



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

Vol. 46, No. 33

Home of Heroes @ Fort Polk, LA

Aug. 16, 2019

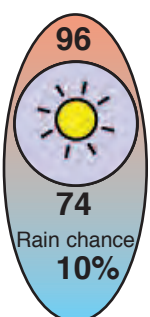


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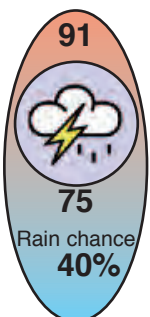
Tee up at Warrior Hills Golf Course

The Joint Readiness Training Center and Fort Polk's Warrior Hills Golf Course is now open for play on Mondays. The sprawling 18-hole layout features refurbished greens and pristine sand bunkers. Two ponds and a creek that crosses fairways make accurate shots a must. For full story see page 12 of today's Guardian.

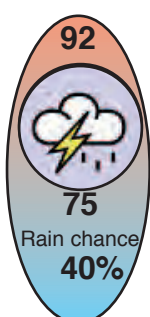
Weekend weather



Today



Saturday



Sunday

Inside the Guardian

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Viewpoint

In our view

Guardian staff asked Fort Polk community members, "You are a new addition to a crayon box, what color are you and why?" Here are their responses:

Sheral Zeno: "Pink because it makes you smile."



Donald Zeno: "Green because I have to provide all the money."



Spc. Nathan Robbins: "Blue because I love the color of the sky."



Sgt. Lakevious Telfair: "White because nobody ever picks it and I love a white car or white in a tattoo. I think it looks good and clean."



Spc. LaQuentin Brown: "Any neon color because it stands out."



Staff Sgt. Lauren Quarfot: "Black because I'm an introvert. I prefer to sit back and people watch instead of put myself out there."



Pfc. Bruce Orangi: "Blue because I like it and it is the color of water. It calms me."



Pfc. Felix Pineda: "Red because it's bright and says action to me."



Guardian

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Briefs

Benefits briefing

A Social Security Benefits briefing is held Monday from 9-10:30 a.m. at the 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



Members of the 115th Combat Support Hospital brief Col. Jody Dugai (right) commander of Bayne-Jones Army Community Hospital, on the new capabilities of the CSH during her tour of the facility Aug. 12.

T.C. BRADFORD/PAO

115th CSH shows off new technology

By T.C. BRADFORD

Public affairs specialist

FORT POLK, La. — The 115th Combat Support Hospital traces its roots to Fort Riley, Kansas in World War I when it was constituted as Evacuation Hospital No. 15. It came into service while deployed to France where it earned a battle streamer for service during the Meuse-Argonne Forest offensive. If you could take a trip in a time machine and examine the hospital, you would see how primitive the facilities and medical practices of the day were compared to the modern CSH.

Through the years, evacuation hospitals were replaced by the Mobile Army Surgical Hospital made famous by the hit CBS television series, "M*A*S*H" starring Alan Alda, Loretta Swit, Harry Morgan, Wayne Rogers, McLean Stevenson and a host of others.

As technology and medical practices evolved, so did the CSH. Today's modern hospital is a modular unit that can be set up in a matter of hours after reaching its deployment theater. It is a hard shell, climate-controlled unit that can be staffed by up to 600 Soldiers and is equipped with up to 248 beds. It has a pharmacy, sterile operating rooms and X-ray facilities and can even offer dental care.

The main purpose of the CSH is to serve as a midway point of care between medics on the battlefield and a fixed hospital unit in the rear. They triage, stabilize and prepare the most seriously wounded for evacuation to a hospital like Landstuhl Army Hospital in Germany or Walter Reed National Military Medical Center in Bethesda, Maryland.

They are there to care for U.S. forces, but in certain cases may treat enemy combatants and even civilians. Another bonus from being modular is that the entire hospital does not have to deploy for every mission. If a small clinic is needed or radiological services, just those sections of the hospital can be packed up and deployed.

The 115th Combat Support Hospital falls under the 32nd Hospital Center at Fort Polk. The 32nd HC is commanded by Col. Lee Burnett and Command Sgt. Maj. Dolores Kiyoshi. The 115th CSH trained on setting up the hospital and practicing patient drills Aug. 12.

Burnett invited Bayne-Jones Army Community Hospital commander, Col. Jody Dugai, to tour the facility. It was the first chance Dugai had to check out the updates the Army has incorporated into the hospital.

"The changes made to the tents and medical equipment are fantastic. The tents are easier to erect, not so labor intensive for the Soldiers," she said.

"The medical equipment has been updated to give providers more capabilities in a deployed setting. The equipment upgrade also allows for better patient care in the event patients have to remain in a field hospital longer than they did in the past. I am very excited about the improvements."

Dugai said the CSH and BJACH are on the same team with the same mission of providing quality care to patients in their respective facilities.

She said it's important for BJACH and the CSH to work together as any health care provider from medical technician to physician can be tasked to work in either facility.

"We both provide training in different ways to our healthcare providers," she said.

"BJACH provides the daily clinical care that allows our medical team to have the skill proficiency to provide care worldwide at a moment's notice. The field hospital allows our medical team access to deployed medicine by training on equipment and processes that are different from a typical stateside facility."

She explained how BJACH and the CSH fit into the "one team, one fight" concept.

"There is a close relationship with a field hospital and the installation medical treatment facility because we have the same purpose: Taking care of Soldiers and returning them to the fight. At some point, my team or I will be performing duties within one of these units."

Dugai said she was impressed with the technology and staff of the 115th CSH and was confident in their ability to provide first class care to patients treated in a deployment situation.

"We have proven this over the last 18 years. We have the highest survivability rates ever during conflict. This is due to close relationship between fixed facilities like BJACH and field hospitals like the 32nd Hospital Center," she said.

Milley discusses Army changes as he passes authority

By JIM GARAMONE

Army News Service

WASHINGTON — The Army has experienced fundamental, generational change in the past four years under the leadership of Chief of Staff Gen. Mark A. Milley.

The general turned over the reins of America's senior service in a ceremony Aug. 9 to Gen. James C. McConville. The Senate has confirmed Milley to succeed Marine Corps Gen. Joe Dunford as chairman of the Joint Chiefs of Staff at the end of September.

Milley spoke about his term as chief of staff in a wide-ranging interview in his now empty office.

When Milley became chief of staff in 2015, the Army was suffering through readiness shortfalls. While individual units going into harm's way were well-trained, well-led and well-supplied, the effectiveness of the organization was in a trough.

"The Budget Control Act and sequestration hit training and maintenance accounts hard," Milley said.

Continuing resolutions, government shutdowns and curtailed budgets meant that services had to apportion money to those units heading to Iraq or Afghanistan. The current fight was funded, but the potential future force was not.

"I came in with a different vision, a different look, and I intended to make some fundamental changes from the very beginning," the general said.

"But the bottom line is you can have all the fundamental ideas you want, but unless thousands of people buy into those ideas, they aren't going anywhere. These people have taken the ideas, operationalized them and put them in place. Without them, we aren't doing anything. This is a team of teams that make things happen."

The Army is a large organization with three components — active duty, Army National Guard and Army Reserve — and the Department of the Army has about 300,000 civilian employees and hundreds of thousands of family members. Retirees also are part of the service.

Changing anything in the service takes time, Milley said, and the tenure of one chief of staff is not enough time. But the changes needed to be made, he said, adding that these fundamental changes in the U.S. Army are necessary because the strategic environment itself has shifted.

"The character of war has changed. Not the nature of war — the character," Milley said.

When he talks of this concept, he is talking about where the fight occurs, how the forces fight, what doctrine applies, what weapons are needed and what organization is best suited. The character changes over time. Warfare changed when someone developed stirrups and it became practical for soldiers to ride horses into battles, the general said. The development and fielding of repeating rifles, of barbed wire, of wheeled vehicles and airplanes all changed the character of war, he explained.

All militaries in the world understand this to a greater or lesser extent.

"Us, the Chinese, the Russians and others are moving in directions to shape ourselves, to adapt to this world," Milley said.

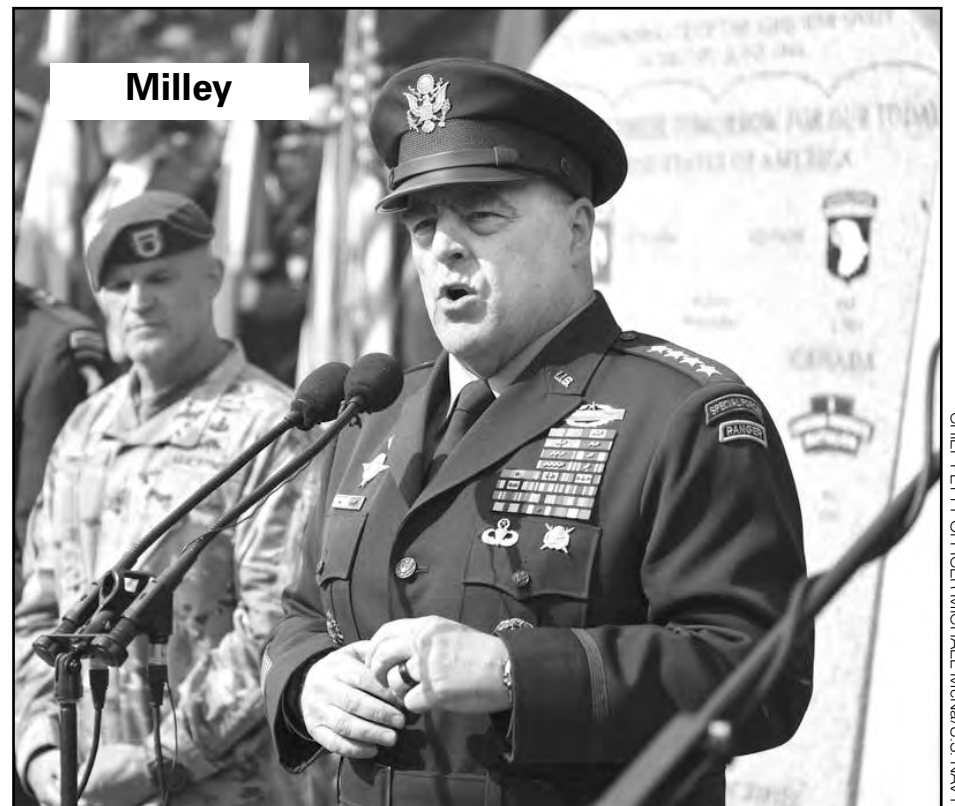
The changes are as great as the ones faced by soldiers following the end of the Vietnam War in the mid-1970s. The introduction of precision-guided munitions, the internet, and the widespread and prolific use of computers and information technology really enabled the changes, Milley said.

Added to all this is the broad, almost ubiquitous, deployment of sensors around the world. Pretty much the whole world is "sensed" by something, the general said. New technologies such as hypersonics, robotics, artificial intelligence, supercomputing and the cloud accelerate this changing world.

Changing demographics also forces the changes in the character of war. These changing demographics reach back to the dawn of the Industrial Revolution, when farm workers moved to the cities for opportunities. This process continues. The majority of people worldwide no longer live in rural areas, Milley noted. Today, about 55 percent of the people on Earth live in urban environments. The United Nations estimates that will rise to 66 percent by 2050.

"If that's true, and the nature of war is an extension of politics, and you are trying to impose your will on your opponent, then it stands to reason that the geography of warfare will shift toward dense urban environments," Milley said. "The U.S. Army needs to be able to operate and win on this new battlefield."

Milley's priorities predated the



CHIEF PETTY OFFICER MICHAEL MCNEA/U.S. NAVY

National Defense Strategy. That document took many of these ideas and applied them across the services. The biggest change was the return of global competitors China and Russia.

"(The Army) had to sustain and continue for as long as the country needed the counterinsurgency and counterterrorism fight, while shifting to be able to deal with rising great power competition," he said.

"So we had to do two things at once: First, significantly improve the readiness of the current force, and second, set the institution on a path to modernize so it would be able to fight a near-peer competitor."

Milley said history really doesn't repeat itself, "but it rhymes a little bit." Army Gen. Creighton Abrams served as the chief of staff after Vietnam.

He was faced with the rising challenge from Soviet Union, and he laid the groundwork for all that followed: AirLand Battle, the Big Five Army weapons and so on, the chief said.

Milley said he needed to improve readiness of the force immediately. He also needed to begin the work of "seeing the future and modernizing the Army to meet that."

At the same time, he was facing calls for drastically reducing the size of the service, with some experts saying the regular force should go below 320,000.

Milley and the various Army sec-

retaries he served under worked with Congress to explain the repercussions of such a drastic cut and was able to get that reversed.

The international order that has maintained peace among great powers is under intense stress from Russia, China, North Korea, Iran and terrorists.

It is under stress in the West as well, with rises in populism and nationalism, the general said.

"We should operate with realism and restraint," he said.

"But fundamental to that is strength. A strong and capable U.S. military able to deploy quickly is one of the greatest guarantors of world peace."

Milley instigated other major changes, including increasing infantry training to 22 weeks — the first major revision since World War II. He anticipates similar increases in training for other combat specialties. Other changes include:

- Establishing security force assistance brigades to professionalize Army training of partner militaries;
- Standing up Army Futures Command to ensure that the capabilities the service will need will be there;
- Prioritizing the capabilities most needed by the service and ensuring funding apportioned was based on this priority list; and
- Taking on a full slate of family issues looking at housing, credentialing, child care, exceptional family member programs and more.

Real Warriors campaign breaks barriers to psychological care

HEALTH.MIL

WASHINGTON, DC — Asking for help can be one of the toughest missions that service members, Veterans and military Families face. For the past 10 years, the Real Warriors Campaign has been the Department of Defense's leading effort aiming to reduce those barriers by promoting a culture of support for psychological health and providing vital resources for the military community.

Real Warriors is a multi-media public awareness initiative launched in 2009 following a congressional mandate to reduce obstacles to psychological health care and to promote accurate information about psychological health to the military community. Real Warriors is now a part of the Defense Health Agency Research and Development Directorate, Psychological Health Center of Excellence.

"Over the last 10 years, we've seen an increased willingness in service members to seek help from psychological health providers," said Navy Capt. Carrie Kennedy, the Center's Division Chief. "We've also seen a change in how the Department of Defense offers services, including confidential options that weren't there before. I think the campaign's work to normalize use of these services has contributed to decreasing barriers to care."

Among the hallmarks of Real Warriors' research-driven approach are its video profiles that share experiences of service members and veterans who sought psychological health care.

"The campaign tells the stories of real warriors who have raised their hand and reached out for help, and they're telling their fellow service members there are positive outcomes," Master Sgt. Bradley Blair said.

One of those warriors is retired Maj. Jeremy Haynes, who faced depression and thoughts of suicide after surviving life-threatening injuries. Determined to emerge stronger from his physical and psychological wounds, Haynes sought support from his wife — also a service member — and his health-care providers.



A Real Warriors Campaign member engages with a service member at the Association of the United States Army Annual Meeting and Exposition in Washington, D.C.

"We can build and repair our bodies over time but being mentally fit takes support from others, too. Realizing that was like removing a boulder from my rucksack. I no longer carried my burdens alone and that's what allowed me to achieve my goals," said Haynes.

Haynes' profile and other videos are available on the campaign's recently redesigned interactive website. The website features articles, materials and additional resources to help the military community learn about psychological health concerns, take the first step toward seeking help, and serve as advocates.

"Those resources offer a range of information and I think their delivery is equally important — attending events enables us to deliver those resources in-person rather than solely engaging online," said U.S. Public Health Service Lt. Cmdr. Evette Pinder.

Over the past decade, Real Warriors has connected with more than 3 million people, includ-

ing engagement at events, military installation site visits and interactions on the campaign's social media channels. Real Warriors has also developed strategic partnerships with local and national organizations and military installations to help support psychological health among service members and families, working with peer leaders and programs to share messages of strength in the military and veteran communities.

Today, 90 percent of veterans and active duty service members believe mental health is as important as physical health, due in large part to collaborative efforts between the Defense Department and the military branches — including Real Warriors' work to humanize psychological health concerns.

Entering its second decade, the campaign will continue to empower service members, veterans and families to take the first step toward psychological health care and support them throughout their journey.

McConville: Civilian creed defines purpose of Army workforce

By KARI HAWKINS

AMC

REDSTONE ARSENAL, Ala. — Following in the path of former leaders, Gen. James McConville re-emphasized the strength and value of the Army's civilian workforce when he was sworn in as the Army's 40th chief of staff Aug. 9.

McConville said he understands the importance of taking care of every person in the Army, telling the Army News Service that "People are the Army. They are our greatest strength, our most important weapon system."

And, when it comes to the Army civilian corps, McConville said he is convinced they are the "institutional backbone of every-

thing we do" and should be given opportunities to grow in their Army careers.

With such a significant endorsement, the Army's 330,000-plus civilians are not only reminded of their role in support of the nation's Soldiers but also of their duty to live by the Army Civilian Corps Creed.

Creed phrases like "a member of the Army team," "dedicated to our Army" and "always support the mission" speak to the importance of the contributions of the civilian workforce.

The creed's listing of the Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage and its oath to support and defend the Consti-

tution of the United States mirror the oath taken by every Soldier.

In addition, the phrase "I provide leadership, stability and continuity during war and peace" defines the civilian corps' longstanding role in moving the Army forward in its defense of the nation and freedom worldwide.

The creed supports the mission of all Army civilians: To support the nation, the Army and its Soldiers in times of war and peace, and improve the readiness of the force; to preserve continuity and provide essential support to the Army mission; and to work together with Soldiers as one Army, one team, one fight.

"The Army Civilian Corps is meant to unify the Army civilian

service and embody the commitment of civilians who serve as an integral part of our Army team," then Army Secretary Francis J. Harvey and then Army Chief of Staff Gen. Peter J. Schoomaker said in a joint memorandum to Army personnel in 2006 when the corps and creed were established.

Currently, the Army has the largest civilian workforce in the Department of Defense, with 540 careers spanning 31 career programs, including cybersecurity, engineering, medicine and administration. Of its four senior commands, the Army's largest civilian employer is the Army Materiel Command, with a workforce of

Please see **Civilians**, page 7

Deceased 519th Soldier honored with framed memorials

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Fort Polk's 519th Military Police Battalion honored the memory of Pfc. Brian Gleason by posting a framed memorial in the patrol room at Directorate of Emergency Services and at battalion headquarters Aug. 9 — 19 years after the accident that claimed his life.

His parents, Tom and Jennifer Gleason attended a senior leader lunch before the presentation.

Tom Gleason is a retired law enforcement officer with more than 30 years of service.

Since the death of his son, he has dedicated his time and efforts to teaching safety to law enforcement officers and was the guest instructor for safety training after the presentation.

Lt. Col. Sonja Whitehead, 519th MP Bn commander, said Brian Gleason's story is important.

"It focuses on the fact that Soldiers in the Viper Battalion can never take for granted safety in a patrol vehicle," she said.

Whitehead said she was proud to unveil the framed compilation of pictures memorializing Brian Gleason with his mother and father present.

"The tribute will hang in our DES patrol room in the hallway at our new battalion headquarters. This memorial is not only to help Soldiers remember Pfc. Gleason, but also to aid them in understanding the impact of every action they have in a patrol car," she said.

Whitehead then thanked Gleason for being at Fort Polk and told him that she knows she and her Soldiers will benefit from his training.

Brig. Gen. Patrick D. Frank, commanding general, Joint Readiness Training Center and Fort Polk, thanked Gleason and his wife for visiting Fort Polk to spend time with the 519th MP Battalion.

"It means a lot to a unit with the kind of esprit de corps they have," he said.

Frank said you can't really put a price on what the Viper Battalion does for Fort Polk each and every day.

"Whether you are part of the military police, Directorate of Emergency Services or a Department of the Army civilian, you keep this installation safe and contribute to the mission of this post. You are an exceptional battalion. You do a phenomenal job here. This post could not operate without this battalion," he said.

Frank then spoke to Gleason about his son.

"I was struck by the fact that your son grew up watching you as a law enforcement professional. He went through basic training, advanced individual training and became a military police officer. You told us he was exceptionally proud of being an MP," he said. "Brian watched you as a civilian police officer and he wanted to do the same thing — just in camouflage. I believe that his remarks to you were that this was exactly what he had always wanted to do. He said he wanted to be in the Army serving this nation and a military police officer following in his father's footsteps as a law enforcement professional."

Frank then hugged Gleason and told him it was an honor to have him at Fort Polk talking to the Vipers and trying to keep them safe.

Gleason thanked everyone for the memorial to his son and said he was honored to be at Fort Polk.

As he began the safety training he asked the audience to be patient with him because sometimes when he does the training and talks about



Lt. Col. Sonja Whitehead, 519th Military Police Battalion commander, (left) unveils a memorial honoring Pfc. Brian Gleason as his father, Tom Gleason looks on. Brian was in a patrol car accident that claimed his life on Aug. 9, 2000.



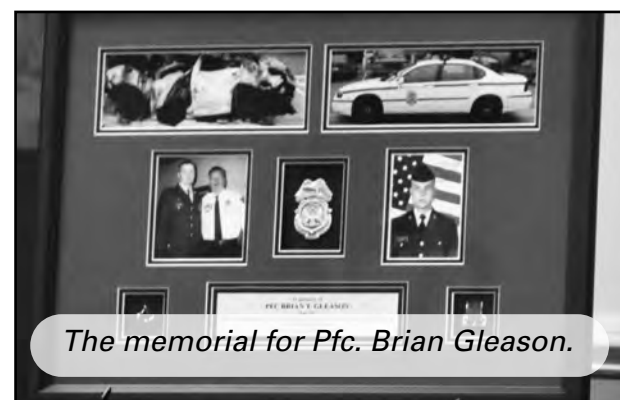
Tom Gleason, father of deceased Fort Polk Soldier Pfc. Brian Gleason, was the guest instructor teaching 519th Military Police Battalion Soldiers about law enforcement safety Aug. 9 at the Warrior Center.

his son, he gets choked up.

"I'll remember something about him and I never know when it will hit me," he said.

In his own words on the Officer Down Memorial Page, www.odmp.org, Gleason said not a day goes that he doesn't think about Brian and how long it has been since he and his wife lost him. He also said that the training he does for other Soldiers gives him the opportunity to share his son's story with officers all over the country.

"My only wish is through our loss someone else will be saved. Brian will always be missed and loved," Gleason said of his son.



The memorial for Pfc. Brian Gleason.

Civilians

Continued from page 5

190,000 that is 96 percent civilians.

"From a demographics perspective, most military organizations are majority uniformed personnel. In our case, we are mostly civilian personnel, but still laser focused on the needs of Soldiers, civilians and Families," said Max Wyche, the deputy chief of staff for Human Resources (G-1) for Army Materiel Command.

"Of our total civilian workforce, more than 92,000 are federal employees with the rest being contractors and local nationals. Our job is to make sure we've got the systems and personnel in place to maximize the capabilities of our workforce; and to make sure everyone has what they need to get their job done from a personnel and training perspective."

Getting the job done is right in line with the civilian creed.

"It's not just the fact that we are a primarily civilian organization. What's impressive is that we are a civilian organization focused on Soldier readiness," Wyche said. "The type of work we do and the diversity of the work that gets done within the command affects the entire Army."

"We are a command of logisticians. But we are also a command of acquisition professionals, engineers, manufacturing personnel, the list goes on. We have a huge function when it comes to readiness — from our contracting officers who purchase everything from helicopters to uniforms, to our blue collar workers who build and sustain weapon systems being used today and in the future."

"From a diversity of perspective of the work getting done, I think that's what makes the Army Materiel Command and its employees unique."

The legacy of civilian service is evident in Army Materiel Command's Hall of Fame, which includes such civilians as:

- Isabella Hansen, who went from clerk typist to the ranks of the Senior Executive Service, establishing innovative programs that saved millions and paved the way for better working relationships with contractors and industry.

- Edward Korte, former senior legal counsel recognized for his work in preventive law and proactive mission involvement.

- Dr. Stanley Kronenberg, a nuclear physicist whose 47-year career included the publication of nearly 100 papers on nuclear radiation, 39 nuclear-related patents, and a reputation as one of the leading authorities in nuclear radiation and detector technology.

- John Dugan, whose 35-year career began as a trainee and ended as a deputy commander, leading contracting, logistics, depot maintenance and manufacturing operations.

Among the most honored examples of civilian contributions to the Army mission are found among those employees who receive the Army's Presidential Rank Awards.

"This award is the most prestigious recognition afforded to civilian career executives and senior professionals. It represents the very best," said Dr. Mark Esper in 2018 when he served as Secretary of the Army. "There is a



Department of the Army civilians share the Army values and commitment to the mission, as expressed in the Army Civilian Corps Creed.

common theme among them. Each has made an extraordinary contribution to the readiness of our Army, to the readiness of our forces, to the readiness of our units."

The award emphasizes the critical role the

civilian workforce has in ensuring the Army's readiness through implementing reform and building efficiencies that save time, money and manpower, Esper said, which is "absolutely essential if we are going to make the leap to the next generation and modernize our force."

Among the 2018 recipients were Army Materiel Command's Sue Goodyear, deputy chief of staff for resource management; Bill Marriott, Aviation and Missile Command deputy to the commander; and John Shipley, Aviation and Missile Command Special Operations Directorate director for special programs.

Shipley, who was also inducted into the Army Materiel Command Hall of Fame in 2019, first served in the Army before beginning his civilian career in 1960. Shipley's career includes serving as director of the Aviation and Missile Command's Special Operations since 1991, with responsibility for the development, acquisition, modernization, fielding and sustainment of the Army's Special Operations Forces fleet of uniquely configured aviation vehicles.

Army civilians do not just serve at installations or headquarters; for decades, they have voluntarily deployed alongside Soldiers, conducting critical supporting functions in harm's way. With the 17-year wars in Afghanistan and Iraq, the dedication of Army civilians have led hundreds to voluntarily deploy. One of those civilians — Linda Villar — was the first Army Materiel Command civilian killed in Iraq in 2005 by a mortar attack, and is one of 15 Army civilians who have been killed during recent deployments.

"The best Army in the world needs the best possible support, and that's what we civilians do," said John Nerger, who began his career as an Army intern and closed it out 35 years later as AMC's senior civilian.

ARMY CIVILIAN CORPS CREED

I am an Army Civilian, a member of the Army Team

I am dedicated to our Army, our Soldiers and Civilians

I will always support the mission

I provide stability and continuity during war and peace

I support and defend the Constitution of the United States and consider it an honor to serve our nation and our Army

*I live the Army values of
Loyalty
Duty
Respect
Selfless Service
Honor
Integrity
and Personal Courage*

I am an Army Civilian

Army veterans find healing in new underwater memorial

By SEAN KIMMONS

Army News Service

FORT MEADE, Md. — As soon as Shawn Campbell saw his name on a plaque next to a statue sunken 40 feet on the seafloor, the memories of Soldiers he had once served with flooded his mind.

The life-size statue, one of a dozen concrete figures that make up the nation's only underwater veterans memorial, depicted a Soldier wearing combat gear from the Iraq War — a war he had fought in three times.

"It really took my breath away," said the former staff sergeant, now a master diver at a Florida dive shop.

"It was a huge honor."

His company made a donation to place his name at the base of the statue before the figures were installed about 10 miles off the coast of Clearwater, Florida.

The memorial, called Circle of Heroes, honors the entire military with statues portraying a variety of service members in what organizers hope will serve as a therapeutic dive for veterans and a unique diving experience for all.

Plans call for an additional 12 statues to be added to the memorial next year.

Campbell, who served for about a decade in the Army as a combat medic, said the memorial helped him remember those who never returned home and those who struggled once they did.

"I had a lot of friends who didn't make it back," he said Aug. 5, a week after the memorial officially opened. "And even more who did make it back, but then couldn't win the battle with themselves after the war."

One such friend was Staff Sgt. Victor Cota. He and Campbell had been in the same 4th Infantry Division unit that provided security for senior leaders traveling in and around Baghdad.

On May 14, 2008, Cota's vehicle hit a roadside bomb, killing the 33-year-old Tucson, Arizona, native.

"He was a good friend of mine," Campbell said. "We lost him during (my) second deployment."

In 2013, Campbell left the Army to finish his associate's degree and then worked as a commercial deep sea diver. He now teaches courses at a dive shop in the Tampa area, where he grew up.

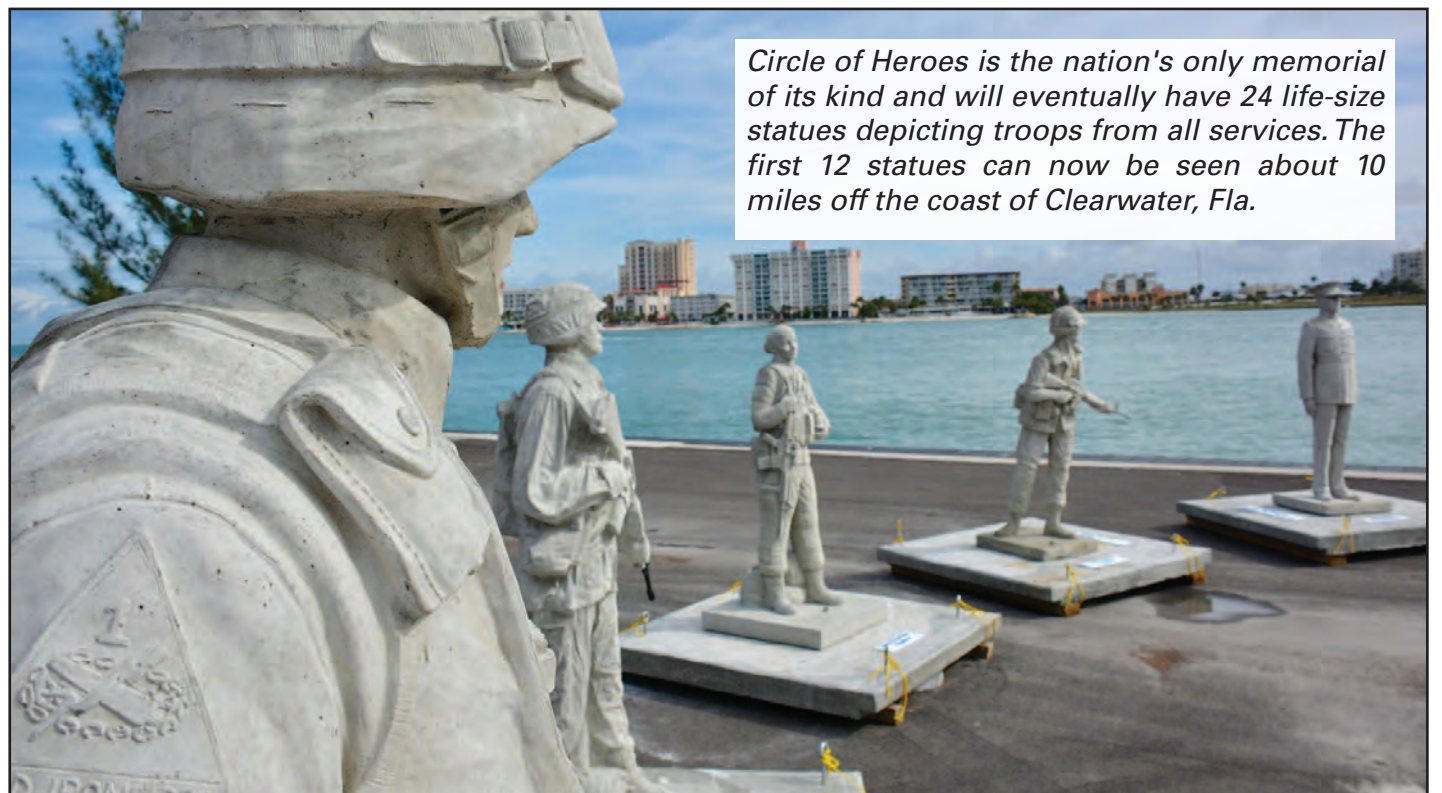
"I was like, well, if I survived the war, I'm going to start doing everything I want to do now," he said.

Campbell said scuba diving is a relaxing activity that calms his post-traumatic stress and gives him time to analyze his thoughts in peace.



Shawn Campbell, a former staff sergeant and now a master diver, admires the detail of one of the statues at the Circle of Heroes underwater veterans memorial off the coast of Clearwater, Fla.

SEAN KIMMONS/ARMY NEWS SERVICE



Circle of Heroes is the nation's only memorial of its kind and will eventually have 24 life-size statues depicting troops from all services. The first 12 statues can now be seen about 10 miles off the coast of Clearwater, Fla.

"It helps me deal with things," he said. "It's kind of hard to have a bad day when you're underwater and you get to reflect upon yourself."

Former Staff Sgt. Jace Badia, also a diving instructor, agreed, saying the sport gives him more freedom of movement.

Badia, an infantryman who lost his left leg above the knee to a roadside bomb in Iraq, said he and others who have had amputated limbs can move however they like while floating below the surface.

He even knows a blind veteran who enjoys scuba diving.

"If you don't have the ability to run because of prosthetics, you can get in the water with a tank and you can swim as fast as you want," he said. "Nothing is stopping you."

Badia, who manned a boat so other wounded veterans could dive around the memorial last week, said he is looking forward to seeing it soon in an upcoming dive.

"I can't believe that they finally made an underwater memorial for (service members)," he said. "That's amazing; I never even thought that was possible."

While memorials are typically

above ground, this one can allow visitors to connect to it on a deeper level.

There is even a nonprofit that specifically takes wounded veterans to the site as an alternative form of therapy.

"The one thing about scuba diving is when you're down there, even if you're in a group, you're still by yourself," Campbell said.

"You have no choice but to reflect on what you're looking at. It's a more serene experience, (one that you) never get an opportunity to experience above the water."

Artificial Intelligence Task Force takes giant leaps forward

By **GARY SHEFTICK**

Army News Service

PITTSBURGH — From their office overlooking a bay of autonomous vehicles and robotics, members of a small Army task force are collaborating with academic partners to develop artificial intelligence systems.

The Army's AI Task Force stood up less than a year ago through a partnership between Army Futures Command and Carnegie Mellon University, and members are already working on a number of cutting-edge applications to assist with tasks ranging from aircraft maintenance to talent management.

While Task Force Director Brig. Gen. Matthew Easley has an administrative section near the Pentagon, the operational element of the task force is located at CMU's National Robotics Engineering Center in Pittsburgh, headed up by Col. Doug Matty, Army AI TF deputy director.

"We were able to leverage existing relationships" between Carnegie Mellon and DoD through Army Research Lab, Matty said, to create an Army task force that could tap into the artificial intelligence "ecosystem."

CMU has a long history of working with the Defense Advanced Research Projects Agency, known as DARPA, he explained, and NASA was one of the first agencies to fund projects at the university's National Robotics Engineering Center.

NREC

Located along the Allegheny River about 2 miles from the main CMU campus, NREC is an integral part of the university's Robotics Institute that boasts more than 1,000 faculty and researchers. Five university staffers at NREC have formed an AI Hub to work directly with the Army task force and reach out to other universities and industry partners to link a network of researchers.

The offices of five Army officers and two Army employees at NREC look down into a sprawling interior bay that includes some of the first fully autonomous cars and robots designed to clean up nuclear power-plant disasters.

"While the Army AI Task Force didn't necessarily sponsor that work, we're benefiting from it," Matty said. He explained that access to the sensors, different types of electro-mechanical devices and computing capabilities there enable the task force to quickly develop artificial intelligence for other applications.

"We're not starting from zero," he said.

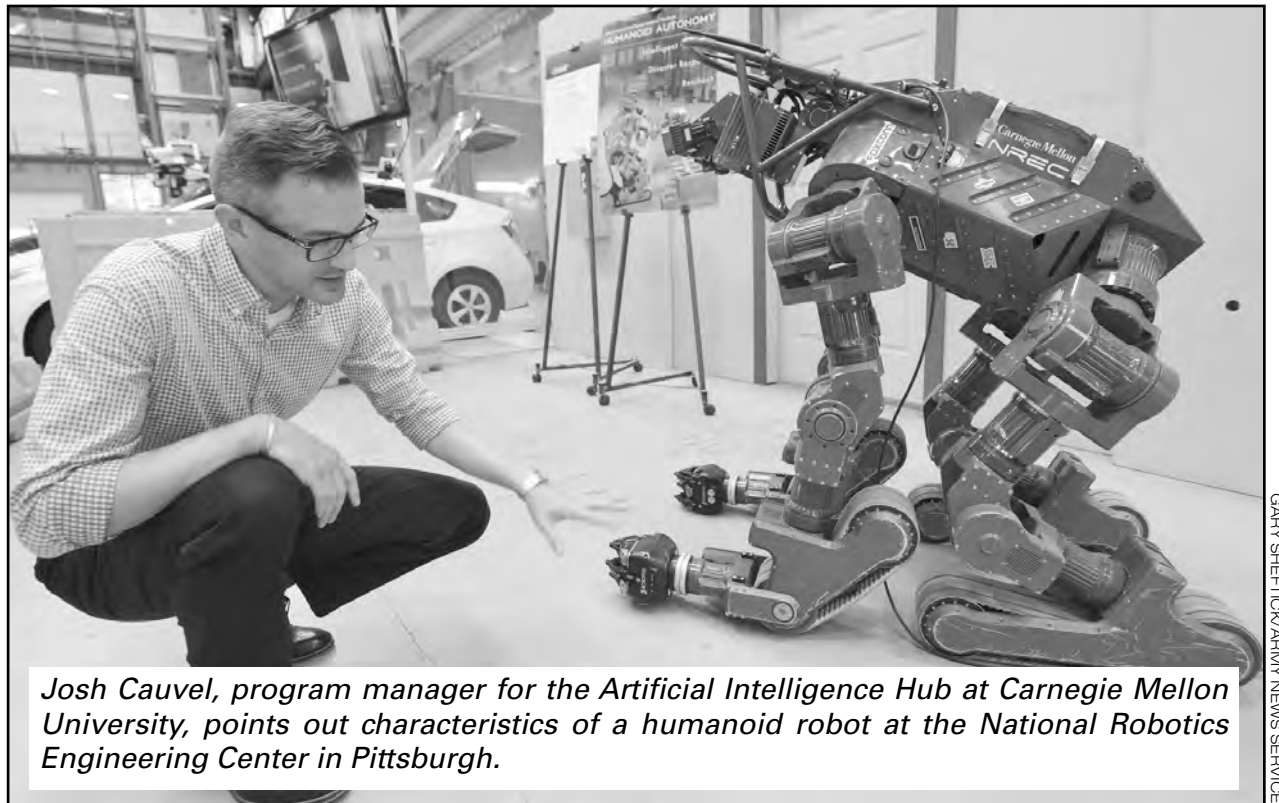
Range of projects

Automated recognition — the capability for a computer to identify military vehicles and systems in images — was one of the first projects that the task force tackled.

NREC teams already were using electro-optical 360-degree camera sensors on robots, LiDAR light-detecting and ranging lasers, and other types of sensors.

"That's what's allowing us to go so fast in building a new sensor package for automated recognition," Matty said. "We're able to put those systems together because they've already solved those problems."

Since NREC built the first fully autonomous prototype in 2004, "you can imagine the advances in sensors, in computation, the reduction in power usage, all of those types of things — you can see how much more improved and enhanced those capabilities are. I think that's the key thing



that we're trying to leverage," Matty said.

Maintenance for helicopters is another project that the task force is working on. Data scientists are developing an application that will recognize and alert flight crews when it's time for different types of maintenance.

Talent management

The latest project for which the task force is developing an AI application for is talent management. Maj. Kevin Goulding, who has a master's degree from CMU, is heading up the project.

Goulding said he is "plugged into" the Army's Talent Management Task Force in Arlington, Virginia, to develop an app that will assist branch managers when they make assignment decisions.

He is creating an "optimization algorithm" that will "give a branch manager a better way to create a base assignment scheme," using data about the education and experience Soldiers have acquired, Goulding said. He added that it's definitely not going to replace branch managers.

The goal is to "maximize happiness of both officer and organization," he said.

To that end, Goulding is building machine-learning models and typing computer code.

He's writing code, "not making new math," Goulding pointed out, because he's often tweaking algorithms that have already been developed.

Matty says the task force is looking to develop capabilities through a "scrum methodology" which he defines as "just a big old mess of pushing and pulling, but it's really about moving the ball forward." In his case, it's about moving the frontier of technology forward.

Future projects

The task force has been working closely with cross functional teams across Army Futures Command.

"Even though we're here in Pittsburgh and Futures Command is located in Austin, we proactively work to stay tight with our teammates," Matty said.

All eight of the command's cross-functional teams have visited Matty's task force in Pittsburgh to identify technology gaps that artificial intelligence might be able to fill.

From the Long Range Precision Fires CFT to the Synthetic Training Environment CFT, the task

force has assessed their modernization initiatives for ways AI might help.

The task force is always looking for "the next big question" it can help address, Matty said.

Matty's team also supports DoD's Joint AI Center, and he said that's stipulated in its charter.

One of its goals is to "push algorithms forward to the tactical edge," Matty said, to directly support operations.

And the task force is not just creating artificial intelligence apps, but an entire "AI stack," to include doctrine, organizations and training, he said.

Technical talent

"We kind of have a unique blend of technical expertise in the task force," Matty said, adding that some of the Army's premiere data scientists and best data engineers are assigned.

The task force also benefits from temporary expertise that Matty can find. Currently a civilian employee from the Army's G-6 staff section, Taylor Cloyd, is with the task force in Pittsburgh for a few months. West Point faculty member Col. David Barnes is also in the middle of what he calls a "sort of sabbatical" with the task force. He teaches philosophy and English at the academy but is currently looking at ethical issues concerning artificial intelligence.

In addition, the task force has a contracting specialist and acquisition officer who provide what Matty calls the "more traditional institutional expertise" of coordination and synchronization. They allow the task force to "rapidly engage" the academic and industrial community, he said.

Ruben Cruz, contracts portfolio manager, draws up collaborative agreements with other universities. Nine universities currently have formal agreements with the task force, but Cruz said even more are collaborating informally.

He also reaches out to small businesses.

It used to be that acquisition and development was focused primarily on large "prime" contractors, Matty said. Now Futures Command is looking to engage with startups, small businesses and mid-level companies.

The key partner for this mechanism is AFC's Army Applications Lab.

GARY SHEFTICK/ARMY NEWS SERVICE

Stay vigilant:

Army acknowledges August as Antiterrorism Awareness Month

PROVOST MARSHAL GENERAL

WASHINGTON — August is Antiterrorism Awareness Month in the Army.

This is the Army's eighth annual observance of this call to action for Soldiers, Army civilians, retirees and Family members.

The intent is for them to be aware of the dangers posed by terrorism and prepared to help combat terrorism.

As the online radicalization and mobilization to violence continues to be on the rise, vigilance and awareness remain critical to countering threats.

Army antiterrorism initiatives address the ability to counter an increase and advancement of terrorist tactics as well as combat violent extremism.

Army communities are expanding information sharing

Protect operational security by identifying critical information

ARMY NEWS SERVICE

FORT POLK, La. — Operations security is a key component of antiterrorism and force protection, helping protect service members, civilian employees, families, facilities and equipment everywhere by denying information.

Operations security is not a specific category of information. It is a process for identifying, controlling and protecting generally unclassified information which, if known to a competitor or adversary, could be used to the Army's disadvantage.

One of the first steps to consider when developing an OPSEC process traditionally involves identifying critical information. Service members, civilian employees and family members should always be mindful about potential adversaries who seek to discover critical information about military communities and missions.

Critical information deals with specific facts about military intentions, capabilities, operations or activities. Even though information may not be secret, it is called "critical information."

If an adversary knew this de-

through partnerships with state, local, tribal, federal and international law enforcement and security agencies. Prevention is a cornerstone of the Army's antiterrorism strategy.

In support of an active antiterrorism awareness campaign, the Office of the Provost Marshal General works continuously with subordinate commands, installations, stand-alone facilities and operational units to focus on:

- Recognizing and reporting suspicious activity (including iWATCH Army and iSALUTE — see below for details).
- Understanding the threat associated with violent extremism.
- Educating the community on the ownership and use of unmanned aerial systems as well as the risks from adversarial use.

To commemorate the terrorist attacks of 9/11, the OPMG An-

titerrorism Division established an antiterrorism information booth in the Pentagon to share information with the Army staff, as well as other Pentagon employees.

Army commands and installations are encouraged to conduct similar community outreach efforts to spread the message about threats and protective measures.

The antiterrorism community is constantly working on initiatives, threat awareness and community outreach to sustain vigilance and prevent terrorist attacks.

Terrorism is a persistent threat to the Army. Army communities must be ready to defend against the full range of terrorist tactics.

The safety of Army personnel, civilians and Families is of the highest concern both in the field and in civilian life.

tailed information, mission and personnel safety could be jeopardized.

Critical information must be protected to ensure an adversary doesn't gain a significant advantage.

Examples of critical information include:

- * Detailed information about the mission of assigned units
- * Details on locations and times of unit deployments
- * Personnel transactions that occur in large numbers (Example: Pay information, powers of attorney, wills)
- * References to trends in unit morale or personnel problems
- * Details concerning security procedures

This information may seem insignificant. However, to a trained adversary, they are small pieces of a puzzle that highlight what a military unit is doing and planning.

The elements of security and surprise are vital to the accomplishment of the Army's goals and collective personnel protection.

When it comes to protecting critical information, there are several things individuals can do. They include editing emails for

operational security before sending them, using encryption emails to protect sensitive information and shredding and using burn bags to destroy notes and documents with Social Security numbers, personal records, home addresses and reports that reflect the Army's strengths, assets and future operations.

Where and how you discuss critical information is just as important as with whom you discuss it with.

Adverse agents tasked with collecting information frequently visit some of the same stores, clubs, recreational areas or places of worship as you do.

Determined individuals can easily collect data from trash cans, cordless and cellular phones, and even baby monitors, using inexpensive receivers available from local electronics stores.

Remember, it's everyone's job to protect critical information. You cannot afford to let your guard down. Your diligence in OPSEC is key to ensuring military effectiveness in operations and collective safety.

If anyone persistently seeks information, notify your unit OPSEC program manager or call one of the numbers listed at right.

TERRORISTS and SPIES are on the web...
...don't be an easy TARGET!



Protect Operational Information

BE VIGILANT. REPORT SUSPICIOUS ACTIVITY.

Contact numbers

- Military Police Desk: 531-COPS (2677)
- Local Antiterrorism Hotline: 531-6584
- Fort Polk Antiterrorism Office: 531-0413/6007
- iSALUTE suspicious activity reporting hotline: (800) CALL-SPY (225-5779)
- JRTC and Fort Polk Operations Center: 531-4916

Contact emails

- Antiterrorism officer: mitchell.smith3.civ@mail.mil
- Emergency manger: tommy.j.morris2.civ@mail.mil

Report Suspicious Activity or Behavior



See Something Say Something

Use iWATCH to learn more

PROVOST MARSHAL GENERAL

WASHINGTON — The Department of the Army's Office of the Provost Marshal General, in conjunction with the Deputy Chief of Staff G-3/5/7, offers an anti-terrorism awareness program called "iWATCH."

The purpose of the program is to focus and encourage Army-wide community awareness and outreach efforts to address important topics related to protecting Army communities from terrorist acts.

The program includes materials and resources focused specifically on family awareness. Products to support family awareness include posters and pocket cards depicting indicators of potential terrorist activity as well as information on how to report suspicious activity.

Program materials available include informational papers for use by family readiness groups and military family members to reinforce personal safety, secu-

urity, and prevention of terrorist acts.

Training and education resources include briefings on individual awareness, videos and public service announcements highlighting antiterrorism awareness and security.

Information and products to help installations and units conduct family awareness outreach are available on this page. Additionally, access to Army antiterrorism and iWATCH Army program information for common access card users can be found at the Army Policing Portal and the Army Antiterrorism Enterprise portal at:

- <https://army.deps.mil/army/sites/APP/SiteAssets/APPHome.aspx>
- <https://army.deps.mil/army/sites/PMG/OPMG/OPS/antiterror/ATEP/default.aspx>

Note: The Army Policing Portal and the Army Antiterrorism Enterprise Portal have migrated. Users must select their "email certificate" to gain access to either portal.



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/registeractive-shooter

For more information call 531-7911

Detect insider threats with iSALUTE

PROVOST MARSHAL GENERAL

There are three ways to make a report:

- Call the antiterrorism hotline at 531-6584 or 531-COPS (2677)
- Call the nation-wide hotline at (800) CALL-SPY (225-5779)
- Use the iSALUTE reporting portal through your Army Knowledge Online account at www.us.army.mil/suite/page/633775.

Here is a checklist to help you give as many details as possible:

- Size (number and description of people and vehicles)
- Activity (what the people are doing that seems suspicious)
- Location
- Unit (what unit they belong to or any markings or insignia)
- Time (date and time you observed the activity or behavior)
- Equipment (describe the equipment you saw)

Once you report, do not discuss your suspicions with anyone except U.S. Army Intelligence Special Agents.



CHUCK CANNON/GUARDIAN

Two golfers watch as a third takes a swing and aims for a hole-in-one at Fort Polk's Warrior Hills Golf Course.

Tee up for fun at Warrior Hills Golf Course

GUARDIAN STAFF

FORT POLK, La. — If you enjoy hitting the links for nine- or 18-holes of golfing enjoyment, Warrior Hills Golf Course at the Joint Readiness Training Center and Fort Polk could be just the place.

Situated on rolling hills with strategically placed sand traps, ponds and creeks to challenge your shot-making skills and perfectly manicured greens and fairways, Warrior Hills features one of the finest public layouts in West Central Louisiana. The course has undergone a \$900,000 upgrade that replaced the greens and tee boxes and an aging golf cart fleet.

To entice area golf aficionados memberships are available for six or 12 months that offers those who enjoy hitting the links a chance to save money.

And the deal is not just for Soldiers and Family members: Department of the Army civilians, contractors and golfers from the local communities are invited to play the course.

For those not affiliated with the military,

Fort Polk Army garrison leadership offers an annual pass to members of the general public who want to visit post to play golf. Stop by the visitor's center outside of the main gate, get everything checked out and if there are no problems, you get an annual pass.

Most golf courses are closed on Mondays, but not Warrior Hills — the course is open seven days a week.



Every Wednesday evening through September the course offers a nine-hole scramble with great prizes.

Also, today is the monthly garrison commander's 18-hole scramble, teeing off at 11 a.m. and finishing in time for the monthly Right Arm Night at the Warrior Center.

While the course is one of the finest in Louisiana, for it to remain open it's important that local golfers play the facility to make it viable for Fort Polk to maintain. However, once a person has teed off and enjoyed the picturesque vistas and excellent course conditions, they are sure to return for more rounds.

For more information on Warrior Hills Golf Course and future tournaments call 531-4661.

Briefs

AFAP town hall

The Army Family Action Plan elevates important quality of life issues to senior leaders for action. If you have a significant issue you would like addressed, and it impacts active-duty or Reserve component Soldiers or Family members, Department of the Army Civilians, survivors or retirees, attend the AFAP town hall Tuesday at 5:30 p.m. at the Warrior Center.

BJACH workshop

Bayne-Jones Army Community Hospital's Physical Therapy section hosts a foam rolling workshop Wednesday 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. Call 531-3203 for more information.

School lunch menu

The following school lunch menu is for Vernon Parish schools for Monday through Aug. 23.

Meals are served with salad bar and choice of milk:

Monday: Steak finger basket, mashed potatoes and gravy, green beans, peaches and Jello cup, whole wheat roll.

Tuesday: Barbecued ribettes on whole wheat bun, Cajun fries, peas and carrots, pineapple chunks.

Wednesday: Oven fried chicken with barbecue sauce cup, steamed cabbage, candied sweet potatoes, fruit (manager's choice), whole wheat cornbread.

Thursday: Pork roast with gravy, whole grain rice, sweet peas, fruit (manager's choice), sherbet, whole wheat roll.

Aug. 23: Chili and hotdog on whole wheat bun, French fries, ranch style beans, watermelon, coleslaw.

AAFES discounts

Fort Polk's Army and Air Force Exchange Service Exchange offers discounts to help military Families stay on budget during the first few weeks of the school year. AAFES has expanded 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.

Exchange giving away Army-Navy game tickets

AAFES

FORT POLK, La. — Military shoppers have a chance to cheer on the Army Black Knights and Navy Midshipmen in person at the 2019 Army-Navy Game just by shopping the Fort Polk Exchange or commissary with their MILITARY STAR card.

Shoppers will automatically be entered to win two tickets to the game when they use their MILITARY STAR card from Aug. 31 to Oct. 17.

The Army and Air Force Exchange Service, which administers the MILITARY STAR program, is a participating partner of the 2019

Army-Navy Game.

"The Army-Navy Game is where heroes win," said Ronald McDuffie, Fort Polk Exchange general manager. "The Exchange and MILITARY STAR want the best customers in world to have a chance to experience this game live."

Four winners will be randomly selected to receive a pair of tickets to the 120th Army-Navy Game, which takes place Dec. 14 at Lincoln Financial Field in Philadelphia. Travel and lodging are not included.

For more information and official rules, visit www.MyECP.com/CustomerAds/Page/Exchange.

Keeping hands clean can help preserve kids health

BJACH

FORT POLK, La. — Now that kids are getting back into their school routines, it is time to talk to them about good hand-cleaning practices.

Washing hands before eating and after recess and bathroom breaks will go a long way to keeping everyone healthy. Here are some back-to-school food safety tips for parents and caregivers:

- Wash hands before, during and after packing lunches.
- Make sure prep areas are clean. Wipe out the lunch box before filling it. If the lunch or snack contains perishable food items (lunchmeats, eggs, cheese or yogurt) make sure to pack it with at least two cold sources. Frozen juice boxes or water bottles can be used to keep food cold. Freeze them overnight and use with at least one freezer gel pack. Fruit cups may be frozen and added to the lunch as an ice source.

- Pack lunches containing perishable foods in insulated lunchboxes. A paper bag cannot keep food cold until lunchtime even with iced products.

- If you choose to save time by packing lunches the night before, make sure the food items remain in the refrigerator overnight.

- Lunches and snacks should be stored in a refrigerator or cooler with ice or frozen gel packs. If lunch boxes are not stored in the fridge, keep out of direct sunlight and away from heat sources.

- Label lunch boxes to avoid mix-ups. After eating, discard all leftover food, used packaging, bags and utensils. Do not reuse packaging because it can contaminate other food and cause foodborne illness.

For more information about hygiene and food safety, contact the Department of Preventive Medicine at 531-3402.



Three steps for successful end-of-summer blow out

HEALTH.MIL

WASHINGTON — As the summer ends and autumn begins, August is prime time for end-of-summer cookouts.

The Military Healthy System offers a range of preventive health information for summer safety, so here are some steps to take to ensure a successful outdoor get together.

- **Choose your location carefully**

Location is of the utmost importance when planning any gathering. With the weather cooling off, the great outdoors will be host to a variety of pool parties or cookouts, meaning that safety in the outdoors will be a priority.

If your location of choice ends up being the pool or local beach, swim in areas that have a lifeguard present. Keep small children under close supervision and when in doubt, use a life vest to help prevent drowning. The American Red Cross also publishes tips for swimming safety.

For military families, check with your local Directorate of Morale, Welfare and Recreation office to see what areas on base or on post would provide the best shelter and amenities for your event.

- **Protect your skin**

While often neglected, skin care is important when spending time outdoors. There are two main factors to focus on while outside: Protecting skin from the sun and from insects.

With melanoma being the most common form of cancer in the United States, protecting skin from the sun becomes highly important. You can prevent sun damage by wearing sunscreen when outdoors and reapplying after leaving the pool or sweating for an extended period of time. Check out Health.mil for

more healthy skin tips.

The sun is not the only outdoor factor to be aware of. If your cookout moves from the pool to a more wooded area, your party guests could be exposed to bugs and insects. Bites from mosquitos and ticks can lead to infections like Lyme disease and West Nile virus, so prevent these bites by using insect repellent on exposed skin. Check for ticks or irregular bites frequently. Visit Health.mil for more information on how to identify bugs and bumps.

- **Prepare and serve food safely**

The Centers for Disease Control and Prevention, provides four tips for basic food safety: Wash, separate, cook and chill.

Make sure the surfaces and utensils used to prepare food are clean, keep raw meats and foods separate and promptly refrigerate any leftovers.

Fire safety is also important when it comes to manning the grill at your cookout.

The Federal Emergency Management Agency has identified tips for fire safety at the grill, which include maintaining a safe cooking distance and safety zone from the home and objects, keeping the grill clean and safely disposing of coals.

While preparing and enjoying the meal, remember to drink responsibly if alcohol is on the menu. Avoid operating a car, boat or the grill while under the influence.

With a combination of location scouting, proper skin care and safe food preparation, your end-of-summer blowout is one step closer to success. The last step is simply to enjoy.

For more information on preventive health, visit the Military Health System's Preventive Health page at Health.mil.



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Take note of ways to protect yourself from scams

WWW.USA.GOV

FORT POLK, La. — Scammers use a variety of methods to try to steal your personal and financial information. They often try to make you feel comfortable with giving up your sensitive information by spoofing trusted logos of legitimate companies in an email or by pretending to be a family member or friend on the phone.

Phishing

Phishing is when a scammer uses fake email, text messages or copycat websites to try to steal your identity or personal information, such as credit card numbers, bank account numbers, debit card PINs and account passwords. The scammer may state that your account has been compromised or that one of your accounts was charged incorrectly.

A scammer will instruct you to click on a link in the email or reply with your bank account number to confirm your identity or verify your account.

They will sometimes threaten to disable your account if you don't reply, but don't believe it. Legitimate companies never ask for your password or account number by email.

Forward phishing email messages to spam@uce.gov or file a complaint with the Federal Trade Commission.

Include the full email header of the scam message in your report. Find out how to do this by searching online for the name of your email service and the words "full

email header."

Here are some ways to protect yourself from phishing scams:

- **Reach out if you're unsure.** If you believe that a company needs personal information from you, call the number from their legitimate website or your address book. Do not call the number or use the links in the email. Tell the customer service representative about the request and ask if your account has been compromised.

- **Turn on two-factor authentication.** If your account supports it, you can set it up to require your password and an additional piece of information (code sent to your phone or a random number generated by an app) when you log in. This protects your account even when your password has been stolen.

- **Don't click on any links or attachments in the email.** Any links, attachments, or phone numbers that you click on may contain a virus that can harm your computer.

Even if links in the email say the name of the company, don't trust them. They may redirect to a fake website.

Vishing and smishing

Similar to phishing, vishing (voice and phishing) and smishing (SMS texting and phishing) scammers also seek to steal your personal information.

However, these scams target your mobile or landline phone instead of your computer. You may be directed to call a phone number to verify an account or to reactivate a debit or

credit card.

If you have received one of these requests, report it to the Internet Crime Complaint Center. Your complaint will be forwarded to federal, state, local, or international law enforcement. You will need to contact your credit card company directly to notify them if you are disputing unauthorized charges on your card from scammers, or if you suspect your credit card number has been compromised.

Victims of these scams could also become victims of identity theft. Visit IdentityTheft.gov to learn how to minimize your risk.

Register with the National Do Not Call Registry.

The National Do Not Call Registry lets you limit the telemarketing calls you receive. Stop unwanted sales calls by registering your phone number:

- Online: Visit DoNotCall.gov
- By phone: Call (888) 382-1222 or (866) 290-4236

If you register online, you will receive an email to complete your request. You must click on the link in that email within 72 hours for your registration to take effect. Visit DoNotCall.gov or call (888) 382-1222 to verify the status of, or unsubscribe, your phone number on the registry.

Placing your phone number on this national registry will stop telemarketing sales calls. However, some telemarketing calls are still permitted.

You may still receive phone calls from political organizations, charities, telephone surveyors and organizations with which you have a relationship.

Some states have their own Do Not Call registries. Contact your state consumer protection office to find out if your state has its own Do Not Call list and how you can add

yourself to it.

Even if your phone number is on the Do Not Call Registry, scammers and robocallers may still call you.

You may file a complaint if your phone number has been on the national registry for 31 days. File a complaint online or at (888) 382-1222. Include the date of the illegal call, phone number and the company's name in your complaint. You can also file a complaint about recorded messages or robocalls.

You can take several actions to stop the delivery of unwanted mail in your mailbox.

- Tell companies you do business with to remove your name from customer lists they rent or sell to other companies.

Look for information on how to opt-out of marketing lists on sales materials, order forms, emails and websites.

- Contact the Data & Marketing Association to sign up for their mail preference service.

This will allow you to remove your name from most national telemarketing, mail and email lists. Register online for \$2 or by sending the registration form (PDF, Download Adobe Reader) and \$3 fee through postal mail.

- The Consumer Credit Reporting Industry's Opt-Out Program lets you stop receiving credit card and insurance offers.

All major credit reporting agencies (Equifax, Experian, Innovis, and TransUnion) participate in this program. Register online or call (888) 567-8688 to opt-out of receiving these offers for five years. You must register online if you want to opt-out of these offers permanently.

Remember, opting-out will not end all mail solicitations. You may still receive mail from local merchants, religious and charitable organizations, professional and alumni associations, politicians and companies with which you do business.

For more information visit www.usa.gov.



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Step back in time by touring first USO building

By **ANGIE THORNE**

Guardian staff writer

DERIDDER, La. — As the rigors of World War II raged and Soldiers trained, the idea of having a place for them to go for fun when they were off duty took off. It was a different time when young Soldiers yearned to dance with pretty girls to the sounds of big band swing.

That vision became reality thanks to the construction of Camp Polk and the DeRidder Army Air Base during the Louisiana Maneuvers of 1941 which brought more than 400,000 men to the rural areas of Leesville and DeRidder.

The Soldiers spent a great deal of time training for their entry into World War II, but what did they do for fun? The answer is not much, but President Franklin D. Roosevelt recognized that an acute shortage of GI recreational facilities existed.

The United Service Organization was incorpo-

rated in New York on Feb. 4, with the first facility opening in DeRidder on Nov. 28, 1941.

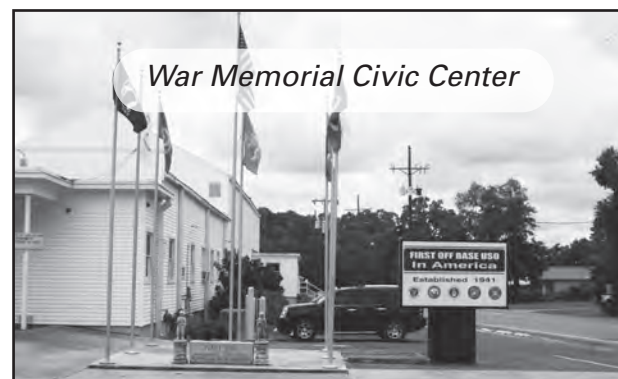
The DeRidder location was the first off base USO building built for and used exclusively by the USO during World War II.

The DeRidder USO was the first of 3,000 service centers to be built that gave the GIs a respite from military life.

It was a place to relax, find food and refreshments and, best of all, pretty dancing partners. The USO continued to be used for that purpose throughout the Korean War.

The USO building, 250 West Seventh St., DeRidder, now serves as the community civic center for Beauregard Parish and has the distinction of being listed on the National Register of Historic Places on Feb. 25, 1992. The official name of the building is the War Memorial Civic Center in honor of the 47 men from Beauregard Parish who were killed during World War II.

On Veterans Day, 2012, local military historian



Velmer Smith donated her extensive World War II military collection to the civic center. This collection is one of the more substantial collections of World War II memorabilia in the state.

The museum is open from 8 a.m.-4 p.m. Monday through Friday. There is no admission charge.

For more information call (337) 463-7212.



Pedal way around Louisiana bayous

KENT PLANTATION HOUSE

ALEXANDRIA, La. — Whether you are a serious bike rider or do it just for fun, you won't want to miss out on the eighth annual Le Tour de Bayou.

The biking event is a scenic cycling tour that winds through the bayou region of central Louisiana. The tour takes place Sept. 21 and registration is open for any excited cyclist.

All tour levels begin and end at Kent Plantation House, 3601 Bayou Rapides Road, Alexandria. There are six levels (tour miles) of participation — 101, 69, 40, 25 or 10 miles and 2-mile family ride, walk or run.

Consider your level of fitness and experience, then pick the ride that's right for you.

The tours meander around bayous and bald cypress-lined roads, taking cyclists through varied landscapes and topography as well as an authentic Belgian farming community with fields of cotton, soy beans, corn and grain sorghum.

Participants will also see historic homes and churches, wildlife and

the traditional livestock of the region.

Riders line the long driveway of Kent House as the tour begins at 7 a.m.

During the event, Kent House will be open for free tours given by costumed docents. There are ongoing period demonstrations during the day such as blacksmithing, open hearth cooking, candle and soap making, butter churning, quilting and more.

After the tour, a rest and relaxation tent is available for riders needing refreshments, snacks and complimentary massages.

A post-ride party at Kent Plantation House features live Louisiana music, jambalaya and plenty to drink. It's the perfect place to relax and have fun after a long ride.

For more information call (318) 487-5998 or go to www.bikereg.com to register for the event of your choice. Registration includes an event T-shirt, swag bag if you register before Sept. 7 and the post-ride party at Kent House.

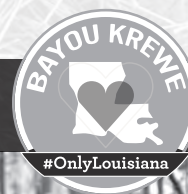
For more information visit www.kenthouse.org.



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Lagniappe

BOSS

• 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 Saturday 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.

• Shrimp festival

The Delcambre Shrimp Festival takes place today through Sunday. 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 dishes like boiled shrimp, fried shrimp, shrimp sauce piquante, shrimp

salad and many more. For more information visit 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. 23-25, 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.

• 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.

Miscellaneous

• Circus fun

Take time to attend the Jordan World Circus Thursday in DeRidder at 7 p.m. at the Beauregard Parish Civic Center, 5515 U.S. 190 West. Adult tickets are \$18 per person and Children three to 12 are \$14 per child. Children under three get in free. With three rings of Family fun, "Jordan World Circus" thrills fans of all ages. See death-defying aerial acts and animal attractions including tigers and elephants. In addition to performing acts, kids have the unique opportunity to ride and pet different animals. Doors open one hour before the show starts. For more information visit www.facebook.com/TheJordanWorldCircus/.

• 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 pigeon-niers, 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.

• Barksdale museum

Visit the Barksdale Global Power Museum, 88 Shreveport Road, Barksdale Air Force 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 aircraft on display in the air park.

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.

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 next meeting is Sept. 10. The September tournament takes place at Sam Rayburn Reservoir, just north of Jasper, Texas, Sept. 14. The entry fee is \$40. For more information visit 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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