please contact the Fort Polk Police Traffic Section at 531-1806/2677:

2004 Ford Explorer 4462  
2014 Ford Fiesta 7482  
2007 Nissan Altima 9565  
2015 Ford Focus 9482  
2003 Hyundai Elantra 4309  
1993 Ford F150 7911  
2004 Saab 93 1559  
2006 Dodge Charger 4366  
2006 Audi AA4 2899  
2009 Ford Focus 5947  
2000 Honda Prelude 7268  
2002 Chevrolet 1500 2885  
2008 Kia Sorento 0551  
2001 Volkswagen Jetta 2900  
2004 Volkswagen Jetta 5636  
2004 Chevrolet Impala 5629  
1995 Nissan Maxima 8470



Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general (left), and Col. Ryan K. Roseberry, garrison commander, sign an antiterrorism proclamation Aug. 7 at the Warrior Community Center. The proclamation declares August 2019 as Antiterrorism Awareness Month at the JRTC and Fort Polk.

JEAN DUBIEL / GUARDIAN

## Events highlight Antiterrorism Awareness

By MARK LESLIE  
Deputy Director DES

FORT POLK, La. — August is Army Antiterrorism Awareness month. The Fort Polk Antiterrorism office has a host of events and public awareness activities, to include displays in high traffic venues like the PX and commissary, training with unit antiterrorism officers, a radio broadcast, public service announcements and weekly articles in the Guardian this month to help educate, inform and prepare the community for the uncertain world we live in. I spoke about several of these events in this month's Community Information Forum Aug. 7. The importance of the "See Something, Say Something" campaign cannot be overstated.

The Fort Polk Directorate of Emergency Services is always preparing for the unthinkable, whether it be a natural disaster or an active

shooter. DES trains every day to mitigate any and all threats to Fort Polk. A few weeks ago you likely read the article on the active shooter training that DES did with the schools in preparation for the upcoming school year. Five active shooter events have occurred across the country over the past two weeks — two of them last weekend were within hours of each other. These are painful reminders that no matter where you go, the threat is there and real.

### Commentary

Rest assured that Fort Polk is prepared and as safe as it can be. Training, evaluation and assessments are constant to ensure it stays that way. This month, every facility on Fort Polk will conduct required active shooter training. As the horrific events in El Paso showed, (the employees had just completed active shooter training the month prior), this training is critical in saving lives.

Please see **Antiterrorism**, page 5

### Free community training seminar Surviving an active shooter event

After Action Review Theater at Berry Mission Training Center, bldg 2675  
Aug. 29 from 11 a.m.-1 p.m.

Participants learn how to:

- Prepare for a potential active shooter incident
- Recognize your options
- Quickly determine a plan
- Take the most effective action

Reserve your seat by registering at [www.nsc.org/registeractiveshooter](http://www.nsc.org/registeractiveshooter)  
For more information call 531-7911



## Social media scams target military personnel

By KATIE LANGE

Army News Service

WASHINGTON — Nowadays, you have to be cautious of everything you do online. Scammers are always trying to get money, goods or services out of unsuspecting people — and military members are often targets.

Here are some scams that have recently been affecting service members, Defense Department employees and their families.

### Romance scams

In April, Army Criminal Investigation Command put out a warning about romance scams in which online predators go on dating sites claiming to be deployed active-duty Soldiers. It's a problem that's affecting all branches of service — not just the Army.

CID said there have been hundreds of claims each month from people who said they've been scammed on legitimate dating apps and social media sites. According to the alleged victims, the scammers have asked for money for fake service-related needs such as transportation, communications fees, processing and medical fees — even marriage. CID said many of the victims have lost tens of thousands of dollars and likely won't get that money back.

Remember: Service members and government employees do not pay to go on leave, have their personal effects sent home or fly back to the U.S. from an overseas assignment.

Scammers will sometimes provide false paperwork to make their case, but real service members make their own requests for time off. Also, any official military or government emails will end in .mil or .gov — not .com — so be suspicious if you get a message claiming to be from the military or government that doesn't have one of those addresses.

If you're worried about being scammed, know what red flags to look for. If you think you've been a victim, contact the FBI Internet Crime Complaint Center and the Federal Trade Commission.

DoD officials said task forces are working to deal with the growing problem, but the scammers are often from African nations and are using cyber cafes with untraceable email addresses, then routing their accounts across the world to make them incredibly difficult to trace. So be vigilant!

### 'Sextortion'

Sexual extortion — known as "sextortion" — is when a service member is seduced into sexual activities online that are unknowingly recorded and used against them for money or goods. Often, if a victim caves on a demand, the scammer will just likely demand more.

Service members are attractive targets for these scammers for a few reasons:

- They're often young men who are away from home and have an online presence.
- They have a steady income and are often more financially stable than civilians.
- Because of their careers, they're held to a higher standard of conduct.
- Military members have security clearances



and know things that might be of interest to adversaries.

To avoid falling victim to sextortion, don't post or exchange compromising photos or videos with anyone online, and make sure your social media privacy settings limit the information outsiders can see — this includes advertising your affiliation with the military or government. Be careful when you're communicating with anyone you don't personally know online, and trust your instincts. If people seem suspicious, stop communicating with them.

DoD officials said sextortion often goes unreported because many victims are embarrassed they fell for it. But it happens worldwide and across all ranks and services.

Here's what you should do about it if it happens to you:

- Stop communicating with the scammer.
- Contact your command and your local CID office.
- Do not pay the perpetrator.
- Save all communications you had with that person.

### Service member impersonation scams

Scammers love to impersonate people of authority, and that includes service members. These people often steal the identity or profile images of a service member and use them to ask for money or make claims that involve the sale of vehicles, house rentals or other big-ticket items.

These scammers often send the victim bogus information about the advertised product and ask for a wire transfer through a third party to finish the purchase, but there's no product at the end of the transaction.

Lately, fake profiles of high-ranking American military officials have been popping up on social media websites using photos and biographical information obtained from the internet.

Scammers often replicate recent social media posts from official DoD accounts and interact with official accounts to increase the appearance

of legitimacy.

As an example, there are impersonator accounts on Facebook, Instagram and Twitter for Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff.

These accounts are also interacting with Joint Staff account followers to gain trust and elicit information. The only Joint Staff leader with an official social media presence is Senior Enlisted Advisor to the Chairman Army Command Sgt. Maj. John Wayne Troxell, who is listed as @SEAC.JCS on Facebook and @SEAC\_Troxell on Twitter.

Scammers are making these profiles to defraud potential victims. They claim to be high-ranking or well-placed government/military officials or the surviving spouse of former government leaders, then they promise big profits in exchange for help in moving large sums of money, oil or some other commodity. They offer to transfer significant amounts of money into the victim's bank account in exchange for a small fee. Scammers that receive payment are never heard from again.

Here are some ways to lower the chances of you being impersonated or duped by a scammer:

- To avoid having your personal data and photos stolen from your social media pages, limit the details you provide on them and don't post photos that include your name tag, unit patch and rank.

- If an alleged official messages you with a request or demand, look closely at their social media page. Often, official accounts will be verified, meaning they have a blue circle with a checkmark right beside their Twitter, Facebook or Instagram name. General and flag officers will not message anyone directly requesting to connect or asking for money.

- Search for yourself online — both your name and images you've posted — to see if someone else is trying to use your identity. If you do find a false profile, contact that social media platform and report it.

# New wearable authentication more than 'token' gesture

By **DOUGLAS SCOTT**

Army News Service

**ABERDEEN PROVING GROUND, Md.** — The Army Futures Command, or AFC, is developing wearable identity authentication and authorization technologies that will enable Soldiers to securely access network-based capabilities while operating on the move in contested, threat-based environments.

Since 2001, the Common Access Card, or CAC, has served as the de facto, government-wide standard for network and system security access control. However, CACs are not operationally suited for use in every environment.

Moreover, the Army lacks a standard way for Soldiers at every echelon to prove their identity when operating systems, devices and applications on Army networks.

With this in mind, AFC's major subordinate command, the U.S. Army Combat Capabilities Development Command, or CCDC, is researching and developing authentication technologies that will provide Soldiers with secure and simple ways to identify, authenticate and be authorized access to Army networks, operating systems, servers, laptops, applications, web services, radios, weapon systems and handheld devices.

CCDC's Command, Control, Communications, Computers, Cyber, Intelligence, Surveillance and Reconnaissance, or C5ISR Center, is designing wearable identity tokens for Soldiers to use to log on to mission command systems, networks and tactical platforms. The tokens are wireless, lightweight, flexible and rugged, and they can be inserted in a Soldier's pocket, attached to a sleeve or integrated into a wrist band like a Fitbit.

Conceptually, Soldiers wearing these tokens could simply approach a system to login, be recognized by that system, which would then prompt the Soldier to enter a PIN or

use a biometric as a second factor, and be automatically logged out when they walk out of the system's range.

"The Army is driving towards a simpler and intuitive tactical network, so we're aligning our Science and Technology resources to explore the challenges associated with this mission space, inform senior decision makers of the lessons learned and deliver capabilities that support Army Modernization and address the Soldier's needs — now and in the future," said Brian Dempsey, Tactical Network Protection chief for the C5ISR Center's Space and Terrestrial Communications Directorate, or S&TCD.

The wearable identity tokens combine the security of a public key-based credential — similar to the credential on the CAC — with cutting-edge advances in the commercial wireless payment industry and flexible hybrid electronics, explained Ogedi Okwudishu, project lead for the Tactical Identity and Access Management, or TIDAM, program.

"As part of the Army Futures Command, we're looking to move at the speed of the information age. We want to be able to research, test, proof the concepts and integrate emerging IT capabilities from industry as they become available. There's no point re-inventing the wheel," Okwudishu said.

Under the current paradigm, tactical platforms would need to be retrofitted with specialized equipment to read new identity authentication technologies.

Such deployments and retrofitting can be costly. Wearable tokens, however, leverage already existing communication and protocol capabilities, Okwudishu pointed out.

"Soldiers should not have to take out a smartcard, insert it into a card reader and then remember to remove the card from the reader when they are done," said Okwudishu.

*Spc. William Ritter, a military policeman with 287th Military Police Company, 97th Military Police Battalion, 89th Military Police Brigade, Fort Riley, Kansas, sets up the software used to monitor and control the RQ-11 Raven, a small unmanned aerial system.*



Spc. DUSTIN D. BIVEN/22nd MOBILE PAD

"Contactless identity tokens are not only easy to use, they provide a significant cost savings for the Army. You can continue to add authentication capabilities without needing to redesign, or deploy new, tactical hardware to every laptop, server, handheld device or weapon system in the field."

Since beginning the TIDAM program in 2017, the C5ISR Center has worked closely with Soldiers and Program Executive Offices, or PEOs, Soldier and Command, Control Communications-Tactical, or C3T, to validate, demonstrate and mature the technology.

The center's S&TCD is working with Project Manager Integrated Visual Augmentation System, or IVAS, to finalize a transition agreement with PEO Soldier for wearable authenticator infrastructure technologies. In the meantime, the directorate is developing a wearable au-

thenticator software provisioner that will enable the secure placement of credentials on the wearable tokens and the ability to do this "locally" at the brigade level and below.

S&TCD is also working from a roadmap it jointly developed with PEO Soldier to integrate the capability with various systems from PEO Soldier and PEO C3T. Currently, the goal for fielding the tokens is in fiscal year 2022.

"I think this is a really great idea," said Sgt. 1st Class David Worthington, senior enlisted advisor for the C5ISR Center.

"Nobody has done anything like this yet. If done properly, it will make the authentication process a lot easier and a lot faster. More important, it provides more reciprocity at the tactical level for log-ins, so you can track what people are doing on the network."

## Antiterrorism

Continued from page 3

But no matter what we do to prevent or prepare for these events, what we can't do is protect you off the installation.

When you are travelling, shopping, or just enjoying the great country we live in, you have to be prepared. In our assessment, as active shooter events become more common, one deficiency we have noticed was that while we were training Soldiers and employees on a regular basis for these events on the installation, one audience we were missing was the family members who are at risk off the installation at other events and venues.

This made us collaborate and partner with the

National Safety Council for an active shooter training titled "Surviving an active shooter event." This training is geared specifically for you, the Soldier, civilian or Family member wherever you may be. As the past few weeks demonstrate, this partnership and training couldn't be more timely or necessary.

The training will be conducted at the Fort Polk Berry Mission Training Complex (MTC), bldg 2675, 6235 Georgia Ave., Aug. 29 August from 11 a.m. – 1 p.m.

I urge you to attend. As fathers, husbands, mothers and leaders we plan and prepare for things all the time – "just in case."

Take the time, make the investment and attend this training. Hopefully you and yours never have to use it.

To ensure that you get your certificate and your take-home materials, as well as credit for the course, go to [www.nsc.org/registeractive-shooter](http://www.nsc.org/registeractive-shooter) and click on the link for Fort Polk, or call Maj. Travis Brunson at 531-7911.

The Fort Polk DES or Antiterrorism office is available to assist units, directorates or agencies on Fort Polk in active shooter training. For more information please contact the Fort Polk Antiterrorism office for more information at 531-0413.

As always, stay safe and be prepared.

Soldiers of 3rd BCT, 10th MTn Div conduct sling load training



T.O. BRADFORD / PUBLIC AFFAIRS SPECIALIST





# Vaccines: Success story for public health found in immunization

By Col. ANDREW WEISEN

Health.mil

CHURCH FALLS, Va. — Throughout U.S. history, people have benefited from improvements in the field of public health. The availability of clean water, the development of sewage systems and other effective interventions worked to cut the rate of disease in entire segments of the population at relatively low cost. Vaccination is an intervention that has proved effective in terms of cost and effort in protecting the population from disease.

Individuals clearly benefit from the disease protection offered by vaccinations. In addition, if vaccination levels are high enough within a population, protection may be extended to those unable to be vaccinated, either due to a medical restriction or because they are too young. This is because without enough susceptible individuals acting as “carriers,” the disease can’t effectively be transmitted from person to person. The ideal situation is when the disease is eradicated. This has only happened once in recorded human history, with smallpox. We need enough participation in vaccination programs so both individuals and society can enjoy the benefits of freedom from disease.

As a scientist, the recent backlash against vaccines and decision by some parents not to have their children vaccinated concerns me. The use of vaccines is a societal process of risk and benefit, not only for individuals but for everyone. We have a basic tenet in society: Balancing an individual’s right to choose with that person’s duty to protect him or herself, any children, other loved ones and society as a whole.

Some of the information circulating in today’s media about vaccines isn’t scientifically based; instead, it’s based on emotion. Measles was declared eliminated in the United States in 2000 because people were vaccinated against it at such high rates that there was no continuous disease transmission. Measles is now making a comeback as a substantial portion of the population has chosen not to be vaccinated against it. About 1 per 1,000 individuals who gets measles will have a serious adverse outcome that can include life-long disability or death. Neurological complications can occur from measles — it’s a potentially dangerous disease that’s completely preventable.

A complicating issue for society is that some individuals who would normally take a vaccine for some diseases can’t be vaccinated for medical reasons. They’re either too young or have an immune deficiency or some other limiting factor. These people are now being exposed to unnecessary risk by others who have declined to take a vaccine because they have a belief against it for whatever reason.

Of course, measles isn’t the only disease that can be controlled by vaccinations. Others include:

**Mumps:** We know that mumps often doesn’t cause as many problems as measles long term, but mumps does have serious potential consequences. There was a recent outbreak of mumps among active-duty personnel. This is likely because the mumps portion of the MMR vaccine isn’t as effective initially as the measles or rubella portions, and even in those who have an initial



immunity to mumps, the protection declines more rapidly than the other portions over time.

There’s no current recommendation or policy to revaccinate people against mumps, except during a mumps outbreak, so mumps still occurs.

**Whooping cough (pertussis):** This disease more often causes complications and serious diseases in children. We have policies for certain DoD-run activities, such as day care centers, requiring individuals to be vaccinated against pertussis. The policies were put in place primarily because of the potential for children to spread it to other children, with potentially serious complications.

**Hepatitis A:** This disease is most commonly transmitted through contaminated food or water. It is currently a routine childhood vaccine. We vaccinate all service members for hepatitis A.

**Influenza:** Every year we offer an influenza vaccine. We require service members to get it, and offer it to beneficiaries.

The “flu shot” is especially important for populations targeted by CDC as “higher risk,” including children from six months to about 9 years of age and pregnant women. The CDC has recommended that everyone get the vaccine, but public health professionals struggle to reach a rate as high as 50 percent. Other than for service members, the decision of whether or not to receive the influenza vaccine remains with the individual. While we provide guidance and counseling to assist them, the individual must balance any concerns about the vaccine with the potential benefits of not getting flu.

Additional vaccinations are critical in the military, beginning in basic training when large numbers of individuals from around the country are

housed together. The adenovirus vaccine is given because this upper respiratory infection can cause significant lost time during training, and on rare occasion it can have more severe consequences, including death.

Other vaccines are required for military personnel because of their occupations or the potential risks they might face — like anthrax and smallpox. Some vaccines are given to warfighters as protection against diseases we don’t worry about in the United States; these diseases, including meningitis and yellow fever, cause problems elsewhere. Our service members must be as ready as possible at all times, and a medically ready force must be free of potentially disabling and disability-producing diseases. At this time, vaccines are among the most effective tools we have to reduce the risk of a service member acquiring a preventable disease.

Regarding vaccines, the military follows Centers for Disease Control and Prevention guidelines for the general population, except in the specific cases just mentioned where vaccines are required for military reasons.

In a sense, the effectiveness of vaccines to control and eliminate diseases causes a problem: Vaccines are a victim of their own success. Many people think they don’t need to protect themselves anymore, that the diseases eradicated here are now somebody else’s problem in another part of the world.

The current measles outbreaks demonstrate the flaw in this reasoning. Our emphasis in public health in general is that vaccines are good, and the need for them is ongoing. The vaccines we use are proven safe and effective. Any risk from a vaccine pales in comparison to the benefit to the individual and to society. The scientific evidence is clear: Vaccines are a public health success.

## Commentary



# Soldiers vie in survival of fittest at 2019 CrossFit Games

By **DEVON L. SUITS**

Army News Service

MADISON, Wis. — The sound of cheering carried across the Alliant Energy Center as top athletes from more than 100 countries took the field Aug. 1 during the 2019 CrossFit Games opening ceremony.

Amongst a sea of U.S. competitors, Lt. Col. Anthony Kurz and Capt. Chandler Smith took it all in as they looked around the crowded North Field. Kurz proudly displayed his Army Special Forces flag as a nod to the Special Forces community. Those cheering included members of the U.S. Army Recruiting Command and Warrior Fitness team who were there to support their teammates and engage with the fitness community.

It took Smith and Kurz years to get to this moment, as they stood ready for the “world’s premier” CrossFit competition. At this level, victory would not come easy, considering each workout would test the limits of their athletic ability and resolve.

Capt. Chandler Smith

Just hours after the opening ceremony, Smith was back on the field for his workout in the men’s individual bracket. He was ranked 40th overall at the start of the games.

There was a lot at stake during the first cut of the competition. Out of the 143 men participating, only 75 would make it to the next round. The first workout was also designed to be a true test of strength and endurance.

Each competitor would need to complete a 400-meter run, three legless rope climbs, and seven 185-pound squat snatches, in under 20 minutes. The field of competitors would then be ranked based on their overall time. For some athletes, the first workout was more than they could handle.

Smith came out strong and maintained his overall pace. In the end, he took second place — 35 seconds behind the leader, Matthew Fraser.

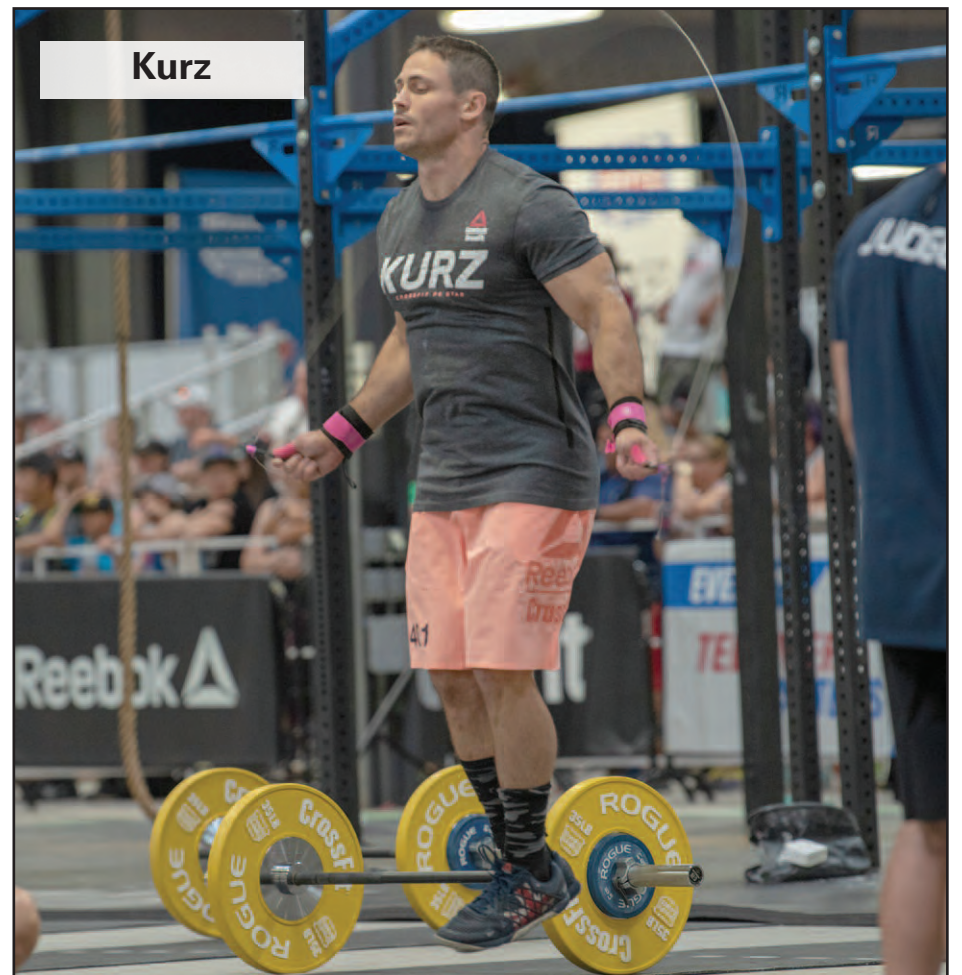
“I knew my competitors were going to come out fast,” Smith said. “I wanted to stay within that top three. By the third set, I wanted to pick up on my squat snatches. This was a good start for the rest of the weekend.”

Through it all, he wasn’t overly focused on his position, he said. For the first time in a long time, Smith said he was having fun, and he planned to approach each workout with the same high level of intensity.

“The experience has been phenomenal because I have been around a lot of folks that stayed positive,” he said. “I have learned so much about what it takes for me to perform at my peak. This will hopefully help me in the future in regards to maximizing (my) performance potential.”

Lt. Col. Anthony Kurz

The men’s master competition started on day two of the CrossFit Games. Kurz, a Special Forces officer assigned to the Asymmetric Warfare Group at Fort Meade, Maryland, was competing in the 40-



44 year-old age bracket.

Kurz got into CrossFit shortly after graduating from the Special Forces qualification course. While assigned to the 5th Special Forces Group at Fort Campbell, Kentucky, he received his level-one CrossFit certification and delved deeper into the sport.

Whenever he deployed as an Operational Detachment Alpha, or ODA commander, Kurz and his teammates would often engage in CrossFit-type workouts to keep them fit for the fight, he said.

“In an ODA, everybody is always competitive. We would do our (CrossFit) workout of the day and post them on the board. That healthy rivalry makes you better,” he said.

“We have some phenomenal athletes in the Special Forces community, but they train for something different,” Kurz said. “It was good to represent them (at the CrossFit Games).”

Coming into the Games, Kurz was ranked fourth overall and first in the online qualifier. On the floor, he appeared healthy and determined, but behind the scenes, he was quietly recovering from a minor shoulder injury, he said.

During his first timed workout, Kurz completed a 500-meter row and 30 bar-facing burpees. He placed fifth out of 10 athletes in his bracket. Hours later, he was back on the floor for his second event. He maintained an excellent position to move up the ranks.

During the second workout, athletes needed to complete five rounds of exercises. Each set included three rope climbs, 15 front squats, and 60 jump rope “double-unders.”

The combination of upper body exercises exacerbated his pre-existing injury, Kurz said. In frustration, he let out a loud yell during the event as he finished in last place.

“I was only pulling with one arm,” he said. “At this level of competition, if something goes wrong, there is nowhere to hide. It is frustrating, but it was also a great learning experience. Everybody wants to be on top of the podium.”

The final event for the day was a 6,000-meter ruck run with increasing increments of weight after each lap. Kurz placed fifth in the workout.

“I never quit on a workout, and I wasn’t going to start today,” he said. “You have got to take the small victories. I was once told: ‘Persistence is a graded event.’ It is something that has always stuck in my head.”

Kurz placed 9th overall.

“We always say that in combat you can have the best plan, but the enemy always gets a vote on how things go. This is no different. I had solid plans going into the WODs, made the right adjustments on the fly, and pushed through the adversity. I capped it all off with an event win — I’ll take it.”

In the end, Kurz was proud to represent the Army and the Special Forces community, he said.





## Briefs

### Commissary closure

The Fort Polk commissary is closed Sunday and Monday for formal inventory and reopens Tuesday at 9 a.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 health-care beneficiaries 18 and older. Participants should wear appropriate and comfortable gym attire, and register at [www.eventbrite.com/e/foam-rolling-workshop-registration-64565567350](http://www.eventbrite.com/e/foam-rolling-workshop-registration-64565567350). Call 531-3203 for more information.

### Housing town hall

A town hall meeting with Brig. Gen. Patrick D. Frank, commanding general, Joint Readiness Training Center and Fort Polk, is held Wednesday at the Dogwood Terrace Community Center, 300 Warren St., at 5 p.m.

### AAFES activities

Fort Polk's Army and Air Force Exchange Service Exchange offers these services and activities:

- **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.

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.

- **In-store pick up:** Online shopping is more convenient than ever for Fort Polk patrons with the newly expanded buy online, pick up in store service. Buy items at [Shopmyexchange.com](http://Shopmyexchange.com) and pick them up at the post exchange.

About 95 percent of the items found online can now be picked up in store after purchase. Shoppers are notified by email or text when their order is ready, and in-store signs will indicate where customers can pick up their items.

- **Fortnite Nerf Fest:** Military children ages 8 and older are invited to test Fortnite-inspired Nerf Blasters during Nerf Fest at the Fort Polk Exchange Aug. 17 from 10 a.m.-2 p.m. Blasters and darts will be provided.

For more information call 537-1001.



Fort Polk parents and students attend the annual Cafeteria Conversation event at Parkway Elementary School Aug. 1. Qualified parents picked up free backpacks and school supplies thanks to Operation Homefront. Area businesses, Fort Polk organizations and school administrators from local schools participated in the event.

ANGIE THORNE/GUARDIAN

## Families attend annual Cafeteria Conversation

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — As a new school year commences, parents work diligently to gather everything from school supplies to information their children need to start the new year.

To lend a hand and take some of the pressure off military Families, the sixth annual Cafeteria Conversation was held at Parkway Elementary School Aug. 1.

The event brought together representatives from the Vernon Parish School District, members of the local community and Operation Homefront to help parents and students gather the tools they need for a successful school year.

Operation Homefront — an organization whose mission is to build strong, stable and secure military Families so they can thrive in the communities they've worked so hard to protect — partnered with corporate sponsors to provide military parents the backpacks and school supplies they need, said Theresa Heart, Operation Homefront program coordinator for the region.

"School supply costs are rising every year. For military Families, it can be difficult to afford those expenses on a budget," she said. "And as the first day of school gets closer, shelves can quickly empty of essential school supplies. Having access to the items we offer can be critical to filling supply lists."

Parent Eddie Gomez, 286th Medical Detachment, said this event is a huge financial aid to parents, especially those with more than one child. "You might not get everything you need, but you get enough that you don't have to struggle," he said.

Linda Ghant, military spouse and mother, said it's wonderful to get these much-needed school

supplies at no cost.

"We have five children, so it's certainly helpful financially but I also like learning about the different after school programs, athletics and resources offered within the community. It's nice to be able to accomplish all of it at the same time," she said.

Andria Daigle, an Operation Homefront volunteer, said she was happy to help parents and student gather their school supplies.

Daigle said two of her kids go to Parkway Elementary, so she understands the importance of providing military Families with the necessary items students need when they walk into their school.

"We have everything they need. That can take a lot of pressure off of parents at what can be a stressful time of year," she said.

Ashley Prejean, Central Texas College site registrar, manned a booth at Cafeteria Conversation. She said it was a wonderful place for the community to show support for military Families.

"I think this is a beneficial resource for military Families. It supports the needs of the students as well as their parents with information and giveaways," she said.

Ann Smith, Vernon Parish School District curriculum director for pre-k through sixth grade, said she has been part of the annual event since its onset.

"Cafeteria Conversation gives parents access to school counselors, administrators and information about their child's school, as well as school supplies all in one location. The time we spend here is so valuable for connecting with our students and parents. These two hours spent together are truly important to educate the Family unit in the best ways to help support the student," she said.



# Better Opportunities for Single Soldiers hosts annual Beach Bash filled with summer fun



The Better Opportunities for Single Soldiers annual Beach Bash took place Aug. 2 at the Toledo Bend Army Recreation Site. Cpl. Bianca Ortiz, BOSS president, kicks off the event by cautioning Soldiers to be safe but have a lot of fun.



Attending the BOSS Beach Bash means you get to lay back while getting some rays and talking with friends.



BOSS Soldiers match wits while playing a game of beach checkers at the Beach Bash Aug. 2.



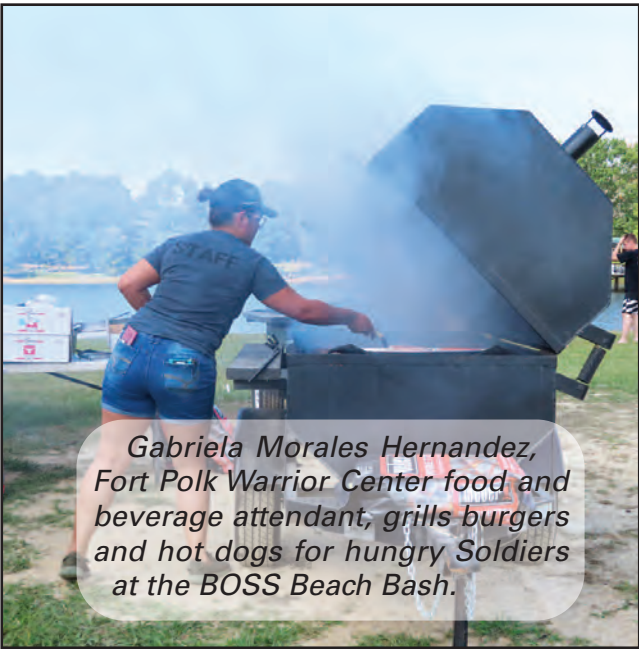
Soldiers enjoy paddle boarding around Toledo Bend Lake Aug. 2.



Relaxing on a large and comfortable float at the BOSS Beach Bash Aug. 2 is just part of the fun.



Flying high was never so much fun as Soldiers jump on an adult version of a bounce house Aug. 2 at the BOSS Beach Bash.



Gabriela Morales Hernandez, Fort Polk Warrior Center food and beverage attendant, grills burgers and hot dogs for hungry Soldiers at the BOSS Beach Bash.



Hungry Soldiers line up for hamburgers and hot dogs at the BOSS Beach Bash Aug. 2.



BOSS Soldiers have fun playing ultimate frisbie at the annual Beach Bash Aug. 2 at the Toledo Bend Army Recreation Site.



Football in Toledo Bend Lake is a great way to have fun and stay cool at the same time.



Beach volleyball is always a blast as Soldiers play at the BOSS Beach Bash Aug. 2.



Soldiers have fun exploring the beauty of the Toledo Bend Army Recreation Site by Kayak Aug. 2.



BOSS Soldiers take a quick tour of Toledo Bend Lake at the Beach Bash held Aug. 2.



# 91st Military Police Detachment hosts obstacle course



Families sign up their kids to take part in the obstacle course set up by 91st Military Police Detachment, 519th Military Police Battalion. DeRidder is the 519th's community partner through the Aligned Communities Program. The course was set up at the National Night Out event held at the Beauregard Parish Fairgrounds in DeRidder Aug. 6. National Night Out fosters better communication and relationships between the community and law enforcement.



Spc. Whitten Stoverink, 91st Military Police Detachment, helps Timothy Patterson, 3, complete the balance beam portion of the obstacle course Aug. 6.



Br'ndynn Murry, 13, (left) and Trinity Rosamore, 11, flip tires on the obstacle course set up by the 91st MP Det. Aug. 6



Nikolas Johnson, 9, flies through the obstacle course at the DeRidder National Night Out event Aug. 6.



Addalynne Patterson, 6, and her little brother Timothy, 3, have fun doing the low crawl at the 91st MP Det. obstacle course Aug. 6 at the Beauregard Parish Fairgrounds.



Camden Hammons, 13, speeds through the tires on the 91st MP Det. obstacle course Aug. 6 at DeRidder's National Night Out event.



# Continue plans, preparations for possible hurricanes

WWW.READY.GOV

FORT POLK, La. — The Atlantic hurricane season, which continues through Nov. 30, can be unpredictable. Though it's already August, now is not the time to let down your guard.

Knowing you have a plan in place when you receive a hurricane watch or warning alert from the National Weather Service can bring you peace of mind and keep you and your family safe.

Here are a few tips on what to do before, during and after a hurricane.

## Hurricane basics

If you don't already know, hurricanes are massive storm systems that form over water and move toward land. Threats from hurricanes include high winds, heavy rainfall, storm surge, coastal and inland flooding, rip currents and tornadoes. These large storms are called typhoons in the North Pacific Ocean and cyclones in other parts of the world.

Each year, many parts of the United States experience heavy rains, strong winds, floods and coastal storm surges from tropical storms and hurricanes. Affected areas include all Atlantic and Gulf of Mexico coastal areas and areas more than 100 miles inland, Puerto Rico, the U.S. Virgin Islands, Hawaii, parts of the Southwest, the Pacific Coast, and the U.S. territories in the Pacific. A significant percent of fatalities occur outside of landfall counties due to inland flooding.

## Watches and warnings

Hurricane warnings indicate that hurricane conditions (sustained winds of 74 mph or higher) are expected somewhere within the specified area. Because hurricane preparedness activities become difficult once winds reach tropical storm force (sustained winds of 39 to 73 mph), the hurricane warning is issued 36 hours in advance of the anticipated onset of tropical-storm-force winds to allow for important preparation.

During a hurricane warning, complete storm preparations and immediately leave the threatened area if directed by local officials.

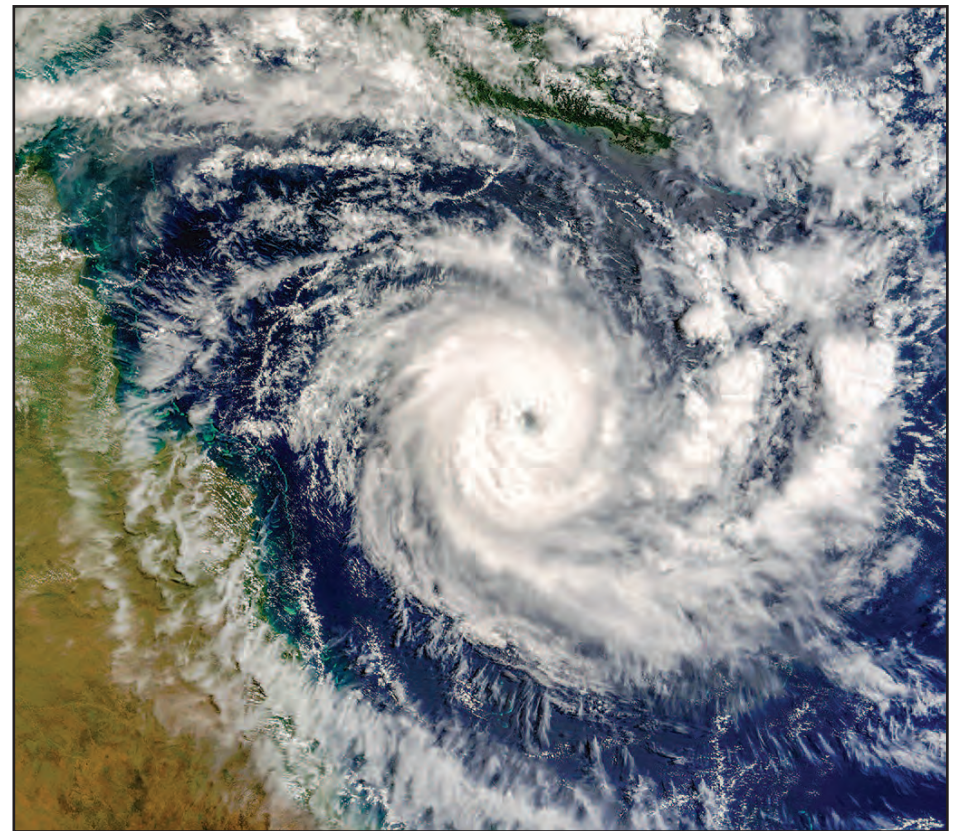
A hurricane watch means that hurricane conditions (sustained winds of 74 mph or higher) are possible within the specified area. A hurricane watch is issued 48 hours in advance of the anticipated onset of tropical-storm-force winds in an area.

During a hurricane watch, you should prepare your home and review your plan for evacuation in case a hurricane or tropical storm warning is issued. Listen closely to instructions from local officials.

## Basic preparedness tips

Know where to go. If you are ordered to evacuate, know the local hurricane evacuation route(s) to take and have a plan for where you can stay. Contact your local emergency management agency for more information.

Put together a go-bag: Disaster supply kit, including a flashlight,



batteries, cash, first aid supplies, medications and copies of your critical information if you need to evacuate.

If you are not in an area that is advised to evacuate and you decide to stay in your home, plan for adequate supplies in case you lose power and water for several days and you are not able to leave due to flooding or blocked roads.

## Preparing your home

Hurricane winds can cause trees and branches to fall, so trim or remove damaged trees and limbs to keep you and your property safe.

Secure loose rain gutters and downspouts and clear any clogged areas or debris to prevent water

damage to your property.

Reduce property damage by retrofitting to secure and reinforce the roof, windows and doors, including the garage doors.

Purchase a portable generator or install a generator for use during power outages. Remember to keep generators and other alternate power sources outside, at least 20 feet away from windows and doors and protected from moisture; and never try to power the house wiring by plugging a generator into a wall outlet.

For more information about what to do during and after a hurricane hits, go to [www.ready.gov/hurricanes](http://www.ready.gov/hurricanes).

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The advertisement for Studio 6 hotel features a large, multi-colored sign in the foreground. The sign has a blue top section with 'studio 6' in white and red, a black middle section with 'LAQUINTA INN & SUITES' in white, and a blue bottom section with 'studio 6 extended stay' in white. In the background, a large, modern hotel building with multiple stories and a covered entrance is visible. The sky is blue with some clouds, and there are palm trees and other landscaping in front of the building.

## Prepare disaster plan in advance

WWW.READY.GOV

FORT POLK, La. — Don't get caught in a disaster without the information and supplies you need to safely navigate an unexpected catastrophe.

Making a plan now can help your family weather the storm. Use these steps to put together a plan:

**Step 1:** Answer these four questions with your family to start your emergency plan:

- How will you receive emergency alerts and warnings?
- What is your shelter plan?
- What is your evacuation route?
- What is your family communication plan?



**Step 2:** Consider specific needs in your household. Tailor plans and supplies that fit your daily living needs and responsibilities. Create your own personal network for specific areas where you need assistance.

Discuss your needs and responsibilities and how people in your network can assist each other with communication, care of children, business, pets or the operation of durable medical equipment.

**Step 3:** Download and fill out a family emergency plan from [www.ready.gov/make-a-plan](http://www.ready.gov/make-a-plan) or use it as a guide to create your own.

**Step 4:** Practice your plan with your family.



# Learn to protect yourself from stinging insects

## CDC

ATLANTA — Those who spend time outdoors are at risk of being stung by flying insects (bees, wasps and hornets) and fire ants. While most stings cause only mild discomfort, some may result in severe allergic reactions that require immediate medical care and may cause death.

### First aid

If a person is stung by a stinging insect:

- Have someone stay with them to be sure that they do not have an allergic reaction.
- Wash the site with soap and water.
- Remove the stinger using gauze wiped over the area or by scraping a fingernail over the area. Never squeeze the stinger or use tweezers.
- Apply ice to reduce swelling.
- Do not scratch the sting as this may increase swelling, itching and risk of infection.

### Protect yourself

- Wear light-colored, smooth-finished clothing.
- Avoid perfumed soaps, shampoos and deodorants. Do not wear cologne or perfume.
- Wear clean clothing and bathe daily.
- Wear clothing to cover as much of the body as possible.
- Avoid flowering plants when possible.
- Keep work areas clean. Some insects are attracted to discarded food.
- Remain calm and still if a single stinging in-

sect is flying around. Swatting may cause it to sting.

- If attacked by several stinging insects, run to get away. Bees release a chemical when they sting that attracts other bees. Go indoors. Shaded areas are better than open areas. Do not jump into water. Some insects are known to hover above the water.
- If an insect is inside your vehicle, stop slowly and open all the windows.
- Those with a history of severe allergic reactions to insect bites or stings should carry an epinephrine autoinjector and wear medical ID jewelry stating their allergy.

### Fire ants

Fire ants bite and sting. They are aggressive when stinging and inject venom, which causes a burning sensation. Red bumps form at the sting, and within a day or two they become white fluid-filled pustules.

### First aid

- Rub off ants briskly, as they will attach to the skin with their jaws.
- Antihistamines may help. Follow directions on packaging. Drowsiness may occur.
- Seek immediate medical attention if a sting causes severe chest pain, nausea, severe sweating, loss of breath, serious swelling or slurred speech.

### Protect yourself

- Do not disturb ant mounds.



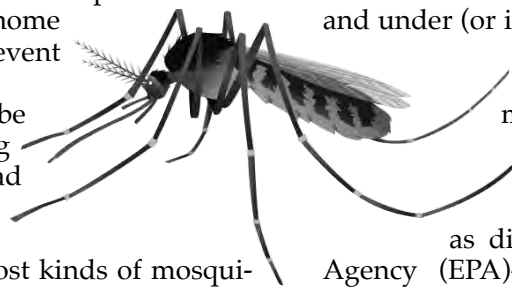
- Be careful when lifting items (including animal carcasses) off the ground, as they may be covered in ants.
- Fire ants may be found on trees and in water, so always look over the area before starting to work.
- Tuck pants into socks or boots.
- Those with a history of severe allergic reactions to insect bites or stings should carry an epinephrine autoinjector and wear medical ID jewelry stating their allergy.

## Understand how to prevent mosquito bites with handy tips

## CDC

ATLANTA, Ga. — The most effective way to avoid getting sick from viruses spread by mosquitoes when at home and during travel is to prevent mosquito bites.

Mosquito bites can be more than just annoying and itchy. They can spread viruses that make you sick or, in rare cases, cause death. Although most kinds of mosquitoes are just nuisance mosquitoes, some kinds of mosquitoes in the United States and around the world spread viruses that can cause disease.



Mosquitoes bite during the day and night, live indoors and outdoors and search for warm places as temperatures begin to drop. Some will hibernate in enclosed spaces, like garages, sheds and under (or inside) homes to survive cold temperatures. Except for the southernmost states in North America, mosquito season starts in the summer and continues into fall.

### Prevention

Use insect repellent: When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Use an EPA-registered insect repellent external

with one of the following active ingredients:

- DEET
- Picaridin
- IR3535
- Oil of lemon eucalyptus (OLE)
- Para-menthane-diol (PMD)
- 2-undecanone

Cover up: Wear long-sleeved shirts and long pants.

Keep mosquitoes outside. Use air conditioning, or window and door screens. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.

For more information visit [www.cdc.gov/features/stopmosquitoes/index.html](http://www.cdc.gov/features/stopmosquitoes/index.html).



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# New AI system could help make Army fuel cells more efficient

## U.S. ARMY CCDC RESEARCH LAB

RESEARCH TRIANGLE PARK, N.C. — As part of an effort to address the gap the U.S. Army faces in the need for long-lasting power and batteries for warfighters, the Army Research Office funded a research team to develop an artificial intelligence system that officials say identifies a promising material for creating more efficient fuel cells.

Researchers said the system, developed at Cornell University, is a potential breakthrough in both materials science and machine learning. It relies on a collective of algorithmic bots each performing a distinct task and sifts through hundreds to thousands of combinations of elements to create a map of phases — arrangements of atoms in relation to each other — that humans can then use to determine which might work as a new material.

"The exciting part about basic science research is you can't always predict where the results will lead," said Dr. Purush Iyer, division chief, network sciences at Army Research Office, an element of the U.S. Army Combat Capabilities Development Command's Army Research Laboratory.

"We funded this research to better understand collective intelligence (wisdom of crowds)," he said. "While material science application, such as design of novel alloys, were always on the cards, the serendipitous nature of the eventual outcome, that of a catalyst to aid in designing better fuel cells, is solving a problem of immense importance for the Army — battery power in the field — shows the importance of investing in basic research."

The problem forced researchers to develop a whole new approach, they said.

"(It) really pushes the frontier of AI to derive physically meaningful

solutions," said Dr. Carla Gomes, professor of computer science and director of the Institute for Computational Sustainability, and first author of the paper published in June in Materials Research Society Communications.

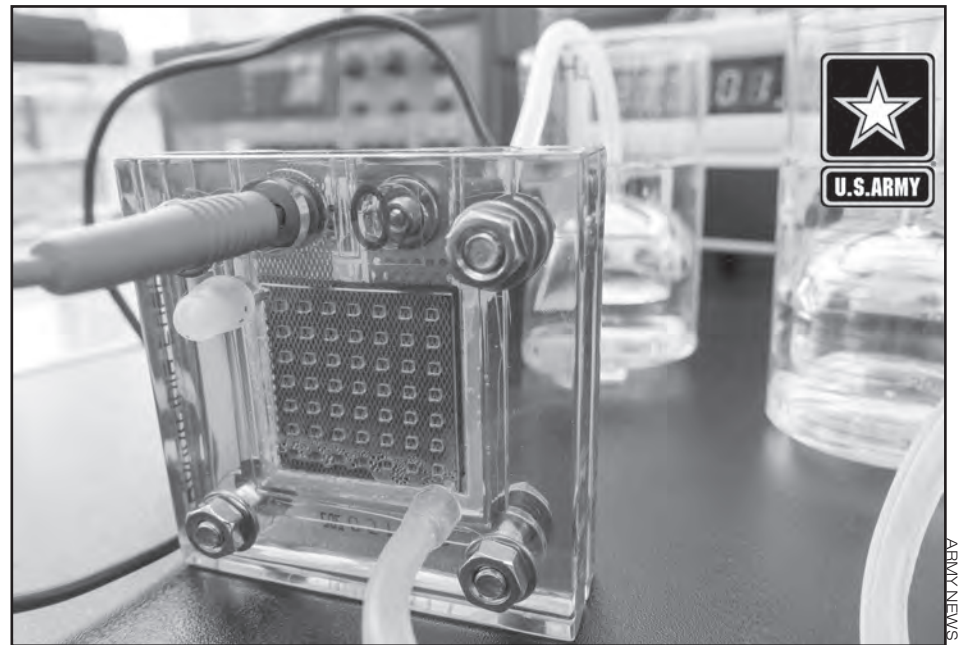
Researchers seeking to improve fuel cells for cars are searching for a catalyst that would allow them to replace hydrogen, which is difficult to store, with methanol, which could be far more efficient. But because no known materials are efficient catalysts for methanol oxidation, a new material is needed, said John Gregoire, Ph.D., a staff scientist at the California Institute of Technology. Researchers also need to understand the crystal structure, or phase, of the material, because solids may have multiple phase structures and each one behaves differently as a catalyst.

"Humans can solve the phase map for simple composition systems containing two elements," Gregoire said, "but whenever there are more than two elements, it's too much information for humans to process, and we need AI to assist."

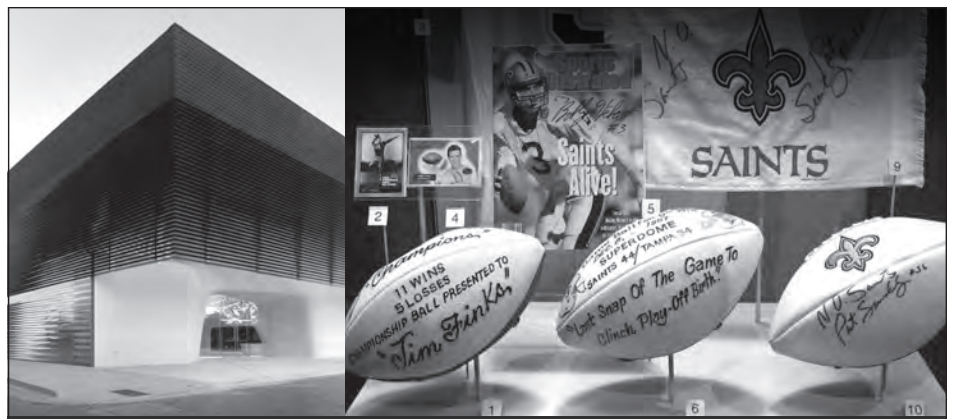
To meet the challenge, Gomes and colleagues developed a system called CRYSTAL for crystal phase mapping, in which multiple bots each take on a different part of the problem, from predicting the phase structures of various combinations to making sure those predictions obey the rules of thermodynamics.

Gomes said CRYSTAL was inspired partly by the IBM Watson supercomputer, which used a community of AI agents to beat human champions at "Jeopardy!"

Using the system, researchers were able to identify a unique catalyst, composed of three elements crystallized into a certain structure, which is effective for methanol oxidation and could be incorporated into methanol-based fuel cells.



ARMY NEWS



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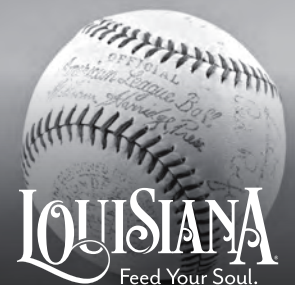
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# Explore Red River city entertainment opportunities for fun in sun

By ANNABELLE ARCAND

PAO volunteer

FORT POLK, La. – Tired of travelling to tourist hotspots like Florida or standing in line for hours for a five-minute ride at the one of the many amusement parks every state has to offer? Then spend your summer vacation at home and visit one of the many local attractions in Louisiana. The nearby city of Alexandria is less than an hour away and has plenty to offer for the individual as well as for the entire family.

The Alexandria Zoo is not only home to various animals but also celebrates birthday parties and hosts events. The zoo takes great pride in being awarded with the American Zoological Association award for their Louisiana Habitat. The habitat covers 3.5 acres and features the state's flora and native species of reptiles and mammals.

"We are very proud to be considered the hidden gem of Central Louisiana," said Lisa Laskoski, the general curator.

The facility is surrounded by big trees which makes a zoo visit comfortable even during hot summer temperatures.

The Alexandria Museum of Art is a contemporary art museum. Exhibitions range from modern art to collections reaching back to the 19th century. The museum also hosts special events and fundraisers.

"The Alexandria museum of Art is the only accredited contemporary art museum in central Louisiana," said communication and marketing officer Gar Pickering, "We invite everyone to see art that is local (and) from around the world".

The museum offers a free kids yoga class Saturdays at 10 a.m.

Two major events for August include The Renegade Tour, Aug. 15

at 6 p.m. It is the first bilingual adult geared museum tour. Wine may be provided, however bringing your own drinks to this event is acceptable.

The second event is the Craft Brews, BBQ and Blues Aug. 17 at 4 p.m., featuring a Central Louisiana craft beer competition and five local barbecue teams who "pit" against each other. This year's music will be provided by Tiffany Pollack & Co from New Orleans.

Locals may know the Kent Plantation House as favored wedding venue, however the plantation has a lot more to offer. The house opens its doors to prior scheduled tours and takes visitors back to life in the 1800s.

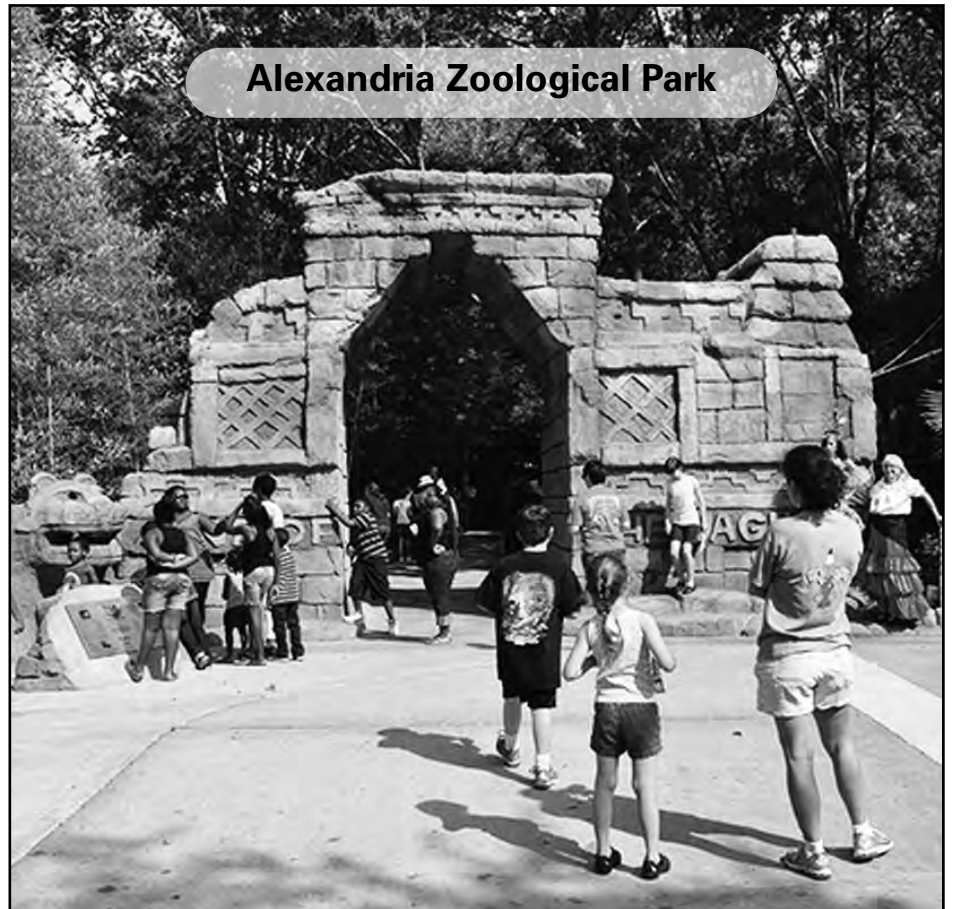
The plantation was built by the French immigrant Pierre Baillio II in 1795 and construction completed by 1800. The plantation is one of the oldest standing buildings in Louisiana and a classic example of French colonial architecture. The house as well as the grounds, which includes a cemetery, milk house and slave cabin among many other structures, tells the stories of the families who lived there and gives spectators a glimpse into the past.

Besides sharing the history, culture and architecture of central Louisiana, the Kent House Plantation hosts plenty of events year around.

The plantation invites everyone to its annual fall herb day festival Oct. 5, where vendors introduce local herbs and flowers and bakers feed hungry mouths with sweet local treats. A yard sale will be on site as well.

The T.R.E.E. House children's museum is an interactive children's museum with a focus on hands-on learning experiences indoors as well as outdoors. The museum is part of the Alexandria's Art District which

## Alexandria Zoological Park



is located downtown. The museum offers different indoor exhibits but also has a playground and a garden where anyone can work in and harvest as well. The exhibits include stationary exhibits such as a rail road and science exhibit. The museum also hosts traveling exhibits.

"The exhibit story land will be available from September to January," said executive director Kara Edwards. "It is a literacy themed ex-

hibition, focusing on three favored children's books."

The museum is also offering birthday parties, summer camps and different activities for children on weekends.

The Alexandria Museum of Art and the T.R.E.E. House children's museum are part of the Blue Star Museum which offers free admission for military families from Memorial Day until Labor Day.

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# Lagniappe

## BOSS

### • Skydiving trip

BOSS hosts a skydiving trip to Houston, Texas Aug. 17. Departure time for the trip is 8 a.m. from the Home of Heroes Recreation Center. Single Soldiers only. The cost is \$200 per person and covers transportation, hotel and ticket. Register by today by calling 531-1948.

### • Cosmic bowling

BOSS invites single Soldiers to a night of bowling Aug. 24 at 9 p.m. at the Strike Zone Bowling Center. The event is free and sure to be lots of fun. Limited space is available. Call 531-1948 to register.

### • 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.

For more information call 531-1948.

## Festivals

### • 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).

### • Shrimp festival

The Delcambre Shrimp Festival takes place Aug. 16-18. Delcambre is a little over two and a half hours from Fort Polk, about 20 miles south of Lafayette. The festival has gained its popularity by providing a variety of delicious dishes and top notch entertainment including national recording artists. Enjoy signature shrimp dish-

es like boiled shrimp, fried shrimp, shrimp sauce piquante, shrimp salad and many more. For more information visit [www.shrimpfestival.net](http://www.shrimpfestival.net).

### • 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).

### • ChillFest

August freezes over in downtown Monroe Aug. 24 for ChillFest, the coolest event in North Louisiana. This is your chance to take a break from the heat as you enjoy frozen drinks, snow flurries and winter themed sports. Sign up for the freeze tag tournament or join the cool running curling event. The festival winds down with a concert by the Cleverlys. For more information call (318) 387-5691.

### • Zydeco festival

Enjoy a weekend full of good music and fun at the 20th annual Cane River Zydeco Festival Aug. 30-31. Enjoy live music, poker run zydeco dance contest, rides and more. Admission is free Aug. 30 and \$8 per person Aug. 31. For more information visit [www.natchitoches.com](http://www.natchitoches.com).

## Miscellaneous

### • Visit plantations

Take time to explore historic homes where generations of the same families of owners and workers, enslaved and tenant, lived for more than 200 years.

The Cane River Creole Park tells their stories and preserves the cultural landscape of Oakland and Magnolia Plantations, two of the most intact Creole cotton plantations in the United States.

These historic plantations have original out-buildings still remaining. They include pigeoniers, an overseer's house, massive roofed log corn crib, carriage house, mule barn that was originally a smokehouse, carpenter's shop and cabins.

The plantations, located in Cane River Creole National Park, 4386 La. Hwy 494, Natchez, are open daily from 9 a.m.-3:30 p.m.

Admission is free. For more information call (318) 356-8441 or visit [www.nps.gov/cari/index.htm](http://www.nps.gov/cari/index.htm).



### • Barksdale museum

Visit the Barksdale Global Power Museum, 88 Shreveport Road, Barksdale Airforce Base, Bossier City. 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.

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, Saturday. The entry fee is \$40. For more information visit [www.fortpolkcommunitybassmasters.com](http://www.fortpolkcommunitybassmasters.com).

### • Lose weight

Join Take Off Pounds Sensibly (TOPS) every Thursday at the Vernon Parish Library meeting room. Weigh in is from 5-5:50 p.m. The meeting starts at 5:50 p.m. For more information call (337) 208-0896.



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