



# FORGING THE

# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

Aug. 23, 2019

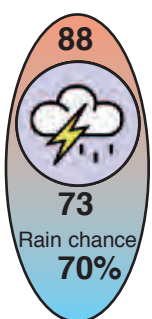


COL. RYAN K. ROSEBERRY / FORT POLK GARRISON COMMANDER

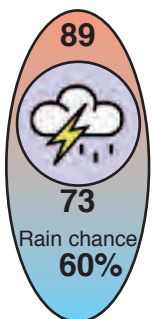
### Showcasing JRTC's mission

A team of Soldiers advances through Sangari (Shugart-Gordon training village) during a firefight demonstration as part of the Joint Readiness Training Center and Fort Polk Box Tour Aug. 17. More than 250 Soldiers, Family members and area residents attended the annual event. See page 10-11 of today's Guardian for story and more photos.

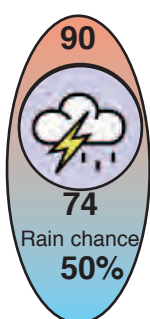
### Weekend weather



Today



Saturday



Sunday

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# Viewpoint

## In our view

Guardian staff asked Fort Polk community members, "If you could be any animal in the world, what would it be and why?" Here are their responses:

**Pvt. Stephan Pierre:** "An ant because they are really strong and work well as a team."



**Keshaunt Quattlebaum:** "A lion because they can do what ever they want."



**Simon Mills:** "A gorilla because its the king of the jungle and no one messes with them because they will go 'Hulk' on you."



**Spc. Taylor Tucker:** "A lioness because it's my zodiac sign and they are strong and fast."



**Sgt. 1st Class Kevin Simmons:** "A cheetah because they are beautiful, fast and deadly."



**Sgt. J. Ramsey:** "A dog because if you treat it well it will be the best friend you will ever have."



**Jessica Silva:** "A dolphin because they swim in the ocean and seem to have a lot of fun."



**Pfc. Jose Martinez:** "Sea turtles because they travel all over the world and across the oceans."



## Guardian

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## Briefs

### 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.

### ASP inventory

The Ammunition Supply Point is closed to conduct quarterly inventory Sept. 3-5. It will reopen at 7:30 a.m. Sept. 6.

Call 531-0950 / 4793 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

## Study Hatch Act guidelines before election season

### GUARDIAN STAFF

FORT POLK, La. — With the election season moving full swing it's time to review what is — or isn't — allowed for those who are Soldiers or federal employees when it comes to involvement in political activities.

When questions arise about what is permissible and prohibited with regard to a specific political activity, the Hatch Act is the sole source of information.

Ignorance of the law does not excuse an employee's violation of the Hatch Act.

The political activity of government employees has been a concern of government officials since the earliest days of the republic. Thomas

Jefferson, the nation's third president, was among the first to express concern about this issue.

In response to his concern, the heads of the executive departments issued an order, which stated, while it is "the right of any officer (federal employee) to give his vote at elections as a qualified citizen ... it is expected that he will not attempt to influence the votes of others nor take part in the business of electioneering, that being deemed inconsistent with the spirit of the Constitution."

However, despite the concerns of Jefferson and other American statesmen, almost a century and a half elapsed before Congress began enacting a comprehensive law regarding the political activities of government employees.

The Hatch Act, a federal law passed in 1939, limits certain political activities of federal employees, as well as some state, D.C., and local government employees who work in connection with federally funded programs.

The law's purposes are to ensure that federal programs are administered in a nonpartisan fashion, to protect federal employees from political coercion in the workplace, and to ensure that federal employees are advanced based on merit and not based on political affiliation.

The law was most recently amended in 2012, limiting the activities of certain state and local government employees.

U.S. military service members are limited when it comes to political activities. Some restrictions are based in federal law, others in military regulations. The main purpose for these restrictions is to avoid the implication or inference that military members represent some official point of view.

**A military member may:**

- Register, vote and express personal opinions.
- Encourage other military members to exercise voting rights.
- Join a political club and attend political meetings and rallies as a spectator when not in uniform.
- Make monetary contributions to a political organization.
- Sign petitions for specific legislative action or place candidate's name on the ballot.

• Write letters to the editor expressing personal views (so long as not part of organized letter writing campaign).

• Place bumper stickers on private vehicles.

• Participate in local nonpartisan political activities, so long

as not in uniform and no use of government property or resources, no interference with duty and no implied government position or involvement.

#### A military member may not:

- Use official authority to influence or interfere.
- Be a candidate for, hold or exercise functions of a civil office.
- Participate in partisan political campaigns, speeches, articles, TV or radio discussions.
- Serve in official capacity or sponsor a partisan political club.
- Conduct political opinion surveys.
- Use contemptuous words against certain civilian leaders (10 U.S.C. 888), which applies to commissioned officers only.
- March or ride in partisan parades.
- Participate in organized effort to transport voters to polls.
- Promote political dinners or fundraising events.
- Attend partisan events as official representative of armed forces.
- Display large signs, banners or posters on private vehicles.
- Display a partisan political sign, poster, banner or similar device visible to the public at one's residence on a military installation, even if that residence is part of a privatized housing development.
- Sell tickets for or otherwise actively promote partisan political dinners and similar fundraising events.

#### Permitted activities for federal employees:

- May be candidates for public office in nonpartisan elections.



Please see **Hatch**, page 8

## CSA: Prioritizing personnel starts with equal opportunity

By **JOE LACDAN**  
Army News Service

WASHINGTON — Speaking at a symposium promoting equal opportunity standards in the service, the Army's new chief of staff re-asserted his emphasis on prioritizing people — Soldiers and civilians who comprise the Army's active-duty force, National Guard and Reserve units.

Gen. James C. McConville, days after taking over the service's top military position, appeared at the Military Equal Opportunity (MEO) Policy and Training Symposium to highlight his No. 1 priority for the service: People.

McConville assumed the position of chief of staff of the Army from Gen. Mark A. Milley, the next chairman of the Joint Chiefs of Staff.

While readiness along with modernization and reform will continue to be high priorities under McConville, the foundation for those efforts begins with people and assuring fair treatment for each member of the Army, he said.

"People are the ones that enable us," McConville said Aug. 14. "The strength of our Army is our people; that's our greatest weapons system."

The two-day symposium provides updates to policy and training for Army military equal opportunity professionals where promising practices and successful techniques that directly impact Soldier readiness, climate and morale issues are honed.

Participants discussed the annual bullying and hazing report to Congress, proposed changes to policies and migration status of military equal opportunity complaints to the Integrated Case Reporting System database, MEO's system for fielding reports of incidents.

Spurgeon Moore, acting deputy assistant secretary of the Army for the Equity and Inclusion Agency, said the symposium goals include building cohesion and synergy while reinforcing standards.

The Army plans, he said, to re-establish the annual symposium at a time when senior leaders

have pledged to eradicate harmful practices and behaviors from its ranks. MEO professionals serve as the principal advisor to commanders on identifying any unintentional or intentional discrimination or biases at each level of the Army.

"What we have is a function that is necessary to the readiness and success of the Army. Commanders must have trust, confidence and faith in the MEO professional to provide the pulse and temperature of their commands," Moore said. "MEO professionals are the fixers, mediators, ombudsman and leaders inside the organization."

To combat harmful practices and behaviors, Soldiers must be willing to act when they see a fellow Soldier in need, or is not treated with dignity and respect, McConville said.

The general lauded the recent efforts of Soldiers in their home communities and said that a similar mindset must be adopted toward unfair practices in the Army.

"If there's a boat going under, there's a Soldier jumping in to pull someone out," McConville said. "If there's a terrorist incident with someone with a weapon, Soldiers are running in to intervene and save lives. What we've got to do is create a culture with the same thing: When they see someone that's harming a Soldier, they step in — they intervene."

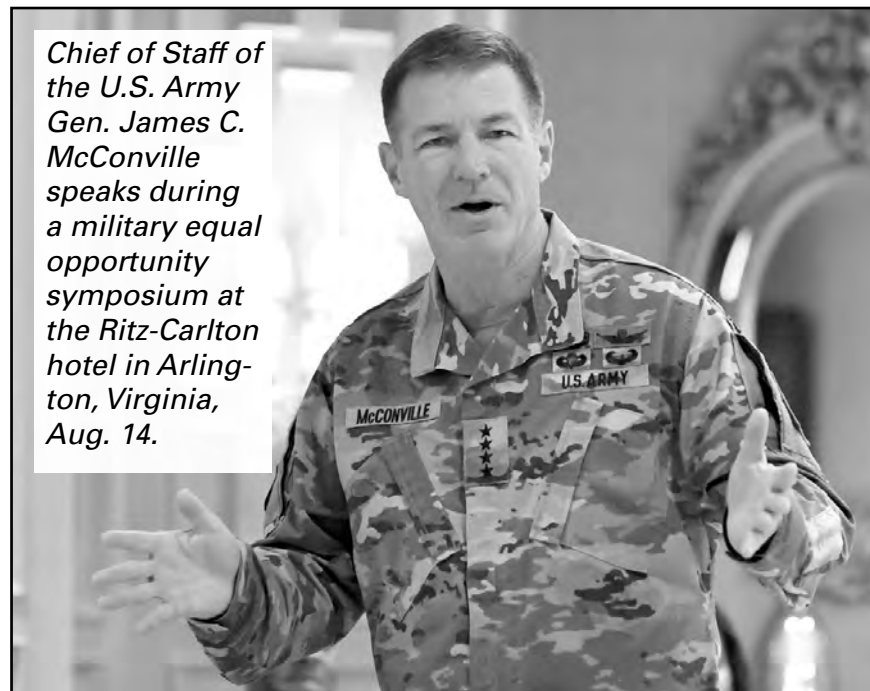
Giving Soldiers equal and fair treatment enables them to achieve their potential and tap into their skills and talents, McConville said.

### Hidden gifts

As part of preparation for a deployment during the Iraq surge in 2007, McConville, then a brigadier general, took an unorthodox approach in assessing the skills of his Soldiers. He conducted surveys with National Guard troops under his command, asking them to write down their civilian professions on a spreadsheet.

When McConville looked at the document, he found a wealth of talent within his ranks. One sergeant owned his own engineering and design firm. A major in the unit also held a high-ranking position with the Texas Highway

*Chief of Staff of the U.S. Army Gen. James C. McConville speaks during a military equal opportunity symposium at the Ritz-Carlton hotel in Arlington, Virginia, Aug. 14.*



LAURA BUCHTA/US ARMY

Department and used his expertise to help build roads during the deployment. The general said a pair of Soldiers from the Midwest understood the basics of farming to help build farms on the overseas tour.

"So we had all this talent that we didn't know was there that we (hadn't touched)," McConville said.

McConville said Soldiers should be placed in the right career fields based on experience and background.

The Army's new talent management system, the Integrated Personnel and Pay System-Army, will help transition the largest military service to better manage its vast talent pool by consistently evaluating Soldier skills from the active force, the Guard and the Reserve.

"What we want to do is start treating people like they're not interchangeable parts and start aligning them by their talents with the right jobs," McConville said.

### Starting early

With about 120,000 new recruits joining the Army's ranks each year, properly indoctrinating Soldiers into the Army culture will be another area of emphasis. McConville said assigning young recruits a squad leader or supervisor to properly enforce Army values will help build cohesive units at the lowest levels. The culture

change must begin during Soldiers' indoctrination into the operational Army, he said.

"Those sergeants are teaching them right from the beginning what right looks like," McConville said. "How they treat each other with dignity and respect, how they take care of each other. They're building cohesive units. The secret sauce of our Army is cohesive teams."

Sgt. Maj. Jason Enochs, equal opportunity sergeant major for Army Pacific Command, said MEO professionals are uniquely trained to assist those commanders in maximizing human potential to ensure all persons are measured by their merit, performance and potential in support of readiness.

"Those young leaders build their cohesive teams by displaying the right characteristics to achieve better morale, greater commitment and increased trust inside their squad," Enochs said.

McConville said younger millennials and Generation Z Soldiers boast a wealth of talent, but respond to motivation techniques differently from previous generations.

"They don't want to be treated just like another clog in the system," McConville said. "They're not a widget. They want to be recognized for what they bring to the table, what their talents are and they will stay with us."



# 519th Military Police Battalion hosts change of command

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Fort Polk's 519th Military Police Battalion "Vipers" change of command ceremony took place Aug. 16 at Spike Field. Lt. Col. Sonja L. Whitehead, outgoing commander, passed the colors to Lt. Col. Shawn C. Keller, incoming commander.

The 519th has a long and storied history. From its inception the 519th has received credit for 14 combat campaigns including those in Korea, Desert Storm, Bosnia, Iraq and Afghanistan.

Col. Jon P. Myers, 16th Military Police Brigade commander, said it was an excellent day to see two great leaders exchange command.

Myers said Whitehead has continued the tradition of excellence the battalion is renown for and provides topnotch military police support to the Joint Readiness Training Center and Fort Polk.

"During her tenure the battalion was challenged many times, including a short notice mission set as the homeland defense quick response force. The mission required the battalion to simultaneously prepare for a no notice response in defense of the homeland while ensuring sufficient military capacity and capability remained to secure Fort Polk. Sonja's superb leadership helped shaped that approach then and now as the battalion prepares to assume that same mission again in October," he said.

When the 519th MP Bn became the test battalion for the Army Combat Fitness Test, Myers said Whitehead seized the opportunity to shape the future of the Army and make the 519th a relevant contributor to Army Forces Command and the Army at large.

"The battalion responded to Sonja's leadership and drive to accomplish every single mission assignment," he said.

Whitehead said the 519th MP Bn is a unique and powerful organization.

"The 519th has a multitude of skills, expertise and professionalism that makes them and Fort Polk's Directorate of Emergency Services unstoppable," she said. "I've watched us accomplish so much in the last two years: Deployments, live fires, JRTC rotations, Freedom Fests, missions to the port and back, active shooter drills and more."

Whitehead said the battalion's first responders bear the burden of situations that can lead to chaos.

"These Soldiers are that thin blue line that separates order from unrest. We are called upon when you need professionalism and excellence to protect your neighborhoods and families, control access to the installation 24-hours per day in the heat or cold, rescue paratroopers from trees, provide hurricane relief and many other complex mission sets. We do it all with precision and attention to detail," she said.

Whitehead thanked her commanders and first sergeants for their unwavering support.

"I never took it for granted. You have played an immeasurable role in the success of the 519th," she said. "It's been my pleasure to watch you lead your formations. You have made the mission happen. Thank you for your sacrifices."

Whitehead told Keller she knows the Vipers are in good hands.

"They are ready to carry our your every intent and vision. This formation is strong and lethal. They are skilled professionals, trusted combat multipliers and able to accomplish any mission," she said.

Myers said Keller steps up to assume the helm of a great outfit.

"He is no stranger to the contemporary combat support military police environment. He is an incredibly knowledgeable leader fully prepared



ANGIE THORNE / GUARDIAN

Col. Jon P. Myers, 16th Military Police Brigade commander, (right) passes the colors to Lt. Col. Shawn C. Keller, incoming 519th Military Police Battalion commander, at the change of command ceremony held Aug. 16 on Fort Polk's Spike Field.

to continue pushing the battalion forward to high levels of success and accomplishment," he said.

Keller said he was both honored and humbled by the opportunity to lead the 519th MP Bn.

"To the Soldiers, civilians and Family members of the 519th, I'm excited to join the Viper team. Thank you for the wonderful ceremony. You are battle hardened and, in my eyes, the best battalion in the Army," said Keller. "I'm proud to be on your team. You have already proven to me your commitment to the mission and earned my respect. Now it is my turn to earn yours."

## Fort Polk honors military women for National Women's Equality Day

By **JEAN DUBIEL**

Guardian staff writer

FORT POLK, La. — National Women's Equality Day is recognized Monday, but the 3rd Brigade Combat Team, 10th Mountain Division brought the stories of female veterans to life Aug. 20 in a ceremony held at the Bayou Theater.

Eight representatives of the 3rd BCT, 10th Mtn Div (one from each company in the battalion) gave oral presentations about the service and sacrifice of eight military women in American history. Those highlighted were:

- American Revolutionary War, 1775-1783: Agent 355. While the identity of Agent 355 remains unknown, what is known is that she was a spy. She likely lived in New York City where she became close to Maj. John Andre and Benedict Arnold (two known British spies), and likely played a key role in their arrests.

- Civil War, 1861-1865: Dr. Mary Ellis Walker. Commonly referred to as an American abolitionist, prohibitionist, suffragette, prisoner of war and surgeon, Walker earned her medical degree in 1855 and volunteered for the Union Army. She served as a surgeon at a temporary hospital and was awarded the Medal of Honor

- World War I, 1914-1918: Opha May Jacob was the first woman to enlist in the Marine Corps Reserve Aug. 13, 1918. She was promoted to ser-

geant in 1918, making her the highest-ranking female in the Marine Corps at that time.

- World War II, 1941-1945: Col. Ruby Bradley. While serving in the Philippines as a career Army Nurse, the Japanese attacked Pearl Harbor and subsequently overran the island where she was stationed. She hid in the hills with a doctor and another nurse, but were given up by locals to the Japanese. They were returned to their post, which had been turned into a prison camp, and Bradley remained a prisoner of war there for more than three years. When she was liberated by U.S. troops in 1945, she weighed just 84 pounds.

- Vietnam War, 1955-1975: First Lt. Sharon Ann Lane. On June 8, 1969, the 312th Evacuation Hospital was struck by a salvo of 122mm rockets fired by the Viet Cong. One rocket struck between Wards 4A and 4B, killing two people and wounding another 27. Lane died instantly of fragmentation wounds to the chest. She was one month shy of her 26th birthday.

- Desert Storm, 1990-1991: Capt. Kathleen Ann McGrath was the first woman to command a U.S. Navy warship. In the spring of 2000, during her command of the Jarrett, and just six years after Congress revoked rules prohibiting women from serving on combat aircraft and warships, the ship deployed to the northern reaches of the Persian Gulf, hunting boats suspected of smuggling Iraqi

oil in violation of United Nations sanctions.

Following her tour as commander of the Jarrett, McGrath served at the Joint Advanced Warfighting Unit in Alexandria, Virginia.

- War on Terror, 2001 to present: Sgt. Leigh Ann Hester. Hester enlisted in the U.S. Army in April 2001. In Iraq, Hester's military police squad was shadowing a 30-truck supply convoy when about 50 insurgent fighters ambushed the convoy with AK-47 machine gun fire and rocket propelled grenades. The squad moved to the side of the road, flanking the insurgents and cutting off their escape route. Hester maneuvered her fire team through the kill zone and into a flanking position, assaulting a trench line with hand grenades and M203 grenade launcher rounds. When the battle was over, 27 insurgents were dead, six were wounded and one captured. Both Nein and Hester were awarded the Silver Star.

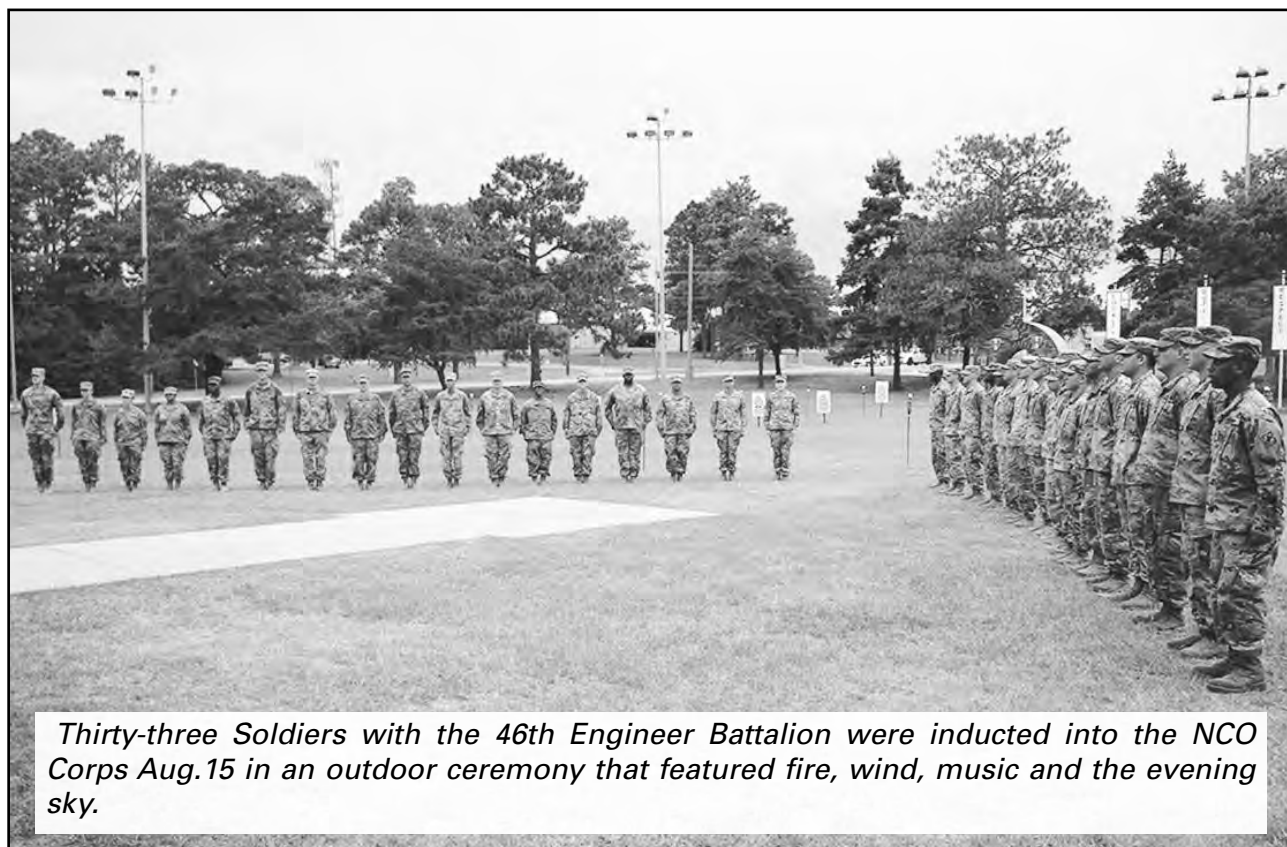
- Current operations, 2019 and beyond: Sgt. Marisol Salazar. Salazar told her own story, explaining that she has served for more than four years as an intelligence analyst for 3rd BCT, 10th Mtn Div.

"As a woman in the military, I am honored to fill the shoes of those brave women who have served before me and have allowed us to have the opportunities that we have today," Salazar said. "This (event) should remind future female Soldiers that anything is possible."





ELIANA KOPP/4TH ENG BN



Thirty-three Soldiers with the 46th Engineer Battalion were inducted into the NCO Corps Aug. 15 in an outdoor ceremony that featured fire, wind, music and the evening sky.



## Essayons (let us try)

# Engineers host unique NCO induction ceremony

By JEAN DUBIEL  
Guardian staff writer

FORT POLK, La. — When Soldiers become noncommissioned officers, a ceremony is held to officially induct them into the NCO corps. Certain aspects of the ceremony are universal: Swearing the oath, passing under an arch or crossed swords, shaking hands with the battalion sergeant major. These events are often held in halls with stages for the new NCOs to cross, possibly in their dress uniforms, and Families and friends are always invited to attend.

The leadership of Fort Polk's 46th Engineer Battalion made the Aug. 15 ceremony for 33 of their newest NCOs more primal by using fire,

wind and the night sky.

Sgt. Michael Jones, Forward Support Company, said the spectacle seemed a bit over-the-top at first: Tiki torches and fire barrels alit against a darkening sky, seven standards bearing the Army values hoisted on poles, the battalion flag and streamers undulating in the wind and Viking music echoing across Spike Field.

"But then I began to understand the sense of pride it took to invest that amount of time and thought into making it special for us, and it looked amazing and beautiful," he said. "I was impressed with the way they set it up. I became excited and felt proud about becoming an NCO."

Another new NCO said the event seemed to have a life of its own.

"The ceremony had a heartbeat, like it was alive," said Sgt. Madison Miller, Headquarters and Headquarters Company. "I think it was a great way to adapt an old Army tradition into something new for today's Soldier. They actually cared enough to modernize it so that someone from our generation can share with those from the previous generation."

This is the third time the 46th Eng Bn has held this style of NCO induction ceremony, according to Command Sgt. Maj. James Mitchell.

"The reaction of the guests and of the NCOs being inducted is different — they are completely in awe," he said. "It gets the heart pumping, and

Please see **Engineers**, page 7

# Ranger engineers earn Sapper tabs

By JEAN DUBIEL

Guardian staff writer

FORT POLK, La. — In the U.S. Army, Sappers are combat engineers or other personnel who support the front-line infantry. A Sapper may perform a variety of combat engineering duties including bridge-building, laying or clearing minefields, demolitions, field defenses and construction and repair of buildings, roads and airfields.

To wear the Sapper tab, a Soldier must be a graduate of the Sapper Leader Course, which is operated by the U.S. Army Engineer School at Fort Leonard Wood, Missouri. The SLC is a 28-day course that trains joint-service leaders in small unit tactics, leadership skills and tactics required to perform as part of a combined arms team. The course is open to enlisted Soldiers in the grades of E-4 and above, cadets and officers O-3 and below. Students can come from any combat or combat support branch of the service but priority is given to engineer, cavalry and infantry Soldiers.

The course is divided into two phases: Phase one spans 14 days and covers general subjects including medical, land navigation, demolitions, air and water operations, mountaineering, landmines and weapons used by enemy forces; phase two fills the remaining 14 days with basic patrolling techniques and battle drills that emphasize leadership.

The subjects include urban operations, breaching, patrol organization and movement, and reconnaissance, raid and ambush tactics.

It concludes with a three-day situation training exercise and five-day field training exercise. These missions are a 60/40 mix of engineer and infantry missions. Each training event is graded and scored.

To graduate, a sapper must earn 700 out of 1,000 points to wear the Sapper tab.



Spc. Darren Hopes (left), 573rd Engineer Company, and Sgt. Jaired Brooks, 687th Engineer Company, both of 46th Engineer Battalion, are Fort Polk's newest Sapper/Ranger tab wearers.

At Fort Polk, two Soldiers with the 46th Engineer Battalion have earned the Sapper tab (in addition to their previously-earned Ranger tabs), leading the way for others to follow in pursuit of the coveted rocker. They are Spc. Darren Hopes and Sgt. Jaired Brooks, both horizontal construction engineers with the 573rd Engineer Company and 687th Engineer Company, 46th Eng. Bn.

Each had his own challenges and favorite moments during the course.

"The worst part for me was the swim with a poncho raft in tow," said Hopes. "It was long and tiring — it took about 35 minutes to complete."

For Brooks, absorbing the abundance of information being thrown at him was the most challenging aspect of Sapper school.

"I had to learn everything quickly, and I don't consider myself a fast learner," he said. "I was extremely

slow at grasping things that I had never seen before, like dealing with demolitions and breaching. I struggled with it, but I pushed through."

On the upside, Brooks said his favorite event was the helocast.

"Jumping out of a helicopter and landing in the water was the most fun. It is something I plan on doing again in my life," said Brooks. "It was stellar. There's nothing like hovering 20 feet above the surface of a body of water and then jumping out and splashing right in."

Hopes said he most enjoyed the Aussie Rappel, which is a headfirst jump on a rappel line.

"As scary as it was, it was my favorite part. Going head first off the tower was one of the coolest things I've ever done in my life."

Both Soldiers were motivated to earn their tabs by the same individual — Master Sgt. Andrew Messick.

"He was our first sergeant in the 687th and truly motivated us," said

Brooks. "He always worked hard behind the scenes to help us out."

Hopes said he encourages anyone to go to Sapper school.

"You learn so much, like ordinances, rappelling and pathfinder skills — and you get to blow up a lot of things," said Hopes. "I learned so many more skills at Sapper than I did at Ranger school."

Command Sgt. Major James Mitchell, 46th Eng Bn command sergeant major, said he is proud of these Soldiers' achievements.

"It makes us as an organization very proud, because Sapper school was originally designed for 12 Bravos, which are combat engineers, and both of these gentlemen are horizontal engineers — they push dirt for a living," he said. "And they showed enough grit to make it through one of the engineer regiment's toughest courses. We've had many attempt it but did not make it through, but these two did. Specialist Hopes is the first enlisted Soldier to make it through Sapper school during my time here — 27 months."

Mitchell said the men are "absolutely inspirational to the other Soldiers in the battalion," adding that such inspiration tends to get passed from one Sapper/Ranger to the next.

"Master Sergeant Andrew Messick, who is also Sapper and Ranger qualified, was the one who inspired these young men to go for it, and now they will likewise inspire many others to follow in their footsteps," he said.

"We have 12 Soldiers going through a robust Sapper training program now, and they have sustained in the program for more than month. There are plenty of reasons to quit, no say, 'no, I have something better to do,' but all 12 of these Soldiers have stayed. That says something about the quality of Soldiers we have here at the 46th Engineer Battalion."

## Engineers

Continued from page 6

when retired Command Sgt. Maj. Kevin Bryant and I designed this we wanted it to be so powerful that Soldiers would want to be NCOs, and to remind current NCOs why this is special."

Mitchell said traditional NCO inductions usually use red, white and blue candles, representing the N, C and O respectively.

For the 46th Eng Bn, large wooden letters were erected on spike field with fire drums placed to illuminate them from the back.

The Engineer Arch was placed on Spike Field as well, and each inductee walked under it to be officially acknowledged and accept the duties

and responsibilities of an NCO.

"I think these kinds of events are extremely important but they are often overlooked," said Mitchell. "I wish there were more ceremonies that took different creative approaches. I also wish someone would have taken the time to do something like that for me when I crossed that threshold. It means so much."

Being part of the NCO corps "means I can now help Soldiers — mentally, physically and spiritually," said Jones.

Miller said being an NCO changes her priorities because it's no longer about what she can do,

rather what her team can do.

"When you are a junior enlisted Soldier, your focus is on what you can achieve (individually)," she said.

"Now it's more important to see what you can impress upon the people (in your charge) to make them better. My focus now is on mentoring Soldiers."

Each inductee received their own copy of the NCO guide, an NCO certificate signed by the inductee and Mitchell, a silver railroad spike that was once part of the railroad system here at Fort Polk and a seven Army Values dog tag.



# New hires attend in processing, take oath before starting new jobs

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — A new hire in processing training event/onboarding ceremony took place at Fort Polk's Civilian Personnel Advisory Center Aug. 19. Four new civilian government employees were welcomed into Fort Polk's employment ranks.

Christan Higgs, CPAC human resources assistant, conducts the event for new hires. Higgs helps the new Fort Polk employees with any paperwork they need to fill out and answers questions.

Guest speakers from equal employment opportunity, antiterrorism, union and others explain policies for grievances, benefits and more, said Higgs.

"By the time they are ready to leave they have a take home packet filled with information," she said.

Higgs said CPAC's main goal is to help organizations on post fill their vacant positions to support the Army's mission.

"We try to help new employees through the process of applying for a job, making it easier from beginning to end, while giving them the resources and information they need to be successful," she said.

Erich Grice, a new civilian employee of the Fort Polk Fire Department, said his experience with CPAC was the quickest in processing for a job that he has ever been through.

"It's been great," he said.

James Oxford, a new Fort Polk Air Field civilian employee, said once he got the email with the final paperwork he had to fill out for the job, the process went smoothly.

"I filled everything out on my computer and when I got to CPAC today they had already printed it out. They handed my paperwork to me to double check that everything was correct. That really streamlined the process and made things easier for me," he said.

Oxford said he learned his skills as an air traf-



**From left to right:** Erich Grice, Donald Shira, Fort Polk Garrison Commander Col. Ryan K. Roseberry, James Oxford and Matthew Walden stand with hands raised as Roseberry swears in the new hires at the onboarding ceremony held Aug. 19.

fic controller in the Army and that expertise helped him find work when he transitioned out of the military.

"The Army taught me a skill and I've successfully pursued that career," he said. "I worked for the Federal Aviation Administration for a while but I missed the military aspect of the job as well as the camaraderie of working with the military. I'm excited to start my job here at Fort Polk."

The last step of the in processing is the onboarding ceremony. Col. Ryan K. Roseberry, Fort

Polk garrison commander, and garrison Command Sgt. Maj. Christopher M. Ausbun took part in the event.

Roseberry and Ausbun said a few words of encouragement to the new hires and then Roseberry led them in the oath to swear them in as new government employees.

"I know you will be busy as you start your jobs. Remember why you are here and the mission you are supporting. The role you play on Fort Polk is extremely important," he said.

## Hatch

Continued from page 3

- May register and vote as they choose.
- May assist in voter registration drives.
- May express opinions about candidates and issues.
- May contribute money to political organizations.
- May attend political fundraising functions.
- May attend and be active at political rallies and meetings.
- May join and be an active member of a political party or club.
- May sign nominating petitions.
- May campaign for or against referendum questions, constitutional amendments and municipal ordinances.
- May campaign for or against candidates in partisan elections.
- May make campaign speeches for candidates in partisan elections.
- May distribute campaign literature in partisan elections.
- May hold office in political clubs or parties, including serving as a delegate to a convention.

### Prohibited activities for federal employees:

- May not use their official authority or influence to interfere with an election.
  - May not solicit, accept or receive political contributions unless both individuals are members of the same federal labor organization or employee organization and the one solicited is not a subordinate employee.
  - May not knowingly solicit or discourage the political activity of any person who has business before the agency.
  - May not engage in political activity while on duty.
  - May not engage in political activity in any government office.
  - May not engage in political activity while wearing an official uniform.
  - May not engage in political activity while using a government vehicle.
  - May not be candidates for public office in partisan elections.
  - May not wear political buttons on duty.
- Brig. Gen. Patrick D. Frank, commander, Joint

Readiness Training Center and Fort Polk, said individuals will be held accountable for deviations from the above direction.

"Any person who is concerned about their activities or needs further guidance should seek advice from their unit's servicing legal advisor," Frank said in a memo dated Aug. 7 to JRTC and Fort Polk Soldiers and civilians. "Both military leadership and civilian supervisors are instructed to ensure this memorandum is distributed to personnel within their respective components."

To find out more about the Hatch Act, visit these sites:

- [www.oge.gov/Topics/Outside-Employment-and-Activities/Political-Activities/](http://www.oge.gov/Topics/Outside-Employment-and-Activities/Political-Activities/)
- [www.osc.gov/Pages/HatchAct.aspx](http://www.osc.gov/Pages/HatchAct.aspx)
- [www.osc.gov/resources/ha\\_fed.pdf](http://www.osc.gov/resources/ha_fed.pdf)

Consult Department of Defense Directive 1344.10 Feb 2008, Political Activities by Members of the Armed Forces.

You may also contact the Fort Polk Administrative Law Division, Office of Staff Judge Advocate, at 531-2754/2155.



# Community

## Briefs

### School lunch menu

The following school lunch menu is for Vernon Parish schools for Monday through Aug. 30.

Meals are served with salad bar and choice of milk:

**Monday:** Chicken shoestrings, creamy mashed potatoes and gravy, green beans, mixed fruit, whole wheat roll.

**Tuesday:** Whole grain spaghetti and meat sauce, steamed corn, tossed salad cup, whole wheat garlic bread, cantaloupe.

**Wednesday:** Corndog, Bush's baked beans, oven baked fries, mixed fruit.

**Thursday:** Egg rolls, fried rice, mixed vegetables, cheese sticks, chilled peaches, sherbet.

**Aug. 30:** Chicken salad sandwich, vegetable soup, carrot/cucumber/broccoli cup, apple wedges, chocolate pudding.

### Sidewalk sale

The Fort Polk Commissary hosts a back to school sidewalk sale Sept. 5-7, from 9:30 a.m.-6 p.m. daily.

There will be bargains by the case on limited items. Visit [www.commissaries.com/shopping/store-locations/fort-polk](http://www.commissaries.com/shopping/store-locations/fort-polk) for more information.

### AAFES discounts

The Army and Air Force Exchange Service offers the following special programs to its customers:

- Soldiers and military families can get a jump-start on holiday shopping thanks to the Army and Air Force Exchange Service's fee-free layaway.

From Sept. 1 to Dec. 24, the Fort Polk Exchange will waive its \$3 service fee for items priced at \$25 or more.

Toys, bikes, clothing and more are included. To place items on layaway, military shoppers pay a deposit of 15% of the purchase price.

Items must be picked up by Dec. 24. For program details and eligibility information, shoppers can visit the Fort Polk Exchange customer service desk.

- 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.



CHUCK CANNON / GUARDIAN

*From left: Scott Richards, project manager for LIFECYCLE; Sean McCroary, Directorate of Family Morale, Welfare and Recreation intramural coordinator; Randy Behr, DFMWR; Loretta Nale, director, DFMWR; Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk; Col. Ryan K. Roseberry, Fort Polk garrison commander; Fort Polk Garrison Command Sgt. Maj. Christopher Ausbun; Johnny Bevers, Fort Polk deputy garrison commander; and Mark Trogon, superintendent/quality control manager for LIFECYCLE anticipate in a ground breaking ceremony Aug. 20 for the installation's new artificial turf field next to the Home of Heroes Recreation Center.*

## Artificial turf will provide ACFT, training, readiness

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — Joint Readiness Training Center and Fort Polk leadership broke ground on an artificial turf field next to the installation's Home of Heroes Recreation Center at a ceremony Aug. 19.

Brig. Gen. Patrick D. Frank, commander, JRTC and Fort Polk, said the new field would provide Soldiers with the opportunity to showcase both their athletic abilities during sporting events, as well as an even playing field when taking the Army Combat Fitness Test.

"Our Soldiers are good athletes, but they need facilities to ensure they maintain that edge," Frank said.

Frank said that as the Army transitions to the ACFT, facilities like the artificial turf field are needed.

"One of the six new events is going to be a sled pull," he said. "The best field you can have for that event is an artificial turf field. This location is going to have a lot of activity from our Soldiers and our units."

Frank said another artificial turf field is planned for the old Cabin Circle area of Fort Polk, to balance out physical training areas on either end of the primary locations where the installations conducts PT.

Frank next gave those in attendance a brief history lesson on Gen. Douglas MacArthur.

"When MacArthur was asked what kind of a leader he wanted in his formations, he always said, 'Give me a West Point football player,'" Frank said. "MacArthur's linkage to great Soldiers and leaders in the formations he would have in World War I and World War II, was directly tied to athletic ability, and the ability of the Soldiers to withstand the pressures of the modern day battlefield."

Frank said that preparation starts at 6:30 a.m. each morning when Soldiers participate in physical training.

"We often don't make the connection to the battlefield, but the battlefield starts here at Fort Polk and JRTC each morning at PT," he said. "This field means a lot to our Soldiers and what our nation may ask of them."

Loretta Nale, directorate, Family Morale, Welfare and Recreation, said the new field is a great opportunity for Soldiers to have a facility that will allow participation even in inclement weather.

"It will be consistent — no holes in the middle of the field," Nale said. It's another asset for Fort Polk to attract Soldiers to the installation."

Col. Ryan Roseberry, Fort Polk garrison commander, said the artificial turf field is about readiness.

"This field helps ensure our Soldiers are ready for combat and to take the new ACFT," Roseberry said. "Our Soldiers need a facility like this to be able to train."





# Box Tour 2019 showcases JRTC's mission of 'Forging the Warrior Spirit'

**By JEAN DUBIEL**  
Guardian staff writer

FORT POLK, La. — Helicopters darted over tour buses. Explosions shook the ground at an otherwise peaceful outdoor market. Soldiers engaged the enemy in a firefight. Airborne Soldiers parachuted from a C-130 aircraft.

These events and more entertained more than 250 guests that visited the Joint Readiness Training Center Aug. 17 to experience the military grandeur of a JRTC rotation.

Brig. Gen. Patrick D. Frank, commanding general, JRTC and Fort Polk, welcomed the visitors at the Bayou Theater that morning prior to their embarkation onto several buses that would shuttle them through the Box Tour.

"This is the Joint Readiness Training Center's chance to show people what it does on a daily basis," said Frank. "We have a great tour lined up here for them, a couple of surprises, and we hope to open (their) eyes to what goes on here at Fort Polk. I hope when they leave here today that they are very proud of their Army and everything that our Soldiers do here to train and get the Army ready in case we are called upon. This happens 11 times a year for us: We bring brigade combat teams in from across the Army, train them here for about a month, and that's what our guests will see out here today."

Col. Ryan Roseberry, Fort Polk garrison commander, said events like the Box Tour are "extremely important" so that the Families and the community can know what JRTC is all about.

"The majority of the Soldiers here are in the training area three weeks out of every month, 11 months a year, and that means they're not at home with their Families," said Roseberry. "This is the one day that Families, as well as members of the community, can come out and see things like combat operations, vehicles and weapons — and today they're going to see Airborne operations as well. It's pretty impressive."

Sgt. 1st Class Gilberto Sanchez, Fire Support, Operations Group, brought his daughters Samara, 4, and Sophia, 10, along on the tour. He said he wanted his children to "see what daddy does" when he has to go to "the box."

"I have had to miss both of their birthdays, and I wanted them to see this and know what

we do out here to train Soldiers," he said.

One of the younger guests, Christian Matos, age 9, said he liked watching the paratroopers jump out of the C-130 aircraft.

"The most exciting part was watching them parachute. It was very cool — they looked like tiny Army men coming out of the plane. The helicopters were nice too — it seemed like they were escorting the buses."

Col. David W. Gardner, commander, JRTC Operations Group, said the tour is a great way to showcase what Soldiers do at JRTC.

"I think the Family members always hear about 'the box,' and the tour allows those Families and members of the community to see what the Soldiers do when they are training — or being the trainers — at the Joint Readiness Training Center," he said.

Gardner added he was happy with the number of visitors that wanted to see the box.

"This is a great turn out. It's a good mix of guests, from Fort Polk Families to community members. I think the highlights of today's events were the explosions at Shugart-Gordon (training village named for Sgt. 1st Class Randall D. Shugart and Master Sgt. Gary I. Gordon, who were killed in action during the Battle of Mogadishu) and the helicopters flying over the buses. I think people also got a kick out of the

Airborne operations."

Gardner also said he appreciates "all the hard work that went into doing this event, and

all the community members and Families that took the time to visit here today and see what our Soldiers do."





# Don't wash poultry before cooking to stop bacteria spread

## USDA

WASHINGTON — A study from the U.S. Department of Agriculture reveals that individuals are putting themselves at risk of illness when they wash or rinse raw poultry.

"Cooking and mealtime is a special occasion for all of us as we come together with our families and friends," said Dr. Mindy Brashears, the USDA's Deputy Under Secretary for Food Safety. "However, the public health implications of these findings should be of concern to everyone. Even when consumers think they are effectively cleaning after washing poultry, this study shows that bacteria can easily spread to other surfaces and foods. The best practice is not to wash poultry."

The results of the observational study showed how easy bacteria can be spread when surfaces are not effectively cleaned and sanitized. The USDA is recommending three easy options to help prevent illness when preparing poultry, or meat, in your home.

- Significantly decrease your risk by preparing foods that will not be cooked, such as vegetables and salads, before handling and preparing raw meat and poultry.

Of the participants who washed their raw poultry, 60% had bacteria in their sink after washing or rinsing the poultry. Even more concern-

ing is that 14% still had bacteria in their sinks after they attempted to clean the sink.

Twenty-six percent of participants that washed raw poultry transferred bacteria from that raw poultry to their ready to eat salad lettuce.

- Thoroughly clean and sanitize any surface that has potentially touched or been contaminated from raw meat and poultry, or their juices. Of the participants that did not wash their raw poultry, 31% still managed to get bacteria from the raw poultry onto their salad lettuce. This high rate of cross-contamination was likely due to a lack of effective handwashing and contamination of the sink and utensils.

Clean sinks and countertops with hot soapy water and then apply a sanitizer. Wash hands immediately after handling raw meat and poultry. Wet your hands with water, lather with soap and then scrub your hands for 20 seconds.

- Destroy any illness causing bacteria by cooking meat and poultry to a safe internal temperature as measured by a food thermometer.

Beef, pork, lamb and veal (steaks, roasts and chops) are safe to eat at 145 degrees Fahrenheit. Ground meats (burgers) are safe to eat at 160 degrees Fahrenheit.

Poultry (whole or ground) is safe to eat at 165 degrees Fahrenheit.



Washing, rinsing, or brining meat and poultry in salt water, vinegar or lemon juice does not destroy bacteria. If there is anything on your raw poultry that you want to remove, pat the area with a damp paper towel and immediately wash your hands.

"Everyone has a role to play in preventing illness from food," said Carmen Rottenberg, administrator of USDA's Food Safety and Inspection Service. "Please keep in mind that children, older adults and those with compromised immune systems are especially at risk. Washing or rinsing raw meat and poultry can

increase your risk as bacteria spreads around your kitchen, but not washing your hands for 20 seconds immediately after handling raw foods is just as dangerous."

The U.S. Centers for Disease Control and Prevention estimates that millions of Americans are sickened with foodborne illnesses each year, resulting in roughly 128,000 hospitalizations and 3,000 deaths.

For more information on food safety call the USDA Meat and Poultry Hotline at (888) 674-6854.

Food safety experts are available Monday through Friday, from 10 a.m. to 6 p.m. Eastern Time.

## Follow these five tips for back-to-school vaccinations

### MILITARY HEALTH SYSTEM COMMUNICATIONS OFFICE

WASHINGTON — The arrival of August brings the beginning of a new school year for students from kindergarten through high school. As a part of the back-to-school progress, most school districts require a series of vaccinations.

Keeping children up-to-date on vaccinations protects them from vaccine-preventable infections that can be spread throughout schools and day care centers.

Dr. Margaret Ryan, medical director of the Defense Health Agency Immunization Healthcare Division, stresses the importance of vaccines among military families. Changing schools both within and outside the United States increases the risk of exposure to infections.

"Vaccines can prevent a wide range of infections, like measles and meningitis, as well as later consequences of infection, like cervical cancer," Ryan said. "When parents keep their children up-to-date on all recommended vaccinations, they have given them a great gift for ensuring a healthy life."

Ryan offers five vaccination tips for parents ready to send their children back to the classroom:

- Evaluate vaccination needs well before school starts.

Making medical appointments, reviewing prior vaccine records and waiting for the vaccines to fully process after admin-

istration can take time. Ryan suggests evaluating the vaccination needs of children in advance of the school season to make sure the vaccines can provide the best protection during the school year.

- There will be spikes in vaccination needs for students.

Expect many vaccine requirements before kindergarten — ages 4 and 5, and before middle school — ages 11 and 12.

"However, it's still wise to check that all children are up-to-date (on vaccinations) before every school year," Ryan said.

- Each child should get the influenza, or flu, vaccine every fall.

Influenza is one of the most common respiratory infections that plague school systems every year, so parents are advised to vaccinate against the flu as soon as the vaccine is available that fall.

"Even if schools don't require flu vaccines," Ryan said, "the vaccine is important to keep children protected from this common infection."

- School vaccine requirements may differ between states or change over time.

Different school districts may have different regulations regarding vaccines, or policies may change from year to year.

These facts require an ongoing dialogue be-

tween families and health care providers.

"Having regular conversations with health care providers can help families keep their children well protected," Ryan said.

- Maintain clear and complete copies of children's vaccine records.

"While we expect medical clinics and schools to maintain good records, this can be challenging when families move and when vaccines are administered at different locations," Ryan said.

Maintaining complete records in the home will prevent unnecessary repeat vaccinations when families move from place to place.

When looking into vaccination for children, conflicting information can circulate throughout the internet.

Ryan encourages parents to check credible sources like the Centers for Disease Control and Prevention for the most up-to-date and complete vaccine information.

The Military Health System also provides a wealth of information on common childhood vaccines, vaccination programs, and vaccination resources not just for children, but for overall family health as well.

If these resources don't provide the needed information, Ryan suggests another great source: The health care provider.

"Be assured that health care providers and the people who make vaccine recommendations want the same thing that all parents want — to keep children healthy," Ryan said.



# Soldiers qualify for 2019 Track, Field World Championships

By **BRITTANY NELSON**  
Army News Service

SAN ANTONIO, Texas — The U.S. Army's World Class Athlete Program has three Soldier-athletes headed to the Track and Field World Athletics Championships in Doha, Qatar, this September.

"It is always amazing and satisfying for coaches and staff to witness Soldier-athletes' hard work and perseverance pay off within the WCAP program," said Col. Sean Ryan, WCAP track and field coach.

WCAP, part of the Family Morale, Welfare and Recreation G9 division of U.S. Army Installation Management Command, allows top-ranked Soldier-athletes to perform at the international level while also serving their nation in the military.

**"To win and represent the U.S. Army is everything to me."**

**Staff Sgt. Hillary Bor**  
Army WCAP

At the 2019 Track and Field Outdoor Championships, in Des Moines, Iowa, two Soldier-athletes earned their spot for the World Championships. Staff Sgt. Hillary Bor won gold in the men's 5,000-meter steeplechase, and Sgt.

Leonard Korir won the bronze medal in the men's 10,000-meter.

"It was a really hard race, to be honest. It was really hot, and I kept telling myself to push it," said Bor.

The hot race was a small homecoming for Bor who attended college at Iowa State University before joining the Army.

"When you are a crowd favorite coming in, it is a lot of pressure. In my mind I knew the fans wanted me to win, that gives you more adrenaline," said Bor. "I have run on this track a thousand times so it feels good to win in Des Moines."

Bor secured gold after coming in second place the past two years. He attributes the Army for the reason he continues to run.

"To win and represent the U.S. Army is everything to me," said Bor. "It is an honor to run for the Army." Korir, the 2016 Olympian, won third place in a rainy 10,000-meter race.

"The weather conditions during the championships replicated real world conditions our brave Soldiers face every day in battle," said Ryan.

"The battle, or race in this case, does not stop due to pouring rain or extreme heat, and both Bor and Korir displayed the same resiliency taught in their military schooling."

"This is my third time making the World Championships team, and I am so happy for myself," said Korir. "We are excited and ready to represent the U.S. Army and America."

Second Lt. Elkanah Kibet is also



BRITTANY NELSON / ARMY NEWS SERVICE

Staff Sgt. Hillary Bor crossing the finish line to earn gold in the men's 5,000-meter steeplechase at the 2019 Track and Field Outdoor Championships.

headed to the World Championships to compete on the marathon team.

"The Soldier-athletes have shown their determination and 'never quit' attitude during multiple championship races, one of the many rea-

sons they have represented the U.S. national teams and Army internationally," said Ryan.

The Soldier-athletes are now preparing for the World Championships and the 2020 Olympic games in Tokyo.



Sgt. Leonard Korir, far right, running during the men's 10,000-meter race at the Track and Field Outdoor Championships. He won the bronze medal.

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# ACFT prompts new fitness training program

By KEITH HOUIN

Public affairs specialist

FORT POLK, La. — The Army Combat Fitness Test field testing is set to begin in October to allow the Army time to refine the test for the official launch in October 2020.

With that in mind, the Directorate of Family Morale, Welfare and Recreation has developed a program to prepare Soldiers for the new test. Rebecca Jackson, Cantrell Fitness Center manager, was certified on the ACFT in the fall of 2018.

After certification, Jackson taught a series of ACFT familiarization classes here that gave rules, instructions and regulations for the six exercises of the ACFT, but those classes don't give enough time to show how to train for the events, she said.

She had the idea for more advanced classes and got with Randy Behr, FMWR chief of Sports, Fitness and Aquatics to develop the advanced courses. The idea was to break down each of the six events into a specialized training course, she said.

"I wanted to take it down to each event and really dig deep in it. Not only biometrics but how you coach it, internal and external cues, tools, tips, strategies and dynamic warmups," Behr said.

"We wanted to really put our science behind it to set up a program that makes the training more efficient and effective, with practical training and exercise."

But there is a difference between developing the program and making a program work.

"Part of running a program like this is assessing the Soldier. During the dynamic warm ups we watch the Soldier and make assessments of their physical capabilities. A lot of young Soldiers do not even have fundamental movement patterns. They didn't play in the backyard, they didn't play many sports. Past generations cross trained without even realizing it by doing multiple sports, climbing trees



Randy Behr, Directorate of Family Morale, Welfare and Recreation chief of Sports, Fitness and Aquatics (right), discusses the benefits of the Advanced Army Combat Fitness Test training with Soldeirs at Fort Polk's Cantrell Fitness Center Aug. 8.

KEITH HOUIN / GUARDIAN

and playground equipment, and other outdoor activities," he explained.

Behr and Jackson are learning as well as they go along.

"Coaching and how we interact with the Soldiers is a big portion of improving athletic skills. It lets us know how much to push them, when to pull back, how many reps, how many sets to do. It's an art/science blend," he said.

Behr and Jackson are ready to move forward

with the program and help more Soldiers prepare for the ACTF.

"I know this can be beneficial. We're all highly educated, certified and experienced in performance, fitness and coaching. We can set clinics and symposiums for units. That's really the way ahead," Behr said.

To set up an ACTF advanced training session contact Behr at 531-9710 or Jackson at 531-4249/1935.

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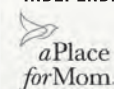
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# Lagniappe

## BOSS

As summer ends, Fort Polk's Better Opportunities for Single Soldiers hosts entertaining events to keep the fun going.

- **Cosmic bowling**

BOSS invites single Soldiers to a night of bowling Saturday 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.

- **Wood working**

Learn wood working with BOSS Sept. 14. This is a free course in wood working (basic pen turning 101) in Houston. Limited space available so register before Sept. 4. Departure time is 6:30 a.m. from the Home of Heroes Recreation Center, 2165 Ninth Street.

- **Baseball game**

BOSS is attending a Houston Astros vs LA Angels baseball game. Limited space available so register today. The cost is \$45 per person, which covers transportation and hotel. The trip departs from the Home of Heroes Recreation Center Sept. 21.

- **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

- **ChillFest**

August freezes over in downtown Monroe Saturday 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 Clev-erlys. 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).

- **Jazz & Blues Fest**

The best local and national musicians gather each year at the Highland Jazz & Blues Festival. Shreveport's own "party in the park" takes place in Columbia Park, 700 Columbia St. Sept. 14.

This free festival features great food and local artwork and has become one of the fastest growing events in the city. The event is people, family and dog friendly. For more information visit [www.hillandjazzandblues.org](http://www.hillandjazzandblues.org).

- **Meat Pie Festival**

You're invited to the Natchitoches Meat Pie Festival held Sept. 20 in historic Natchitoches, Louisiana. The festival takes place at the downtown riverbank along Cane River Lake. Enjoy plenty of hot meat pies along with children's activities, a brewfest for adults, balloon glow, live entertainment and fireworks over Cane River Lake. For more information visit [www.meatpiefestival.com](http://www.meatpiefestival.com).

- **Arts festival**

Sample a variety of local food and art during the Red River Revel Arts Festival, Sept. 28-Oct. 6 in downtown Shreveport's Festival Plaza, 101 Crockett Street.

This enormous, family-friendly festival features more than 100 visual artists, music from every genre, food and drink vendors, and more.

For more information call (318) 424-4000.

## Miscellaneous

- **Le Tour De Bayou**

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.

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](http://www.bikereg.com).

- **Quilt show**

The Annual Red River Quilt show takes place Sept. 27-28 at the Louisiana State Fairgrounds, 3701 Hudson Ave, Shreveport. The quilt show displays more than 200 quilts to be enjoyed and judged. While there, you can enjoy special exhibits, a silent auction of quilted items, vendor mall, product and technique demonstrations, door prizes and more.

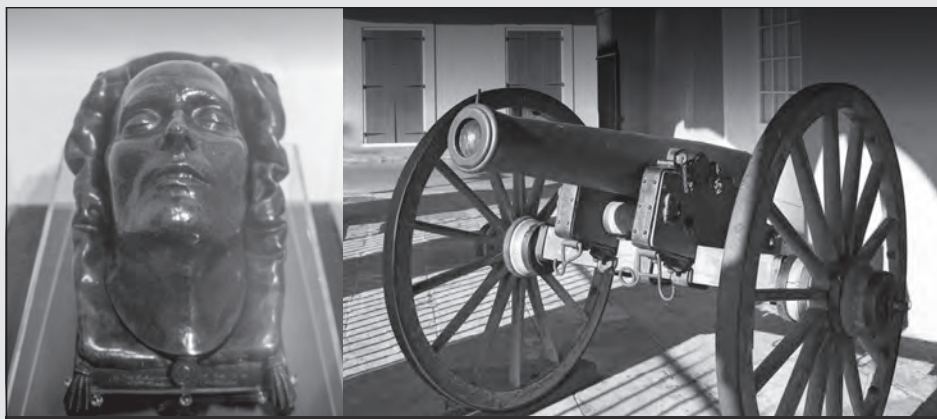
Admission is \$8 per person. The show is from 10 a.m.-6 p.m. The show is held in conjunction with the opening weekend of Red River Revel Arts Festival. For more in-

formation visit [www.redriverquilters.com](http://www.redriverquilters.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](http://www.fortpolkcommunitybassmasters.com).



## SEE WHAT HAPPENED, WHERE IT HAPPENED

THE CABILDO & THE PRESBYTÈRE  
NEW ORLEANS, LA

It was the site of the Louisiana Purchase transfer ceremony.

And the rest, as they say, is history. Make a plan to see where it all began by visiting [LouisianaStateMuseum.org](http://LouisianaStateMuseum.org).

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# Fort Polk Guardian

[www.thefortpolkguardian.com](http://www.thefortpolkguardian.com)

*Published for the community of Fort Polk, La.*

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McDonalds- Leesville  
Barksdale Credit Union-Leesville  
Byrd Hospital  
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### ENTRANCE ROAD:

Sycamore Point Apartments  
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**WANTED TAX PREPARERS** Jackson Hewitt Tax Service has openings for Tax Preparers. Will teach you everything needed for employment. Classes are starting soon. Call Jackson Hewitt Tax Service in Leesville at 337 537-1040 or DeRidder at 337 460-1040.

## FOR SALE

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

**FORD F-150 TIRES** 6 lugs, 305, 4 for 22. \$600.00 OBO. Call 337-208-6983

## REAL ESTATE

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

tised in this newspaper are available on an equal opportunity basis.

## STATEWIDES

**SELL AT AUCTION AND Make Money!** 3-Day Fall Public Auction September 12, 13 & 14, 2019 Deliver Items Now 13340 Florida Blvd. Livingston, La 70754 225-686-2252 HendersonAuctions.com Auctioneer: J.Henderson 1160 (LA-SCAN)

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**NOW HIRING FOR TELECOM AND CATV INSTALLATIONS** throughout Louisiana, must pass background, have work vehicle, and tools. Earn up to \$1800 Weekly 1-256-682-3662 or [www.datacomusa.net](http://www.datacomusa.net) (LA-SCAN)

**BATHROOM RENOVATIONS. EASY, BATHROOM RENOVATIONS. EASY, ONE DAY updates!** We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 855-238-1870 (LA-SCAN)

**HAVE 10K IN DEBT?** Credit Cards. Medical Bills. Personal Loans. Be Debt Free in 24-48 Months. Call NATIONAL DEBT RELIEF! Know Your Options. Get a FREE debt relief quote: Call 1-844-290-9978 (LA-SCAN)

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**Fort Polk Guardian**  
[www.thefortpolkguardian.com](http://www.thefortpolkguardian.com)

**Tradin' Post Ads**

*Published for the community of Fort Polk, La.*

Deadline For All Classified Ads Is Noon Tuesday

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



**Seeking Opportunity**

**We're looking for sales talent!**

Are you a hard-working, professional, confident person with an out-going personality? Interested in selling print media along with some direct mail advertising? If so, then perhaps a job at *The Natchitoches Times* is for you!

*The Natchitoches Times* offers a flexible work schedule along with salary and benefits. Interested candidates should contact Steve Colwell, General Manager, at 318-352-3618 or via email at [scolwell@natchitochestimes.com](mailto:scolwell@natchitochestimes.com)

The Natchitoches Times is an equal opportunity employer.

### Guardian Tradin' Post Ad

\* Advertising is FREE for soldiers, family members and DA civilians.  
\* Businesses will not receive free advertising. All business ads must be prepaid. We accept Visa and Mastercard.  
(This includes child care, quarters-cleaning, or the sale and/or breeding of multiple pedigreed/registered animals)  
\* Only single soldiers living in barracks may list numbers with 531 prefixes.

Turn in ads to the Public Affairs Office, Bldg. 4919, Magnolia Dr.  
Or fax to 318-352-3667 or email to [tradingpostads@yahoo.com](mailto:tradingpostads@yahoo.com)  
**Deadline for FREE ads is NOON Tuesday.**

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

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


I am a: ☐ Soldier ☐ Retiree ☐ DA Civilian ☐ Military family member

In signing this form, I certify that the items I am advertising will be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature: \_\_\_\_\_ Phone: \_\_\_\_\_

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www.thefortpolkguardian.com

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**HUGHESNET SATEL-LITE INTERNET** - 25mbps starting at \$49.99/month! Get More Data FREE Off-Peak Data. FAST download speeds. Wi-Fi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-844-253-8788 (LA-SCAN)

**SPECTRUM TRIPLE PLAY! TV, Internet & Voice** for \$99.97/mo. Fastest Internet. 100 MB per second speed. Free Primetime on Demand. Unlimited Voice. NO CONTRACTS. Call 1-844-669-6795 (LA-SCAN)

**TWO GREAT NEW OFFERS** from AT&T Wireless! Ask how to get the Next Generation Samsung Galaxy S10e FREE. FREE iPhone with AT&T's Buy one, Give One. While supplies last! CALL 1-866-429-3991 or www.freephonesnow.com/LA (LA-SCAN)

**VIASAT SATELLITE INTERNET UP** to 12 Mbps Plans Starting at \$30/month. Our Fastest Speeds (up to 50 Mbps)

& Unlimited Data Plans Start at \$100/month. Call Viasat today! 1-855-801-0860 (LA-SCAN)

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**ATTENTION: VIAGRA AND CIALIS USERS!** A cheaper alternative to high drug-store prices! 50 Pill Special - \$99 + FREE Shipping! 100% guaranteed. CALL NOW: 1-855-403-6345 (LA-SCAN)

**MEDICAL-GRADE HEARING AIDS FOR LESS THAN \$200!** FDA-Registered. Crisp, clear sound, state-of-the-art features & no audiologist needed. Try it RISK FREE for 45 Days! CALL 1-866-790-0710 (LA-SCAN)

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**STILL PAYING TOO MUCH** for your MEDICATION? Save on medications such as Lipitor, Advair Diskus and Eliquis! Receive free shipping on 1st order - RX required. Call 1-855-868-9740 (LA-SCAN)

**\*\*STOP STRUGGLING ON THE STAIRS\*\*** Give your life a lift with an ACORN

**STAIRLIFT!** Call now for \$250 OFF your stairlift purchase and FREE DVD & brochure! 1-877-839-5197 (LA-SCAN)

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**DIRECTV NOW. NO SATELLITE Needed.** \$40/month. 65 Channels. Stream Breaking News, Live Events, Sports & On Demand Titles. No Annual Contract. No Commitment. CALL 1-855-920-9336 (LA-SCAN)

**DISH TV \$59.99 FOR 190 Channels \$14.95** High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Call 1-855-721-4040 (LA-SCAN)

**EARTHLINK HIGH SPEED INTERNET.** As Low As \$14.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-866-794-6858 (LA-SCAN)

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**HUGHESNET SATEL-LITE INTERNET FOR BUSINESS.** 25mbps for just \$69.99/mo! Get More Data FREE Off-Peak Data. Built-in Wi-Fi for wireless devices. FREE Standard Installation. CALL 1-877-573-7981 (LA-SCAN)

**MEDICAL ALERT SYSTEM FOR Seniors.** Peace of Mind - Less than \$1 a day! Limited time offer: Free Shipping, Free Equipment & Free Activation! Call anytime: 1-855-487-1759 (LA-SCAN)

**PUT ON YOUR TV Ears** and hear TV with unmatched clarity. TV Ears Original were originally \$129.95 - NOW WITH THIS SPECIAL OFFER are only \$59.95 with code MCB59! Call 1-866-332-1226 (LA-SCAN)

**HOME SERVICES SECURE YOUR home** with Vivint Smart Home technology. Call 1-888-894-0402 to learn how you can get a professionally installed security system with \$0 activation. (LA-SCAN)

**TV FOR FREE WITH SmartView Antenna!** Potentially watch over 60 channels. Completely free of monthly subscription costs (after purchase & setup.) Special Savings for Print Readers? 57% off! Visit http://smartviewdeal.com/louisiana (LA-SCAN)

**AUTO INSURANCE STARTING AT \$49/MONTH!** Call for your fee rate comparison to see how much you can save! Call: 844-430-4651 (LA-SCAN)

**DENTAL INSURANCE FROM PHYSICIANS** Mutual Insurance Company. NOT just a discount plan, REAL coverage for [350] procedures. Call 1-855-268-0108 for details. www.dental50plus.com/morning 6118-0219 (LA-SCAN)

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lent coverage. Call for a no obligation quote to see how much you can save! 1-844-531-3003 (LA-SCAN)

**SELECTQUOTE IS DEDICATED TO** finding a Medicare plan right for you and your wallet. Call 1-855-895-1420 today and receive a free quote from one of our multiple carriers. (LA-SCAN)

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**SAVE ON YOUR NEXT PRESCRIPTION!** World Health Link. Price Match Guarantee! Prescriptions Required. CIPA Certified. Over 1500 medications available. CALL Today For A Free Price Quote. 1-877-784-6520 Call Now! (LA-SCAN)

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teed. CALL NOW: 1-855-403-6345 (LA-SCAN)

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#308	659	\$390
#309	257	\$200
#311	259	\$200
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Also Available:

#1	1227	\$1030
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Units may be combined Six Month and Up Lease Terms 337-239-3885 Morris Team Realty, LLC

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