



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

Vol. 46, No.42

Home of Heroes @ Fort Polk, LA

Oct. 18, 2019

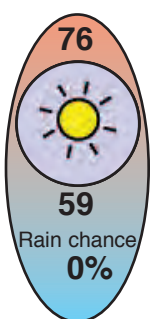


3RD BCT, 10TH MTN DIV

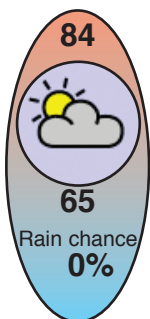
Operation Wingman provides resiliency, support to Patriot Soldiers

Operation Wingman team members visit with Soldiers of Fort Polk's 3rd Brigade Combat Team, 10th Mountain Division "Patriot Brigade" during its current deployment. The teams provide encouragement for the Soldiers. See page 6 of today's Guardian for a story on Operation Wingman and how it enhances the resiliency of Soldiers.

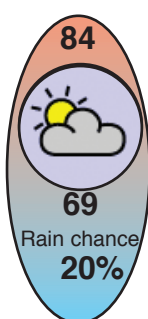
Weekend weather



Today



Saturday



Sunday

Inside the Guardian

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Viewpoint

In our view

Guardian staff asked Fort Polk community members, "What is your most favorite Halloween costume you've worn and why?"
Here are their responses:

Spc. Shivam Sharma: "The Heath Ledger (actor) joker. He killed that role and I just wanted to be that character."



Osceola Moore: "I went as myself. It was great because I was just me."

Sgt. Jeremy Middlebrooks: "I've never really participated in Halloween, but if I had I would have probably been Michael Myers from the 'Halloween' movie franchise. He is really scary."



Sgt. Thomas Lyons: "I was a Spartan one year. It was cool. It was when the movie '300' came out. I think movies really influence costume popularity."

Spencer Davis: "I'd say it was when I dressed up as a Soldier. I was following in my Family's footsteps and that led me to be a real Soldier."



Pfc. Paul Jones: "I dressed up as musician Rick James. It was fun and I even wore elevator shoes."

Staff Sgt. Kelci Donahue: "It would have to be when I was a pirate and my son was, too. We matched and it was great."



Spc. Taylor Brookfield: "I was a ninja. It was my first Halloween costume and I loved it. I think I was 10. I wore it constantly the whole week after Halloween until it tore."



Guardian

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The **Guardian** is published weekly by the Public Affairs Office, Joint Readiness Training Center and Fort Polk. Printed circulation is 13,000.

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Briefs

AFAP program

The Army Family Action Plan Program is an Army-wide initiative to identify issues of concern to improve the overall quality of life for Soldiers and their Families. This process is used to identify the most critical well-being issues facing the Army today and present them to senior Army leadership for resolution. To submit a quality of life issue go to www.myarmy-onesource.com, Family Programs and Services drop down box, AFAP Issue Management System or pick up a form at Army Community Service, bldg 920, BellRichard Avenue, and submit it to the AFAP Program Coordinator. Issues can be hand carried to ACS or Family Readiness Center, bldg 924, faxed to 531-7171, or emailed to sarah.e.sedlacek2.civ@mail.mil. Issues will be accepted up until 4:30 p.m. today. If you have questions or concerns, call 531-1895.

PT hours

Army physical readiness training has been expanded from 6:30-8 a.m., Monday through Friday.

This necessitates the closure of the one ways along Alabama and Georgia avenues from 6:30-8 a.m. Monday through Friday. Signs are being updated with the new times and road blocks/barricades will be in place.

Please exercise caution when encountering Soldiers conducting PT.

Road repair

Phase 2 of the Louisiana Avenue road repair project requires the closure of ACP 1 (Entrance Road) outbound traffic through Oct. 25. Repairs include base failure repairs on the outbound lane of ACP 1.

ACP 1 outbound traffic will need to use alternate ACPs to exit post. Hours of operation for ACPs 2 (North La. Hwy 467) and 5 (South La. Hwy 467) are extended for the duration of this phase from 9 p.m.-5 a.m. Monday through Friday and 24 hours Saturday and Sunday for outbound traffic only. ACP 4 (Louisiana Avenue East gate) remains open Monday through Friday from 4-6 p.m. for outbound traffic.

Local traffic on Louisiana Avenue from La. Hwy 467 to Bell Richard Avenue is open, but motorists are encouraged to use alternate routes due to traffic congestion.

Abandoned vehicles

The Directorate of Emergency Services Traffic Section will release the following vehicles to a towing company for disposal

Please see Briefs, page 6



CHUCK CANNON / GUARDIAN

Participants in the 2018 Fort Polk Retiree Appreciation Day browse the services set up at Bayne-Jones Army Community Hospital. The 2019 event is slated for Saturday at the installation In and Out Processing Center, bldg 250, and BJACH, both on Third Street. Services include: Veterans services; dental insurance agencies; disabled veterans service officer; ID card renewals; DEERS updates; legal assistance; glaucoma and vision screenings; flu, pneumonia, shingles and T-Dap immunizations; lab services; Composite Health Care System (CHCS) registration; full-service pharmacy; blood pressure screenings; dental screenings; and panoramic X-rays.

Polk sets day aside for retiree services

GUARDIAN STAFF

FORT POLK, La. — Each year, the Joint Readiness Training Center and Fort Polk extends an invitation to retirees and their families to have a one-stop shop experience at the installation's annual Retiree Appreciation Day.

This year's activities kick off today with a Soldier For Life Golf Tournament at Warrior Hills Golf Course. The four person per team, 18-hole scramble tees off with a shotgun start at 9 a.m. Cost is \$180 per team or \$45 per individual. Participants receive greens fee, cart and lunch. The top finisher will receive prizes. Call 531-4661 for more information.

For gun enthusiasts, a skeet shooting competition hosted by Fort Polk Soldier for Life — Transition Assistance Program begins at noon today on Range 23A, the Recreational Shooting Range, 4111 California Ave. The event is open to active duty, National Guard, Army Reserve, retirees and veterans. Cost is \$25 per shooter and covers ammunition, prizes, refreshments and clay targets. Call (225) 654-7225.

On Saturday, an opening ceremony, complete

with cake cutting, informational briefs and door prizes begins at 9 a.m. in the In and Out Processing Center, bldg 250, Third Street, across from Bayne-Jones Army Community Hospital. Services offered include: Veterans services, dental insurance agencies, disabled veterans service officer, ID card renewals and DEERS updates and legal assistance.

Once participants have finished at the In and Out Processing Center, they can cross Third Street and visit BJACH and its annual health fair. Services offered include: Glaucoma and vision screenings; flu, pneumonia, shingles and T-Dap immunizations; lab services; Composite Health Care System (CHCS) registration; full-service pharmacy; blood pressure screenings; dental screenings; and panoramic X-rays. Brunch and lunch will be served in the hospital dining facility.

There will also be booths from the Department of Veterans Affairs, Disabled American Veterans, Women's Veterans Association, Army Community Service and Soldier for Life.

To learn more about Retirement Appreciation Day activities call 531-0363/0402 or email us-army.polk.rso@mail.mil.



SecArmy highlights top priorities at AUSA opening

By SEAN KIMMONS

Army News Service

WASHINGTON — After a personal look at Soldiers who make up today's Army, the service's new secretary delved deeper Monday into what the force needs to compete against near-peer threats.

Less than a week after being sworn in as secretary, Ryan McCarthy, the previous undersecretary, touted recent efforts in the service's top priorities — readiness, modernization and reform — to open this year's Association of the U.S. Army Annual Meeting and Exposition.

Readiness, he said, has been restored across the Army, with more than half of its brigade combat teams now at the highest levels of readiness.

But he urged the need to modernize the force, such as developing cloud-based architecture, as Russia and China inject billions into their militaries and other adversaries grow their capabilities. The Army has also drastically cut its requirements timelines from up to seven years to now just 18 months or less, he said, which has gotten newer equipment out quicker, like the Integrated Visual Augmentation System currently being tested by Soldiers.

"Our adversaries are investing in tomorrow today, unconstrained by a continuing resolution and singularly focused on shifting the current balance of power," he said.

People

Before McCarthy took the podium, seven Soldiers who represented a microcosm of the Army ranks appeared on stage and introduced themselves to the audience.

In his full combat kit and a 1st Cavalry Division patch on his sleeve, Capt. Travis Roland said he joined the Army after being inspired by the service of other Soldiers.

"Like them, I had a strong desire to defend our country and preserve the freedoms that we continue to enjoy today," he said. "I'm honored to serve in the infantry and be the heart of the fight wherever, whenever."

With 17 years of service, Sgt. 1st Class Chelsea Porterfield said she recently served in the most rewarding assignment of her long career — as a drill sergeant at Fort Leonard Wood, Missouri.

"Nobody likes a drill sergeant," she said, donning her campaign hat, an intimidating sight for any new

recruit. "But it's my responsibility to mold Soldiers and give them the tools and training that they need to fight and win."

Sgt. Maj. Christal Rheams said she started off her Army career as a logistics management specialist. Now a vocalist for the U.S. Army Band "Pershing's Own," she has been able to perform around the world and even competed this year on the TV show "America's Got Talent."

As with many other Soldiers, she said the Army also allowed her to attain skills that would not have been possible as a civilian.

"Each one of us represents the many jobs that are available in the Army," she said. "Whether it's a culinary artist, engineer, cyber analyst, journalist or even a member of the 1st Armored Division, each one of us are always, first and foremost, American Soldiers."

Then, in front of the crowd, Army senior leaders administered the Oath of Enlistment to a group of new recruits, signifying the next batch of Soldiers to serve the Army.

Following the ceremony, Gen. James McConville, chief of staff of the Army, told media that people — Soldiers, Family members and Army civilians — make the other priorities happen.

"People are our No. 1 priority," he said. "How we get to readiness, how we get to modernization, how we get to reform — it's people that are going to do that."

To better manage the talent within its ranks, the general added the Army is developing a 21st century talent management system that will move the service from the industrial age into the information age.

The system will help assign jobs that match Army requirements to Soldier knowledge, skills and behaviors. It will even log a Soldier's preferences, such as if he or she has a desire to stay in one location longer.

Funding

To prepare current and future Soldiers for the next fight, McCarthy noted the Army recently shifted another \$10 billion in its next five-year budget plan to fund modernization efforts. The move came after senior leaders realigned \$30 billion in what they called a "night court" review process that reallocated funds from programs that did not meet the Army's six modernization priorities:



SGT. DANA CLARKE / U.S. ARMY PHOTO

Secretary of the Army Ryan D. McCarthy, attends the Association of the United States Army's 2019 Annual Meeting in Washington, D.C., Oct. 14.

Long-range precision fires, future vertical lift, next-generation combat vehicle, network, air and missile defense and Soldier lethality.

McCarthy stressed that if Congress cannot pass the next budget, the Army could potentially lose up to \$7 billion worth of buying power while under a continuing resolution.

"From a readiness standpoint, commanders can't buy parts (so) they reduce training events. The whole machine starts to slow down," he said. "We have to get a budget deal. It's on the table. We need to work hard with Congress to get this done."

If not, cloud-based technology, which is being eyed to help the Army carry out its new concept of multi-domain operations, is one of the efforts that could suffer. The Army plans to invest \$700 million in

Cloud systems over the next five years, McCarthy said. Those systems could address a challenge foreseen in future warfare of how units can handle big data and network security in order to make quick decisions on a contested battlefield.

"Seamless access to data in the Cloud is the foundation for the entire Army modernization effort," he said. "If we do not have a system in place, access to the data becomes our no man's land."

While lawmakers decide on upcoming budgets, McCarthy said the Army still plans to stay on course with its priorities and finish what it started as it heads into an era of great power competition. "The world is complex and dangerous," he said. "In times of peril, the nation looks to the U.S. Army and expects us to win. And win we shall."

32nd Hospital Center prepares for National Training Center rotation

GUARDIAN STAFF

FORT POLK, La. — Soldiers with Fort Polk’s 32nd Hospital Center spent Oct. 15 prepping vehicles for transport to the National Training Center at Fort Irwin, California.

The unit’s vehicles were being transported to link up with 32nd HC advance party that left Oct. 17, followed by the rest of the unit slated to leave Monday. The NTC rotation runs from mid-October to mid-November.

The photographs on this page show 32nd HC Soldiers preparing their vehicles to be loaded onto 18-wheelers for the drive to Fort Irwin.



CHUCK CANNON / GUARDIAN

Operation Wingman partners with Patriot Brigade

By Chap. (Lt. Col.) DERRICK RIGGS
Garrison chaplain

FORT POLK, La. — Fort Polk Soldiers have been engaged in a mission in support of homeland defense. Spread out across 1,600 miles, the “Climb to Glory” Soldiers have been working tirelessly, in some austere conditions, 24 hours a day, while still keeping up their Soldier skills.

To help strengthen and encourage the Patriot Brigade, Operation Wingman was developed and employed to partner with the Soldiers of 3rd Brigade Combat Team, 10th Mountain Division. Seven people from Fort Polk were hand selected to be members of Operation Wingman.

Three teams of one noncommissioned officer and one civilian, along with a team leader for the mission, deployed on Oct. 1 to meet up with the chaplains of the Patriot Brigade in three key areas: Capt. Daniella Preece from Bayne-Jones Army Community Hospital’s Behavioral Health (team leader), Sgt. 1st Class Jerry McMillian of the Ready and Resilient Program, and Randy Behr from the Directorate of Family Morale, Welfare and Recreation; Sgt. 1st Class Sabrina Hernandez of 3rd Battalion, 353rd Infantry Regiment

and John Pilgrim, Suicide Awareness and Prevention Program; and Sgt. 1st Class Troy McWilliams, Joint Readiness Training Center Operations Group and Eric Middleton, Army Wellness.

Their mission was to travel to designated sectors to engage with Soldiers and assess their physical, psychological and mental readiness. This is the first time a team of this type — civilian and military — has been developed and employed from Fort Polk to act as an assessment and strengthening resource to a brigade commander on mission outside the installation.

Each team traveled more than 1,000 miles over the course of eight days. Along the way they experienced what Patriot Brigade Soldiers are seeing every day — a total of four to six hours of drive time to and from mission sites on paved and dirt roads, rugged and isolated terrain in the southwest desert, temperature swings of 40 degrees in 24 hours, early mornings, late nights and little sleep.



Team members spoke with more than 1,000 Soldiers, learning their mission, assessing routines and mission requirements to help the Soldiers build effectiveness and prepare for their return home.

To close out the mission, the team briefed Col. Kendall Clarke, 3rd BCT, 10th Mtn Div commander, on their observations and recommendations to help his Soldiers maintain their effectiveness and strengthen their abilities to function as Warriors.

Fort Polk has had units continuously deployed within the U.S. for humanitarian support as well as outside the U.S. in support of the national defense strategy for more than two years. When units launch overseas, they always go with the prayers and support of the Fort Polk Family, and commitments from garrison to take care of those Families back home.

This time, Fort Polk was able to stretch its arms across the continental miles and continue to be a strengthening resource to the commanders and Soldiers on this mission.

Fort Polk Justice Beat: Soldiers receive punishment for misconduct

STAFF JUDGE ADVOCATE

FORT POLK, La. — In the past 30 days, the commanding general has issued five General Officer Memorandum of Reprimands and one General Officer Article 15 for misconduct on Fort Polk. Additionally, 30 Soldiers have been administratively separated by their units for misconduct or failure to meet Army standards.

Across the installation, the following disciplinary issues continue to be prevalent: Sexual assault, domestic violence, driving under the influence, wrongful use/possession of controlled substances, fraternization and inappropriate relationships. Below are recent examples of adverse legal actions on Fort Polk.

- A major was issued a General Officer Memorandum of Reprimand for driving his vehicle while under the influence of alcohol in violation of Article 92, Uniform Code of Military Justice.
- A captain, assigned to Joint Readiness Training Center Operations Group, was issued a General Officer Article 15 for basic allowance for housing fraud in violation of Article 132, Uniform Code of Military Justice. The Soldier was

sentenced to forfeiture of \$3,690 pay per month for one month and a written reprimand.

- A first lieutenant, assigned to 3rd Brigade Combat Team, 10th Mountain Division, was issued a General Officer Memorandum of Reprimand for driving his all terrain vehicle on the highway while under the influence of alcohol in violation of Article 113, Uniform Code of Military Justice.
- A chief warrant officer three, assigned to 1st Battalion, 5th Aviation Regiment, was sentenced to forfeiture of \$2,841 pay per month for two months and restriction for 60 days, suspended for 180 days, for wrongful use of a controlled substance in violation of Article 112a, Uniform Code of Military Justice.
- A staff sergeant, assigned to 3rd BCT, 10th Mtn Div, was court-martialed on Fort Polk for raping a female in violation of Article 120, Uniform Code of Military Justice. The Soldier was sentenced by a panel to five years confinement, forfeiture of all pay and allowances, a reprimand, reduction to rank of private and a dishonorable discharge.
- A sergeant, assigned to 3rd BCT, 10th Mtn



Div, was court-martialed on Fort Polk for assault and battery of a civilian in violation of Article 128, Uniform Code of Military Justice. The Soldier was sentenced by a panel to 90 days hard labor, 60 days restriction, a reprimand and reduction to private first class.

Briefs

Continued from page 11

on Dec. 8 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 531-1806/2677.

2008 KIA	SPORTAGE	7546
2011 CHEV	1500	4608
2001 KIA	RIO	5378
1999 CHEV	1500	5469
2002 SATURN	VUE	7797
2009 VW	JETTA	0049
2006 KIA	OPTIMA	9904

2012 NISSIAN	VERSA	8379
2006 GMC	1500	3847
2008 BMW	X5	4757
2003 TOYOTA	COROLLA	0139
2006 MAZDA	3	9500
2010 KAWASAKI	KLR650	9760

DAV assistance

The Chapter 20 Disabled American Veterans in Leesville has a service officer available to file VA disability claims. The officer is located in the Railway Suites behind the Vernon Parish Court

House. For more information and to make an appointment call 531-5614.

RCCC brief

A Reserve Component career counselors brief for first term Soldiers who are slated to ETS within six months is held Tuesdays at 1 p.m. in bldg 250, 1716 Third Ave., the installation In/Out Processing bldg. The brief provides professional guidance and career counseling to Soldiers leaving the active Army. For more information call 531-1850.

Soldier-athletes win the 35th annual Army Ten-Miler

By BRITTANY NELSON
IMCOM

WASHINGTON — After a 10-mile run trailing around national monuments in Washington, D.C., Spc. Lawi Lalang, from Fort Carson, Colorado, a member of the 2019 All-Army Ten-Miler team, crossed the finish line with a time of 48:38, making him the men's champion of the 2019 Army Ten Miler.

Spc. Elvin Kibet, also a member of the 2019 All-Army Ten Miler team, earned first place in the women division with a time of 54:05. The winning active-duty mixed team was Fort Lee with a time of 3:48:37.

The Joint Readiness Training Center and Fort Polk team finished 19th out of 48 teams that competed with a time of 4:35:33, while the Bayne-Jones Army Community Hospital's Spartan Warriors finished 36th with a time 5:44:53.

"It was so great out there, I have no words to describe how I am feeling," said Kibet, a Soldier-athlete in the U.S. Army's World Class Athlete Program "I had Soldiers cheering me on; it was like no race I have ever done before."

An All-Army Ten-Miler team Soldier-athlete has won the Army Ten-Miler every year since 2015.

Lalang, a horizontal construction engineer, kept a mile pace of 4:51 during his first ever Army Ten-Miler.

"Spc. Benard Keter and I started with a pretty fast pace," said Lalang. "At mile seven I pushed it a little bit more and that's when I knew I had it. I won this race for the Army

Keter, also a WCAP Solider-athlete, won second place overall for the men with a time of 49:04. Lalang has an extensive running background including being an eight time NCAA Division 1 National Champion at the University of Arizona.

Kibet ran at the University of Arizona where she broke the school's women's 5,000 meter record. She kept a mile pace of 5:24 and knew she was going to win after mile four.

"When we started it was a big crowd and I wasn't sure if there were females in front of me



The team from the JRTC and Fort Polk finished 19th out of 48 teams with a time of 4:35:33. Pictured left to right are Command Sgt. Maj. David W. Bass, JRTC and Fort Polk command sergeant major, Capt. Nathaniel Burrell, Capt. John Bassette, Sgt. Jeffrey Cassel, Sgt. Chestley Davie, Sgt. Megan Adams and Sgt. Megan Gray.

but when I got to mile four someone said 'first female' and I thought 'Oh that's me!,'" said Kibet. "The rest of the way I kept hearing first female and I was confident that I was going to win."

The 2019 All-Army Ten-Miler team was made up of six Soldier-athletes from around the world and coached by retired Col. Liam Collins. Three of the Soldier-athletes are members of WCAP. Kibet also won first place in the female military division. Maj. Kelly Calway, a member of the All-Army Ten-Miler team, won second place for the female military division.

More than 35,000 people participated in the 2019 Army Ten-Miler with more than half of the runners affiliated with the military.

"The best part was running with my fellow

Soldiers," said Lalang. "Seeing the Soldiers cheer you on is the greatest feeling. I have wanted to win the Army Ten-Miler since basic training and now my dream has come true."

Secretary of the Army Ryan McCarthy and Vice Chief of Staff of the Army Gen. Joseph Martin were present at the finish line of the race to congratulate Lalang and Kibet. Sergeant Major of the Army Michael Grinston and Chief of Staff of the Army Gen. James McConville were on stage during the ceremony to hand the winners their awards.

"Being congratulated by the senior Army leadership was great," said Lalang. "I had just finished the race so I didn't realize who had given me a coin then I looked down at it and thought 'Oh my gosh, that's the Secretary of the Army!' It was indescribable."

Up next for Lalang is the seventh CISM Military World Games where he will compete in the 1,500 meter race.

Both Lalang and Kibet are also gearing up for the Olympics trials for the 2020 Summer Olympic Games.

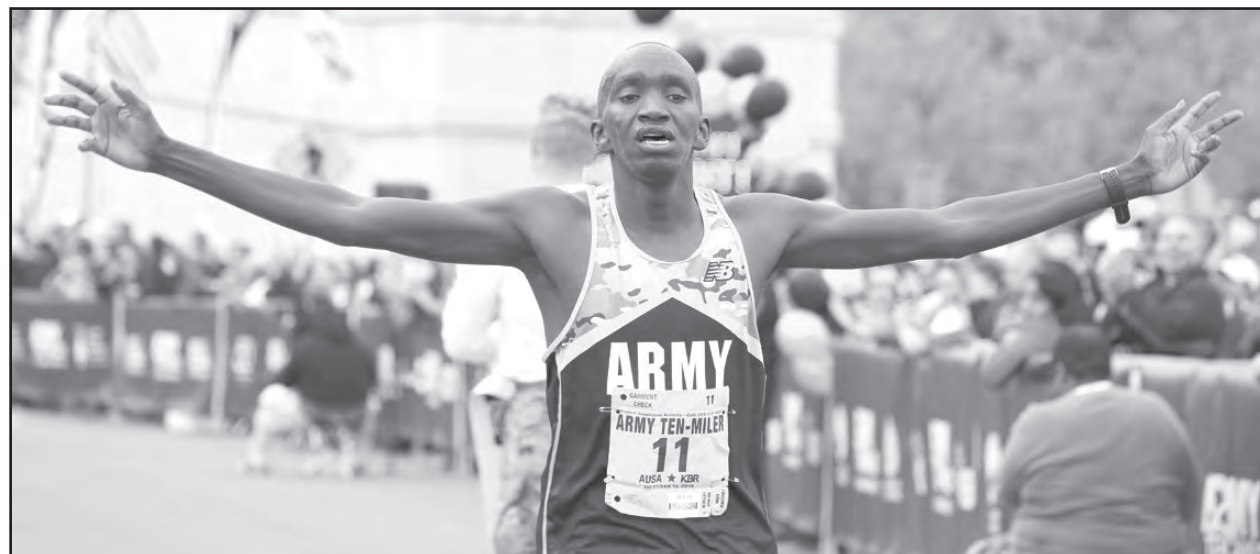
"The preparation for the games has already started," said Lalang. "Doing a race like this 10 miler is a great tempo run. Now I will focus on staying consistent and believing in myself."

The Army Ten-Miler was established to support Army fitness goals, promote the Army and build esprit de corps.

All race proceeds benefit the Family Morale, Welfare and Recreation program, which includes All-Army Sports.

The 2019 All-Army Ten-Miler team members include: Spc. Michael Biwott from Fort Hood, Texas; Maj. Kelly Calway from Fort Jackson, South Carolina; Sgt. Peter Koskey from USAG Humphreys, Korea; and WCAP Soldiers Spc. Bernard Keter, Spc. Elvin Kibet, Spc. Lawi LaLang, all from Fort Carson.

Retired Col. Liam Collins coached the team.



Spc. Lawi Lalang, who ran on the 2019 All-Army Ten Miler team, won the 2019 Army Ten Miler with a time of 48:38. Lalang is also a Soldier-athlete in the World Class Athlete program. 2019 All-Army ten miler team members include: Spc. Michael Biwott from Fort Hood, Maj. Kelly Calway from Fort Jackson, Sgt. Peter Koskey from USAG Humphreys, and WCAP Soldiers Spc. Bernard Keter, Spc. Elvin Kibet, Spc. Lawi LaLang, all from Fort Carson.

First Soldiers awarded Expert Soldier Badge

By THOMAS BRADING

Army News Service

WASHINGTON — Eleven top-performing Soldiers from around the Army came together Tuesday to receive the Army's first-ever Expert Soldier Badges.

Army Chief of Staff Gen. James C. McConville made the presentation during the Eisenhower Luncheon at the Association of the U.S. Army's Annual Meeting and Exposition.

"I'm really proud of what these Soldiers have accomplished," Sgt. Maj. of the Army Michael A. Grinston said. "At the time, the (ESB) was a new challenge not only for them but for the Army. These 11 individuals can now proudly wear a badge that firmly recognizes them as experts in their profession, something all Soldiers should strive to be."

Announced on the Army's 244th birthday in June, the ESB is a proficiency badge that recognizes a Soldier's lethality outside of the infantry, by measuring their "mastery of physical fitness, marksmanship and other critical Soldering skills necessary for combat readiness," said Sgt. 1st Class Dennis Moore, the badge's noncommissioned officer in charge at the Army Center for Initial Military Training.

"(The ESB) recognizes the next generation of competent, committed leaders who thrive in chaos, adapt and win in a complex world," said Master Sgt. Norbert Neumeyer, a U.S. Forces Command master gunner who oversaw the first ESB test.

In April 2017, 56 Soldiers were selected from FORSCOM units across the Army during the pilot phase of testing. Of those who tested, 12 passed, making the pass-fail rate on par with the Expert Infantryman Badge and Expert Field Medical Badge.

Staff Sgt. Tyler Lewis, a field artillery firefinder radar operator from Fort Bliss, Texas, said earning the ESB represents all aspects of being a Soldier.

"Being a Soldier means being a tactical and technical expert from the level of basic Soldiering skills to the advanced levels of your (military occupational specialty)," he said. "A Soldier learns to be adaptable, disciplined and master and steward of his or her profession in every situation."

Sharpen your Soldiering skills

Sgt. Michael Ostrander, armament shop noncommissioned officer at Joint Base Lewis-McChord, Washington, said he had to touch up his land navigation skills in order to earn his ESB. The small arms repairmen said he relied on the Soldering skills he learned during basic combat training and throughout his military career during the test. He also suggested Soldiers planning to test for the badge "brush up on things they're rusty on."

"For many Soldiers, the ESB tasks may seem like common ones that have been taught before," Lewis said. "But, (Soldiers) need to ensure that their knowledge is accurate to each standard tested. Practicing each skill until it becomes second nature is the key to success."

Staff Sgt. Mike Mata, joint fire support specialist at Fort Sill, Oklahoma, echoed his fellow recipients when he credited "hands-on training and mock repetitions" to earning the ESB.

"It's important to remember that testing is in-



tended to be rigorous, mission-focused and conducted under realistic conditions," Neumeyer said.

The new skill badge is an equivalent of the EIB and the EFMB. It's nearly a spitting image of the Combat Action Badge, minus the wreath. The badge displays the same M9 bayonet knife and M67 frag grenade inlaid against a solid, gray rectangular bar.

The test includes various commander-selected tasks essential to their respective units, like how to respond to an improvised explosive device attack, forging fighting positions, finding Soldiers in a tactical environment, and how to mark chemical, biological, radiological and nuclear-contaminated areas. Other tasks include a day and night land navigation test, a 12-mile ruck march and a series of individual assessments.

The test also contains a variety of events, sharing roughly 80% of the tasks in the EIB and EFMB, and takes five days for Soldiers to complete. Standards for the test will not be adjusted based on age, gender or any other criteria.

"The (ESB) will increase overall readiness and lethality, and the first recipients are among the top-qualified Soldiers in the Army," Moore said.

To qualify, Soldiers must first pass the new Army Combat Fitness Test, slated to be the official fitness test for the Army by October 2020. Soldiers must also qualify as expert on the M16 or M4 and be recommended by their chain of command.

"The ESB gives units a baseline and ability to measure their Soldiers' physical fitness," Neumeyer said. "It also ensures Soldiers perform to standard all the critical tasks they're supposed to have knowledge of, and measures their abilities to an expert level."

Grinston said the Expert Soldier Badge will increase readiness and Soldier lethality across the force.

"We have ESB testing that will be underway later this month at Joint Base Lewis-McChord and next month at Fort Eustis, Virginia," Grinston said. "I look forward to seeing the results. This is a truly challenging badge to earn with training along the way that will help better prepare our Soldiers for combat."

The first-ever recipients of the ESB include: Staff Sgt. Joseph Alcorn, Joint Base Lewis-McChord, Washington; Staff Sgt. Freeman Harris, U.S. Army Garrison Stuttgart, Germany; Sgt. 1st Class Christopher Harvey, Joint Base Lewis-McChord, Washington; Staff Sgt. Thomas Jacobsen, U.S. Army Recruiting Office, Gretna, Louisiana; Staff Sgt. Tyler Lewis, Fort Bliss, Texas; Staff Sgt. Anthony Lodiong, Fort Bliss, Texas; Staff Sgt. Julio Macias, Fort Campbell, Kentucky; Staff Sgt. Mike Mata, Fort Sill, Oklahoma; Staff Sgt. Evan Neilson, Fort Jackson, South Carolina; Sgt. Michael Ostrander, Joint Base Lewis-McChord, Washington; Staff Sgt. Bradley Sherman, Fort Benning, Georgia; and Spc. Mahrubius Ledford, released from active duty March 2019.

Briefs

School lunch menu

The following school lunch menu is for Vernon Parish schools for Monday through Oct. 25. Meals are served with salad bar and choice of milk:

Monday: Chicken nuggets, mac attack and cheese, green beans, chilled pear halves, whole wheat roll.

Tuesday: Taco salad with whole grain chips, Mexicana corn, taco salad cup, fruit, spice cake.

Wednesday: Turkey roast and gravy, creamy mashed potatoes, peas and carrots, pear halves, whole wheat roll.

Thursday: Cheesy chili mac, buttered corn, creamy coleslaw, fruit, whole wheat garlic bread.

Oct. 25: Ham and cheese sandwich, oven fries, lettuce/tomato/pickle cup, cantaloupe.

Coffee with police

The Fort Polk Directorate of Emergency Services hosts "Coffee with a Cop" Wednesday from 3-5 p.m. at community centers in Maple, Cypress and Palmetto Terrace housing areas. Visitors are encouraged to meet their law enforcement officers, view static displays and share community concerns.

Survivor luncheon

Bayne-Jones Army Community Hospital and the Vernon Parish Chamber of Commerce will join forces to host the Sixth Annual Breast Cancer Awareness Luncheon honoring local area breast cancer survivors and individuals battling breast cancer.

The event is Thursday from 11 a.m.-1 p.m. at the Warrior Center on Corps Road at Fort Polk. The guest speaker is Dr. Oluwaemisi Ojemakinde, a diagnostic radiologist and internal medicine physician at Byrd Regional Hospital in Leesville.

If you are a breast cancer survivor, know someone who is a survivor or is currently battling breast cancer, please call or contact BJACH's Health Promotion Program at 531-6880 to be recognized by local agencies and the community. The registration deadline is Thursday.

On-line registration is required using the following website: www.breastcancer-awarenessluncheon.eventbrite. Cost is \$12 and can be paid the day of the event by cash only.

Nerf Fest

Military children are invited to participate in the upcoming Nerf Fest at the Fort Polk Exchange Saturday from 10 a.m. to 2 p.m. Youngsters can test out Nerf Blasters

Please see **Briefs**, page 10



Runners prepare to participate in the National Breast Cancer Month Glow Run at Fort Polk's Alligator Lake Oct. 10.

Glow Run kicks off National Breast Cancer Month

By KATHY PORTS

BJACH Public Affairs Officer

FORT POLK, La. — Bayne-Jones Army Community Hospital officially kicked off National Breast Cancer Month with the third Annual Glow Run at Alligator Lake Oct. 10. More than 100 participants, many of them families, turned out to show their support for survivors, those battling breast cancer and those who have lost their battle.

Col. Jody Dugai, BJACH commander, welcomed the supporters, many dressed in pink with glowing hair and necklaces. Dugai shared a personal story about losing her best friend who died of breast cancer at age 38. She urged the crowd to get their yearly mammograms, especially if they have a mother, father or sister who has been diagnosed with breast cancer.

"Early diagnosis is how we beat breast cancer," Dugai said.

"This is a cause very dear to my heart," Sheila Anthony told the group. Anthony is a four-year,

seven-month survivor.

This year, an estimated 268,600 new cases of invasive breast cancer are expected to be diagnosed in women in the United States, along with 62,936 new cases of non-invasive breast cancer. As of January 2019, there are more than 3.1 million women with a history of breast cancer in the U.S. This includes women currently being treated and women who have finished treatment.

Alligator Lake provided a paved path with hills and valleys, ideal for runners, walkers and strollers filled with babies and toddlers, whose glowing necklaces, headbands and bracelets helped light the path as the sky became dark. Pickering Girl Scout Troop 143 and Troop 124 Boy Scouts manned water points along the trail.

After finishing the event, participants enjoyed free snow cones complements of Roland Cimini, a training officer with the Fort Polk Fire Department and owner of the snow cone machine and his helpers, Carlos Jackson and Rusty Self, both fire inspectors with the Fort Polk Fire Department.

Learn about breast cancer statistics

WWW.BREASTCANCER.ORG

Breast cancer awareness month is the perfect time to learn more about this deadly disease. Take note of these statistics found at www.breastcancer.org.

- 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of their lifetime.

- In 2019, an estimated 268,600 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 62,930

new cases of non-invasive breast cancer.

- About 2,670 new cases of invasive breast cancer are expected to be diagnosed in men in 2019. A man's lifetime risk of breast cancer is about 1 in 883.

- For women in the U.S., breast cancer death rates are higher than those for any other cancer, besides lung cancer.

- Besides skin cancer, breast cancer is the most commonly diagnosed cancer among American women. In 2019, it's estimated that about 30% of newly diagnosed cancers.

with friends and family. A tent will be set up inside the toy department where participants can choose a blaster and have fun shooting at targets. For more information call 537-1792 or email Beltzc@aafes.com.

AAFES double points

For Fort Polk Military Star shoppers, it's no tricks and twice the treat with double rewards points Oct. 28. Soldiers and their Families who use their Military Star card at the Fort Polk Exchange or commissary on Oct. 28 will receive four points per \$1, instead of the usual two points. For every 2,000 points earned, cardholders receive a \$20 rewards card that can be redeemed anywhere an exchange gift card is accepted.

Community giftwrap

Volunteer groups can raise money and get in the holiday spirit by partnering with the Army and Air Force Exchange Service to provide gift wrapping services for military shoppers this holiday season.

The Fort Polk Exchange will provide wrapping paper, tape and other supplies for volunteer groups to set up their stations. Groups can seek donations in exchange for gift wrapping. Groups can sign up to wrap gifts from Veterans Day through Christmas Eve. Interested organizations

can contact the Fort Polk Exchange at 537-1792 for information on scheduling a time to participate in the program.

For more information contact Carrie Beltz, 537-1792 or Beltzc@aafes.com

Women's health

A Women's Health Transition Workshop, sponsored by the Fort Polk Soldier For Life — Transition Assistance Program is held Nov. 5 from 9 a.m.-4 p.m. at the Warrior Center, 1321 Corps Road. Women veterans are invited to learn about VA and Department of Defense benefits. Dress is civilian casual. Lunch is available for purchase at the Warrior Center. Call 531-1591 for more information or to register.

MCY nominations

Operation Homefront is accepting nominations for the 2020 Military Child of the Year Awards, as well as applications for the 2020 Military Child of the Year Award for Innovation. Nominations are open through Dec. 9, and awards will be presented at a recognition gala April 2 in the nation's capital.

The awards will recognize seven young people ages 13 to 18 who are legal dependents of a service member or military retiree. Six Military Child of the Year recipients will represent a branch of the armed forces — Army, Marine

Corps, Navy, Air Force, Coast Guard and National Guard. The seventh award is the Military Child of the Year Award for Innovation to a military child who has designed a bold and creative solution to address a local, regional or global challenge.

To nominate a child for the award go to www.militarychildoftheyear.org and click on the nominations tab. Award recipients will be flown with a parent or guardian to Washington, D.C., and recognized at the April 2 gala, where they will receive \$10,000 each and a laptop computer.

Teen fun

The Directorate of Family Morale, Welfare and Recreation's Child Youth and School's Middle School and Teen program hosts a special screening of "Screenagers: Growing up in the Digital Age," Tuesday from 5-8 p.m. at the Warrior Community Center.


Tickets are free and include dinner. Register at MST, bldg 4966. For more information on the movie visit www.screenagersmovie.com.

DeCA WIC acceptance

The Fort Polk Commissary can now process Louisiana Women, Infants and Children (WIC) electronic benefits transfer (EBT) card purchases. For more information call 531-7678.

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Survivor shares her story in hopes of helping others

By KATHY PORTS

BJACH Public Affairs Officer

Editor's note: This is the true story of a brave young woman who was able to break free from a relationship filled with domestic violence. She is sharing her story in hopes that others in a similar situation might find the courage to get away. The names of the victims have been changed to protect their identity.

FORT POLK, La. — Misty was 18 years old when she met and fell in love with Joe. At first it was magical. He adored her, showering her with gifts, flowers and his undying love and attention, she said.

"At first, he was super nice, extremely generous and always bringing me presents or flowers," Misty remembered. "Joe worked as a plant shutdown crewmember, so the paychecks were steady, and he made good money, but he never considered his income as our income, it was always his money. He wanted me to be completely dependent on him. He did all the shopping."

The "honeymoon" lasted for a long time, but slowly small changes started to creep into the relationship. They decided to take a break from each other and figure out if they wanted to move forward with the relationship. Misty and Joe separated for a month, but eventually reconciled. Their life resumed and they moved to Ruston, La. For a short period, their relationship improved.

"In public or with friends, Joe bragged about me being in nursing school and becoming a nurse, but once 'his audience' was gone, he belittled me, told me that I would never finish school or amount to anything and often he was violent," she said. "He didn't want me to have friends. He wanted me to be completely dependent on him. If I needed something, I was expected to call him or his mother."

One day during a heated argument, Joe backhanded Misty, busting her lip and bruising the side of her face. Joe began apologizing for hitting her, promised he would never do it again and told her he wanted to get married.

Every day, he brought her gifts and more apologies. He pleaded with her, promising to get professional help for his anger. Misty discovered that she was pregnant and married Joe. After the wedding, his loving attitude changed and his empty promises of seeking help disappeared.

Misty was about eight months pregnant when they got into a big fight and Joe told her to leave.

"I had nowhere to go and no family to turn to," she said. "As the argument intensified, Joe pushed me, I fell and went into premature labor. A family member rushed me to the hospital and they were able to stop the contractions."

After being released from the hospital, Misty did not return to Joe. She pleaded with her mother to let her come stay with her. Finally, her mother agreed.

Misty's childhood was not a happy one. Her parents fought most of the time and eventually divorced, splitting up the children. Misty went to live with her mother while her brother lived with their father. Misty recalled one visit to her father's house. He was drinking, which was an almost daily event.

"My father was a mean drunk," she said. "He was living with another woman who also drank

and they were fighting."

Misty remembered her father kicking the woman in the head while wearing his steel-toed boots. As the woman's blood ran down her face and her screams filled the house, Misty ran to her brother's room for help. Her brother told her this was the normal state of affairs for the household and to try and get some sleep.

Just then, the bedroom door swung open and her father came in and started beating her brother. Misty begged her father to stop, but the beating continued. Her father shouted his intent to kill them all and then kill himself. His partner's son crawled out a window and ran to a neighbor for help. Luckily, help arrived before her father was able to act on his threats.

After Misty and Joe's baby boy was born, Joe became more distant, refusing to help with household chores or the baby. When Joe left for work, he would make sure that the house was stocked with food, would leave Misty money and tell her to call his mother, who lived nearby, if she needed anything. He also took the car, so Misty had no transportation.



One day in 2005, Joe and Misty were driving separate vehicles and encountered a huge traffic jam on Interstate 20. Misty had her older daughter and Joe had the baby. She decided to stop at her grandparents' house to take a break and, hopefully, let the traffic clear. In 2005 cellphones were not as ubiquitous as they are today and she had no way to reach Joe and tell him of her change of plans. When she arrived home a few hours later, Joe was furious.

Misty stood in their bedroom, holding the baby as Joe screamed at her and told her he was leaving. Then the argument turned violent.

"He grabbed my arm and began twisting it," she said. "I was struggling to keep the baby on my hip and felt my arm snap. I lay on top of my son, trying to comfort him and make sure he was

alright. I was in excruciating pain.

"My mom took me to the Natchitoches Emergency Room where I was diagnosed with a spiral fracture. I was going to be in a cast for at least 12 weeks. At age 21, my life was a mess, I was in a violent relationship," Misty recalled. "The ER physician called the authorities to report the abuse. While I was being treated, Joe contacted a friend in law enforcement who came to the hospital wanting me to give a statement absolving Joe of any blame."

Misty made a difficult decision. She decided to press assault charges against Joe and apply for a restraining order.

The next two years were spent calling the District Attorney's Office concerning the case. Luckily the Domestic Abuse Resistance Team assisted Misty, but it still took two years before the case went to trial.

DART helped her get to and from court, made sure her kids had presents and food for Christmas, listened to Misty and accompanied her during the trial.

Joe was offered a plea agreement, but wanted his day in court. He was convicted of second-degree battery by a 6-person jury. The court ordered him to pay all Misty's medical bills, child support and restitution.

"It took me awhile to get back on my feet," said Misty. "Joe filed for divorce. Even though he'd been convicted of second-degree battery, he asked for full custody of our son. He called Child Protective Services on me several times to help build the case that I was an unfit mother. But when CPS came out they found no grounds for his complaints."

Misty was awarded sole custody and Joe got supervised visitation with his son. By now, Joe had moved on and was in a relationship with another woman and they had a daughter together. Misty said she saw Joe following the same pattern with his new family as he had with her.

"I actually felt sorry for her, because I knew what was ahead," Misty said. "I was free and could take my kids and start over."

"I try to always look for the good in people," Misty said. "I finished school, got my LPN license and met and married a wonderful man who adopted my daughter. He tried to adopt my son, but Joe would not allow it. During the proceedings, one of the attorneys died, extending the ordeal for eight months" she said.

Misty says Joe has not seen his son in more than 13 years.

"I don't wish him ill will, but my son does not know him and he's never had anything to do with him. The only father he knows is my husband, who is a wonderful man and father," said Misty. "When we met, my husband had custody of his daughter. My son and his daughter are five months apart. We also had two children together and are about to celebrate our 11th anniversary. Out of terrible relationships, we have been able to blend our family into one that I cherish."

"I am so blessed that I was able to get out," she said. "It was hard asking my mother for help, basically begging her and she was there for us. Often I felt like a burden, but I knew I had to get out for my children and that if I didn't get away from Joe, he would have eventually killed me."

"Sure, I was scared, but I wanted a better life for my kids and myself. I am thankful every day that that part of my life is over."

Golfers swing for birdie or better as Warrior Hills Golf Course hosts second annual Invitational Golf Tournament

By **ANGIE THORNE**
Guardian staff writer

FORT POLK, La. — The second annual Joint Readiness Training Center and Fort Polk Invitational Golf Tournament took place Oct. 11 on a cloudy Louisiana morning. Golfers packed the course early to register, warm up on the putting green and driving range and have breakfast before hitting the links.

M.K. Akins, Directorate of Family Morale, Welfare and Recreation commercial sponsorship, advertising and sales manager, said the invitational is a morale-focused event.

“It allows Soldiers to spend time together and relax,” she said.

Shelby Waryas, Directorate of Family Morale, Welfare and Recreation marketing chief, said golf is a great stress reliever for Soldiers and an event like the invitational is something that DFMWR would love to do more often.

“We want to center our efforts on the golf course. It is visually beautiful thanks to the recent refurbishment and looks better than it has in years. We want to continue to watch it grow,” she said.

Part of that effort includes encouraging units and organizations to contact the golf course to take part in tournaments, scrambles and organizational events.

“We want to showcase Warrior Hills Golf Course and the Warrior Center’s ability to host tournaments like this and more with professionalism and skill,” she said.

Col. Ryan K. Roseberry, Fort Polk garrison commander, said a lot of time and effort went into the course to get it ready for the invitational.

“I think it’s great that we’ve had such a successful turnout with 95 individuals and 23 teams out on the links to play today,” he said.

Tournaments are great, but the annual invitational seems to have a fun energy and excitement about it, said Diane Clark, Warrior Hills Golf Course business manager.

“It’s great way to show off the course, as well as the new Warrior Store,” she said.

The golfers taking part in the tournament seemed to be enjoying the fruits of all that labor.

Sgt. 1st Class Richard Roberts, 46th Engineer Battalion, said the course is challenging.

“Events like this invitational tournament build esprit de corps because it’s a different environment than work and everyone wants to come out and have a good time,” he said. “In addition to the invitational, I think the scrambles our unit hosts are important because we invite Soldiers who have never played before and often they end up liking golf, buying their own clubs and playing more.”

One of the players invited to take part in one of those scrambles was Capt. Cristina Palomino, 46th Eng Bn. She said she has only been playing golf for about three months after her fellow Soldiers talked her into joining them. She ended up loving it.

“I think the course is great. It’s easy to navigate; yet there are plenty of challenging holes. You never know what kind of game you are going to have and I enjoy hanging out with friends and having fun,” she said.

Palomino was one of only a handful of women



Golfers warm up on the driving range Oct. 11 before taking part in Fort Polk's second annual Warrior Hills Golf Invitational Golf Tournament.

playing in the invitational. Unfortunately, Clark said there aren’t a lot of women golfers that take advantage of playing at Warrior Hills. She said it’s something they would like to change. “We want to encourage women to visit the course and give golf a try. It’s great exercise and a lot of fun,” she said.

Palomino said she thinks the most intimidating part about golf for women is that they don’t know the rules of the game.

“It helped me to learn about the game with a group of people who were willing to teach me. I would encourage other women to join a scramble and give it a try,” she said.

As a long time member of the Warrior Hills Golf Course, Ronald Degray, a retired sergeant major, said the Fort Polk golf course keeps getting better and better.

He said the golf course is important to the post because there is a lot of competition and the improvements have encouraged Soldiers to stay at home to play golf.

“The effort to improve the course is impressive. It’s obvious that a lot of hard work is being put into the course and I appreciate it,” he said.

As teams headed to their golf carts to begin the tournament, Brig. Gen. Patrick D. Frank, JRTC and Fort Polk commanding general, thanked Soldiers and guests for coming out to Warrior Hills to play golf.

“Today is a great time to get out on the golf course that our garrison team has put so much work into over the last year. It’s a great way to spend a day of camaraderie together here at Warrior Hills,” he said.



After paying their fees, golfers line up to get score cards, golf cart keys and more as they get ready to warm up for a day of playing golf.



Golfers take time to have breakfast before hitting the links Oct. 11.



Carts filled with golfers head out to begin playing during the Warrior Hills Golf Invitational Tournament Oct. 11.



Col. Ryan K. Roseberry, Fort Polk garrison commander, putts as his team looks on during the Invitational Golf Tournament held Oct. 11 at Fort Polk's Warrior Hills Golf Course.



Ken McCune, a member of the Warrior Hills Golf Course, takes a moment to practice his putting before the tournament gets underway.



Matt Berry takes a mighty swing during the Warrior Hills Golf Course Invitational Golf Tournament.

Red Ribbon Week: dedicated to drug abuse education, prevention

By KEITH HOUIN

Guardian staff writer

FORT POLK, La. — Fort Polk's Army Substance Abuse Program partners with on- and off-post organizations to participate in drug prevention activities Monday through Thursday in observance of 2019 National Red Ribbon Week.

"After the murder of Drug Enforcement Agent Enrique Camarena, angered parents and youth began wearing red ribbons as a symbol of their commitment to raise awareness of the killing and destruction caused by drugs in America," Amelia Connor, Fort Polk Army Substance Abuse Program Prevention coordinator said.

"Camerena left his office on Feb. 7, 1985 to meet his wife for lunch. Five men appeared at the agent's side and shoved him into a car. Camarena's body was found one month later. He had been tortured to death. To honor Camarena's memory and his battle against illegal drugs, friends and neighbors began to wear red badges of satin," Connor said.

"Parents, sick of the destruction of alcohol and other drugs, had begun forming coalitions. Some of these coalitions took Camarena as their model and embraced his belief that one person can make a difference. These coalitions also adopted the symbol of Camarena's memory, the red ribbon," Connor said.

In 1988, the National Family Partnership sponsored the first National Red Ribbon Week Celebration.

"Red Ribbon Week is dedicated to addressing drug use. It is a preventive campaign to inform the community about drugs and how to prevent people from engaging in drug abuse behaviors," Tai Moton-McIntyre, Army Substance Abuse Program Employee Assistance Program Coordinator said.

Fort Polk ASAP will be at Leesville High School from 11:49 a.m.-1:13 p.m. Monday. They will have information and educational items available at the Exchange Thursday, and will conduct substance abuse training for youth at the Siegfried Youth Activity Center at 4:30 p.m.

There will be an ASAP information table set up at Screenagers at Siegfried Youth Activity Center on Tuesday from 5-7 p.m.

Screenagers is an informational video that addresses screen time with adolescents and teenagers, and helps them navigate the digital world.

ASAP will also conduct a two day course Prime for Life Tuesday and Wednesday at the education center from 9 a.m.-3 p.m.

This is a preventive class that helps, individuals assess whether or not they are engaging in high risk behaviors that can lead to substance abuse or alcoholism. Registration is required. Seats are limited.

If you would like more information or resources about drugs and alcohol, call the Fort Polk ASAP offices at 531-2031/1964 or visit 7700 Alabama Ave. Bldg. 1947.

You can also follow ASAP on Facebook at JRTC and Fort Polk Army Substance Abuse Program.



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Cybersecurity Awareness Month - "Own IT. Secure IT. Protect IT"

GUARDIAN STAFF

FORT POLK, La. — October is National Cybersecurity Awareness Month, a collaborative effort between government and industry to raise awareness about the importance of cybersecurity and ensure all Americans have the resources to be safer and more secure online.

NCSAM 2019 emphasizes personal accountability and stresses the importance of taking proactive steps to improve cybersecurity at work, home and while traveling. This year's message is, "Own IT. Secure IT. Protect IT," and focuses on key areas including citizen privacy, consumer devices and ecommerce security.

When you think of cybersecurity you generally think of your computer or mobile device, but cars, appliances, wearables, lighting, health-care and home security all contain sensing devices that can talk to another machine and trigger other actions.

Examples include devices that direct your car to an open spot in a parking lot, control energy use in your home and other tools that track your eating, sleeping and exercise habits.

Today's technology is convenient and can help improve productivity, but it requires sharing more information than ever. The security of this information, and the security of these devices, is not always guaranteed.

The Department of Homeland Se-

curity recommends the following tips to protect your information and devices:

- Shake up your password protocol. According to the National Institute for Standards and Technology guidance, you should consider using the longest password or passphrase permissible. Get creative and customize your standard password for different sites, which can prevent cybercriminals from gaining access to these accounts and protect you in the event of a breach.

- Whether it's your computer, smartphone, game device, or other network devices, the best defense against viruses and malware is to update to the latest security software, web browser, and operating systems. Sign up for automatic updates, if you can, and protect your devices with anti-virus software.

- Limit what information you post on social media — from personal addresses to where you like to grab coffee. What many people don't realize is that these seemingly random details are all criminals need to know to target you, your loved ones, and your physical belongings — online and in the physical world.

- Keep Social Security numbers, account numbers and passwords private, as well as specific information about yourself, such as your full name, address, birthday and even vacation plans. Disable location services that allow anyone to see where you are — and where you aren't — at any given time



- Enable multi-factor authentication to ensure the only person who has access to your account is you. Use it for email, banking, social media and any other service that requires logging in.

- Before you connect to any public wireless hotspot be sure to confirm the name of the network and exact login procedures with appropriate staff to ensure that the network is legitimate. If you do use an

unsecured public access point, practice good internet hygiene by avoiding sensitive activities (such as banking) that require passwords or credit cards. Your personal hotspot is often a safer alternative to free Wi-Fi. Only use sites that begin with "https://" when online shopping or banking.

For more tips on cybersecurity visit www.dhs.gov/stopthinkconnect-toolkit.

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Fort Polk community takes time to celebrate Hispanic heritage

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk presented its Hispanic Heritage Month celebration Oct. 16 at Bayou Theater. The theme was Hispanic Americans: A History of Serving Our Nation.

As part of the event, 3rd Brigade Combat Team, 10th Mountain Division Soldiers represented Hispanic Soldiers from wars and major conflicts of the past from the Civil War through the Global War on Terrorism, as well as future Hispanic Soldiers.

Sgt. Marisol Salazar, 3rd BCT, 10th Mtn Div, was the master of ceremonies for the event. She said the Hispanic heritage celebration was important because it embodies diversity.

"The Hispanic Soldiers we are honoring today made a huge impact on this nation's history. Being a Hispanic Soldier myself, learning about the Soldiers represented today makes me want to carry on their proud legacy," she said.

Salazar said Hispanic American men and women embody the American values of devotion to faith, family, hard work and patriotism through countless contributions as leaders, innovators entrepreneurs and members of the armed forces.

Sgt. 1st Class Erick Martinez, 3rd BCT, 10th Mtn Div, said the celebration brings an awareness to people who don't know about the Hispanic culture's military efforts.

"This program gives the audience an opportunity to learn more about our values and bravery," he said.



ANGIE THORNE / GUARDIAN

Spc. Luchs Orijuela, 3rd Brigade Combat Team, 10th Mountain Division, kicks off the Hispanic Heritage celebration presentation as he extols the military efforts of Hispanic American David G. Farragut during the Civil War. Farragut was named the Navy's first full admiral by President Abraham Lincoln. He is known for shouting the famous order, "Damn the torpedoes! Full speed ahead!"

Spc. Brandon Elliott, 3rd BCT, 10th Mtn Div, said watching the program and learning about the history of famous Hispanic Soldiers in history was eye opening.

"You don't often hear about these Soldiers and the missions they achieved. It was wonderful to learn about these Hispanic heroes," he said.

Brandon Perez, 3rd BCT, 10th Mtn Div, said he was proud to take part in the ceremony as the future Hispanic Soldier. The 20 year old said he expressed

how he felt as he wrote his presentation.

"Growing up in a small town you don't see many heroic Hispanic figures. It wasn't until I joined the Army that I realized the role Hispanics have played in the armed forces. Without these Hispanic heroes and their efforts we wouldn't be where we are today. The Hispanic Soldiers who have come before us have served this country with bravery, resilience and dedication. Hispanic Soldiers serving today continue to carry on that legacy of proud service," he said.

Check out interesting facts about Hispanic heritage

HISPANICDIVERSITY.COM

If you are curious about Hispanic heritage, check out the following facts found at www.hispanicdiversity.com.

- Expanded to a month by President Ronald Reagan.

- Hispanic Heritage month was enacted into law on August 17, 1988, on the approval of Public Law 100-402.

- The term Hispanic or



Latino, as defined by the United States Census Bureau, refers to Puerto Rican, South or Central American, or other Spanish culture or origins regardless of race.

- Hispanic population in the U.S. is around 55 million.

- Hispanics are the largest ethnic or race minority in the United States

- There are 1.2 million Hispanics serving in the U.S. armed forces.

- California has the largest Hispanic population.

- Dr. Ellen Ochoa was the first Hispanic woman astronaut to go into space.

- Joseph Marion Hernández was the first Hispanic member of U.S. Congress in 1822.

- José Ferrer was the first Hispanic to win an Oscar for Best Actor in 1950 for the film *Cyrano de Bergerac*.

- Carlos Santana was the first Hispanic Rock & Roll Hall of Fame inductee in 1998.

- Roberto Clemente, a famous baseball player, was also a humanitarian who worked in organizing charity drives, donating his time and money.

CSA: People are centerpiece of Army

By THOMAS BRADING

Army News Service

WASHINGTON — The Army plans to test a new approach to talent management this fiscal year on how to select battalion commanders before possibly extending it to other ranks, said the Army's top officer.

"To ensure we recruit and retain the right people for the Army, we are implementing a 21st century talent management system," said Chief of Staff of the Army Gen. James C. McConville during his first address in the role at the Association of the U.S. Army Annual Meeting and Exposition Oct. 15.

Officers being considered will be screened by a command board. After that, top qualifiers will compete in person during a five-day assessment — the Battalion Commander Assessment Program — at Fort Knox, Kentucky, in January, prior to selection.

After having a chance to learn lessons from the upcoming battalion commander program, McConville hopes to expand it to sergeants major and brigade-level commanders in the future.

Another talent management initiative is the Army Talent Alignment Process, or ATAP, a decentralized, regulated, market-style hiring system that aligns officers with jobs based on preferences.

"The Army spends more time and more money selecting a private to be in a Ranger regiment than it does selecting battalion commanders," McConville said, urging the need for a change.

The new talent management system will organize Soldiers by 25 variables instead of two, like how they are currently managed. The way it works now, "you're a captain of infantry or a sergeant of engineers," McConville said.

The new system will collect and measure data from Soldiers, such as their individual knowledge, skills and attributes. Then, it will gauge their cognitive and non-cognitive abilities to get a clear picture of where to put those skills, like command or graduate school, he said.

"No matter how much technology we develop, Soldiers will always remain the centerpiece of our Army. We equip people, we don't man equipment, and that philosophy will not change."

Gen. JAMES C. MCCONVILLE
Army Chief of Staff

ATAP is enabled by Assignment Interactive Module version 2, or AIM 2.0, which allows officers to self-identify various personal aspects of themselves, such as knowledge, skills, behaviors and preferences. All active-duty officers are now being matched with assignments on it, with plans to expand it to all Soldiers.

"It's almost blasphemous to think the Army would actually consider someone's preferences," McConville said, jokingly. "But, if we know where they want to go and what they want to do,



Chief of Staff of the Army Gen. James C. McConville addresses the audience during the Association of the U.S. Army Annual Meeting and Exposition, Oct. 15 in Washington, D.C.

we believe we can get the right person in the right job at the right time and we will have a better Army that is more committed.

"When our people are treated this way," he added, regarding his people-first priority, "we know they perform better, stay longer and they will make our Army stronger."

Another big facet of talent management, the Integrated Personnel and Pay System-Army, or IPPS-A, has been a large total Army focus that is initially being fielded by the National Guard. The system will eventually streamline all components of the Army into a single cohesive personnel and pay system, and help leaders better manage talent and assign jobs to match Army requirements.

People want to be recognized for their talents, the general said, and not be "treated like interchangeable parts in an industrial-age process."

"After we prototype and test these programs with our officers and make sure we have them right, we will expand them to our enlisted Soldiers, to our civilians, into our reserve components," he said.

People strategy

Talent management falls into the new Army People Strategy, published Tuesday, after being approved by McConville and Secretary of the Army Ryan McCarthy. The strategy addresses how the Army will take care of people by recognizing and managing their unique skills, he said, and is foundational to their readiness.

It focuses efforts on the Army's people, including Soldiers, Families, Army civilians, and "Soldiers for Life" veterans and retirees.

McConville addressed five quality-of-life priorities also in the strategy: Quality housing for both Families and Soldiers in the barracks; world-class health care; quality childcare and youth services; meaningful employment for spouses; and solving permanent change of duty

station moving issues, he said.

Although people are McConville's top priority, he also discussed the Army's other priorities of readiness, modernization and reform.

Modernization is "fighting the next fight better," he said. "It must include building multi-domain doctrine, organizations and training, delivering the six modernization priorities and implementing the 21st century talent management system."

During last year's AUSA annual meeting, the Army rolled out its six modernization priorities: Long-range precision fires, next generation combat vehicles, future vertical lift, the Army network, air and missile defense and Soldier lethality.

Now, one year later, McConville stood on the same stage as his predecessor — Gen. Mark Milley, now chairman of the Joint Chiefs of Staff — and made good on those modernization priorities.

In the next two years the Army plans to field a new mobile short-range air defense system, an integrated visual augmentation system, the next generation squad weapon, precision strike missile, extended-range cannon, and the first hypersonic weapon battery, he said.

In addition, the next-generation tactical unmanned aerial surveillance system is slated for 2025, he continued, and fielding an optionally manned fighting vehicle to replace the Bradley Infantry Fighting Vehicle is scheduled for 2026.

"And shortly after that, we'll begin fielding our future vertical lift aircraft," he said. "All part of delivering the six modernization priorities."

"No matter how much technology we develop, Soldiers will always remain the centerpiece of our Army," he added. "We equip people, we don't man equipment, and that philosophy will not change."

Efforts aim to improve 'quality of service' for Soldiers, Families

By SEAN KIMMONS

Army News Service

WASHINGTON — The Army is pumping more funds into military housing, while finding ways to ease challenges when Soldiers and Families head to a new duty station.

In front of a standing-room-only crowd, senior leaders spoke on those efforts as they took questions from the audience and social media on military family issues during a town hall at the Association of the U.S. Army Annual Meeting and Exposition.

"The Army is people. It's our most important weapon system," said Gen. James McConville, chief of staff of the Army. "That's what makes us the world's greatest Army. So we have to take care of them."

This year, the service established five quality of life priorities: Housing, health care, child care, spouse employment and permanent change-of-station moves. By making them priorities, the general said, Army officials are creating new initiatives for them.

"We believe we owe it to you to provide quality of life that's commensurate to quality of service," he said, referring to ways to keep Soldiers in boots.

Housing

So far, privatized housing companies have committed \$500 million to fix military housing, which the general said is not enough.

Senior leaders have had "candid conversations" with the CEOs of those companies, pushing them to improve housing conditions.

"We need to do a lot more than that," McConville said. "We want to not have Ms, we want to get some Bs on those numbers to fix the housing."

He also noted that about \$1 billion has been spent on barracks, with plans to increase that number, too.

The Army has also hired additional housing officials to ensure contractors quickly address issues brought up by families living in military housing.

This fall, Army Secretary Ryan McCarthy expects to release a new Tenant Bill of Rights, which is intended to hold privatized housing companies more liable by giving oversight authority to local military leaders.

The Army has worked with the Air Force and Navy to create the Bill of Rights, but must wait for Congress to pass the National Defense Authorization Act before it can be codified into law, he said.

McCarthy said the housing problems arose from a leadership issue over the years that he intends to make right.

Earlier this year when problems first surfaced, the secretary said he traveled to installations to meet with Families during housing inspections. In those visits, he realized the Army essentially just outsourced housing, leading to reduced resources and responsibility.

"When I came home and made my assessment to (the other senior leaders), I pointed the thumb more so than pointed the finger," he said. "It's a leadership issue."

Unlike a corporation, the Army is more accountable for its people, McConville said.

"We're a military organization, we're not a private company," he said. "The leadership sitting here, we're responsible and accountable for all



Sgt. DANA CLARKE / ARMY NEWS SERVICE

Army Secretary Ryan McCarthy, Army Chief of Staff Gen. James McConville, and Sgt. Maj. of the Army Michael Grinston participate in a family forum during the Association of the U.S. Army Annual Meeting and Exposition in Washington, D.C., Oct. 15.

our Soldiers and Families. That's what makes us different."

Sgt. Maj. of the Army Michael Grinston said issues in housing, as well as in the other quality of life priorities, should first try to be handled at the ground level.

Junior leaders need to take action when their Soldiers voice a problem to them, he said. And if they don't have a solution, they can go up their chain of command until they find one.

"You're going to actually have to figure out what's going on with your folks," Grinston said. "You know your people and most of the time, somebody knows it. We're going to fix this, whatever this is."

Do-it-yourself moves

To alleviate the peak PCS moving season each summer, McConville said the Army is looking to incentivize "do-it-yourself" moves for Families interested in doing so. If a Family can complete all the required paperwork, perhaps they should be given up to 100 percent of what the Army would pay a commercial mover, he said.

"You go move if you want to do it. If not, you go through the system," he said. "I think we'll be able to reduce those moves."

A new talent management system being developed by the Army may also reduce moves, he added, since it may allow Soldiers to stay a few years longer in one location.

Futures Command forces academia partnerships

ARMY NEWS SERVICE

WASHINGTON — As the Army's youngest command, Army Futures Command has already developed strategic partnerships with hundreds of colleges and universities over the past year.

"We're leveraging the strength of academics and intellectual freedom to position Army modernization in a way to win the fight before an actual fight," said Gen. Mike Murray, commander.

Combat development complex

In one of its partnerships with Texas A&M University, a new \$130 million complex broke ground this week to serve as a research hub for the command, as it looks to accelerate modernization programs through research and technology development.

The complex is named the Bush Combat Development Complex in honor of former

President George H.W. Bush.

"(Academia) partnerships should be a two-way road," Murray said during a panel discussion Oct. 16 at the Association of the U.S. Army Annual Meeting and Exposition. "If we invest our resources into a university, we should get something back in return."

"By testing emerging technology in an operationally relevant environment, and with Soldiers providing feedback, we can evaluate it early to ensure we're getting exactly what our troops need in the field."

The center will focus on research programs such as robotics, assured positioning and navigation and timing, and hypersonic, and direct energy systems. In addition, it will coordinate research on those topics with other universities. By fiscal year 2023, the Army plans to field a long-range hypersonic weapon, said Robert Strider, deputy director of Army hypersonic programs.

New options available for spouse employment, relicensing

By **DEVON SUITS**

Army News Service

WASHINGTON — The Department of Labor recently launched a website to help military spouses that possess an occupational license and need to transfer their credentials to another state.

Through the **Veterans.gov** website, military spouses can review each state's law concerning specific licensed occupations, said Kristopher Rick, assigned to the DoL's veterans' employment and training services.

Spouses can then arm themselves with information about a state's licensure portability laws, Rick said Tuesday during a family forum at the Association of the U.S. Army Annual Meeting and Exposition.

In 2019, 13 states have implemented changes to legislation to support military spouses who have credentials. Through the website, spouses can easily navigate an interactive map of the country and receive a short synopsis of each legislation.

The website also features a "CareerOneStop License Finder," providing users the ability to access information on a state's occupational licensure board. Further, spouses can review the necessary requirements to transition their license into that state, he added.

"More importantly, (the site) provides a point of contact information," Rick said. "Spouses can now build a roadmap on how to engage ... when preparing to move to (a new) location."

The Army will also reimburse up to \$500 in relicensing costs, said Krista Simpson Anderson, Army Emergency Relief military spouse ambassador. If expenses exceed the allotted reimbursement amount, Soldiers and spouses could receive up to \$2,500 in Army Emergency Relief support.

Spouse relicensing support is a needs-based program and not designed to reimburse military families, she said. Regular Army, National Guard, and Reserve spouses can receive assistance up to 180 days after they move to a new duty station.

The intent of the program is "to relieve distress, promote resiliency and overall financial readiness of Army Families," Anderson added.

Spouses with occupational licenses slated to move should review the "License Recognition For Military Spouses resource guide," Rick said. Users can find a downloadable version of the guide on the **Veterans.gov** website.

Military One Source

Spouses who are looking to start a career search, or in the process of

transitioning to a new field, can turn to Military One Source for support.

The Military One Source site (www.militaryonesource.mil) provides a comprehensive suite of career resources to build, refine and highlight a military spouse's unique skillset, said Lee Kelley, Military One Source director of military community support programs.

For example, spouses have access to a "certified masters-level career coach," available Monday through Friday 7 from a.m. to 10p.m. Eastern Time, and all day Saturday. Spouses can access this resource through the phone or online via live chat.

"It's important to know that career assistance, resume help and mock interview sessions are available when spouses are available," Kelley said.

Starting in November, spouses will have access to a 90-second career assessment tool that will provide insight into their career strengths, she said. This is just one example of how Military One Source is evolving to meet the emerging needs of military families.

"My message to military spouses at any stage of their career ... I would recommend either walking into their base's family center or picking up the phone and calling Military One Source," Kelley said.

"With the thousands of resources out there, it is hard to know where to start," she added. "Start with us — your (Department of Defense) family of resources."

Spouses also have access to 400-

"It's important to know that career assistance, resume help and mock interview sessions are available when spouses are available."

LEE KELLEY
Military One Source

plus companies and organizations committed to recruiting, hiring, promoting, and retaining personnel through the Department of Defense Military Spouse Employment Partnership, she added. Thus far, MSEP partners have hired close to 140,000 military spouses since the program launched.

"I challenge (spouses) to put the Military One Source phone number in their phone right now — (800) 342-9647," she said. "You may not need it today, but you will have it

for yourself and the rest of the military community family."

Child care providers

Spouses looking for a career in child care services — or looking to maintain employment while raising their children at home — may want to consider a family child care profession, officials said.

Family child care providers manage their own business, all while providing quality and affordable child care to other military families, said Suzanne King, with Army Installation Management Command's Children and Youth Services family child care program.

Military family members, retirees and qualified civilians living in on-post housing can apply to be an FCC provider. Home inspections

and background checks are required for anyone living in the house over the age of 12, she said.

If accepted into the program, CYS will provide training and support. Providers will enter into an 18-month training program, which includes CPR, first aid, reporting child abuse and other child development or special needs training.

"After the training, CYS specialists will continue to provide support to the FCCs," she said. "Providers could receive access to supplies and equipment to open up their home child care. They are authorized coverage under the Army's risk management program, and can receive referrals through the Military Child Care website (MilitaryChildCare.com)."



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Take note of Better Opportunities for Single Soldiers upcoming events and volunteer possibilities.

- **Halloween trip**

BOSS takes a trip to Leesville Tree Farm Massacre Oct. 25 at 7:30 p.m. Sign up for a scary good time. The cost is \$5 per person. Space is limited, so register soon at 531-1948.

- **Lemon lot**

Trying to sell your vehicle? Bring it to the BOSS Lemon Lot. Registration is \$5 for 30 days. Cars that are not registered will be towed. Register at the Home of Heroes Recreation Center.

For more information call 531-1948.

Festivals

- **Rougarou Fest**

If Halloween is your favorite holiday you won't want to miss the Rougarou Fest, held in downtown Houma Oct. 26-27. Enjoy live entertainment, spooky parade, costume contest, pumpkin lighting and more. For more information visit www.rougaroufest.org.

- **International Rice Festival**

If you love gumbo, jambalaya, red beans, etouffee and more, then you'll want to find out more about rice — an essential ingredient to Cajun kitchens. The best way to do that is to head to downtown Crowley for the International Rice Festival held today through Sunday. Crowley is located about two hours south of Fort Polk along Interstate 10. For more information visit www.ricefestival.com.

- **Bridge City Gumbo Festival**

Jefferson Parish's oldest festival began as a small church fair in 1973 and the festival has continued to grow ever since.

Bridge City is about 25 minutes west of New Orleans on the west bank of the Mississippi river. Volunteers prepare more than 2,000 gallons of both seafood and chicken/sausage gumbo for attendees during the festival today through Sunday. For more information visit www.bridgcitygumbofestival.org.

Miscellaneous

- **Night tour**

Mansfield State Historic Site, La. Hwy 175, three miles south of Mansfield, hosts its 26th annual "Ghosts of the Past" night battlefield tour Oct. 26. The site will recreate the gruesome aftermath of a Civil War battle by taking visitors onto the battlefield by candle lantern. Actors in period dress will act out various scenes — including surgeons operating and amputating by candlelight and more — at stops along the tour. The event begins at 7:30 p.m. and each tour lasts 30 minutes. Admission is \$5 per person. Parents should know that some content might be too intense for small children. For more information call (888) 677-6267.

- **Veteran's run**

The Kiwanis of Vernon Parish host a Veteran's Day 5K run/walk Nov. 9 at 8 a.m. Preregister by Oct. 25 to guarantee you get a T-shirt. The preregistration fee is \$25 per person. Race day registration is \$35 per person.

The event is held in downtown Leesville at the Veteran's Memorial on Third St. For more information call Devin Averitt at (337) 208-6405 or Wes Bailey at (337) 424-5495.

- **Gothic Jail**

Experience the haunting and historic Gothic Jail After Dark, 205 West First St., DeRidder, this Halloween season. Paranormal activity runs rampant in the jail and the walls hold secrets of a brutal murder, suicide and a double hanging.

It's not for the faint of heart. Dates for the event are today, Saturday and Oct. 25-26 from 7:30-11:30 p.m. Halloween (Oct. 31) the jail is open from 6-10 p.m. For more information call (337) 375-4000.

- **Society celebration**

The Vernon Historical and Genealogical Society hosts its 25th anniversary celebration with a seminar held Nov. 2 at the Vernon Parish Library meeting room, 1401 Nolan Trace, Leesville. Topics will include locating cemeteries and unmarked graves, memoirs of a World War II Soldier, understanding DNA and what it means to you and digging into family history to tell a story. The seminar begins at 8:30 a.m. and is free of charge, but limited to 50 guests. Please preregister by Oct. 26 at vhsociety@gmail.com or call (337) 353-7541.

- **Community choir**

The Vernon Parish Community Choir presents its golden (50 years) anniversary performance of Handel's "Messiah." The community is encouraged to participate. Rehearsals begin Nov. 2 and continue Nov. 9, 16, 23 and 30 from

10 a.m. to noon at the Vernon Middle School music room. The final rehearsal takes place Dec. 7 at 10 a.m. at the Leesville High School auditorium, 502 Berry St. Leesville. The performance takes place Dec. 8 at 3 p.m. at the LHS auditorium. For more information call (337) 424-7118, (337) 238-1036 or (337) 238-2540.

- **Free concert**

The United States Army Field Band Jazz Ambassadors hosts a free concert at the Lake Charles Civic Center's Rosa Hart Theater, 900 Lakeshore Drive, Nov. 2 at 7 p.m. For more information about obtaining free tickets visit www.cityoflakecharles.com.

- **Winter pops**

The Lake Charles Symphony takes the stage at the Rosa Hart Theatre, inside the Lake Charles Civic Center, 900 Lakeshore Drive, Lake Charles, under the direction of guest conductor Carl Topilow for Winter Pops: A Space Spectacular Nov. 10 at 3 p.m.

This intergalactic experience is the inaugural Winter Pops concert. The performance features music from a number of popular space-themed films, as well as classical composers' best imaginings of the cosmos.

The varied program showcases musical representations of space from the past century, as well as older music that was re-envisioned as humanity turned its sights toward the stars.

The music is choreographed to photos and features out-of-this-world footage from NASA, which will be displayed on a large screen behind the orchestra as the music plays.

Doors open at 1:30 p.m., a discussion with Topilow begins at 2 p.m., and the concert begins at 3 p.m. Tickets start at \$40. For more information contact the symphony office at (337) 433-1611 or visit www.lcsymphony.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 6 p.m. at the New Llano American Legion, Post 387, 500 Vernon St. The meeting takes place Nov. 12.

The November tournament takes place at Sam Rayburn Lake Nov. 16. The entry fee is \$40. For more information visit www.fortpolk-communitybassmasters.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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advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination. The Guardian will not knowingly accept any advertisement for real estate, which is in violation of the law. All dwellings advertised in this newspaper are available on an equal opportunity basis.

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