



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

Nov. 8, 2019

IMCOM Quality of Life Assessment Team visits Fort Polk

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Installation Management Command, G-9, visited Fort Polk Nov. 4-7 to conduct an Installation Quality of Life Assessment. Matthew Margotta, IMCOM G9 Mission Support Office chief, said his team is charged with putting together options for the commanding general of IMCOM, as well as Army Materiel Command, for consideration to improve the quality of life on Fort Polk.

"That we are here within three weeks of receiving a charter to assess concerns about the quality of life for three forts — Fort Wainwright, Alaska, Fort Irwin, California, and Fort Polk — I think sends a powerful message to the Fort Polk community about its importance to the Army," Margotta said.

The charter was from Army Chief of Staff Gen. James C. McConville and Gen. Gustave F. Perna, commander, U.S. Army Materiel Command to assess and provide options to enhance the quality of life at the three forts, Margotta said.

Margotta and his team toured Fort Polk, conducted sensing sessions (discussion forums) with Soldiers and Family members and participated in briefs to help assess the strengths and needs of the Fort Polk community.

He said Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general, was clear that his priorities include education, spouse employment and housing.

"It's all about options. Based on our dialogue with Soldiers, Family members, counterparts, the garrison commander and commanding general,



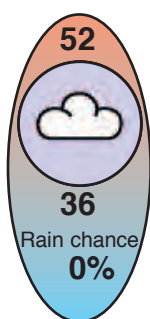
we will come up with a prioritized list — the things they feel are most important," Margotta said.

The IMCOM G9's mission, according to the

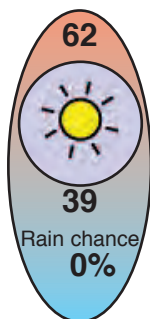
Department of the Army, is to deliver quality Family Morale, Welfare and Recreation programs

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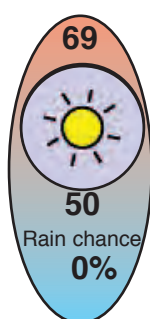
Weekend weather



Today



Saturday



Sunday

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Viewpoint

Moving Wall worth visit for Soldiers, Families

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — In 2011, during the July 4 holiday, the Vietnam Veterans Moving Wall made its first visit to DeRidder. Today through Monday, the Wall will make its second appearance in DeRidder, and the Fort Polk Family should make it a point to visit this awe-inspiring monument to those who paid the ultimate sacrifice in battle.

During its first visit, I was assigned to cover the event, take pictures and write a story about the Wall and the reactions of those who stopped by for a visit. Some came out of curiosity, some for its historical reference, but most to reach out a hand and place a finger on the name of a friend, Family member or fellow Soldier — a final chance to touch someone who meant so much to them.

I witnessed teenagers with their grandfathers, listening as they were told of the exploits of a Soldier whose name appeared on the shiny façade. They heard tales of heroes who placed themselves in harm's way to protect their comrades.

I saw young men and women with their mothers, searching — and finding — the name of their daddy, a man many of them never had the

chance to know, then listening as their mom explained that not only was their dad a hero, he would have also been a fantastic father if he had only been given the chance.

There were men in their 60s and 70s, gazing at a name on the Wall for several minutes, tears welling up in their eyes, thinking back to when they, too, to quote noted journalist and author Joe Galloway, "Were Soldiers, once, and young."

Those same men, shoulders heaving with sobs, pulled out scraps of paper and stubs of pencils, and created rubbings of the names of their fallen brothers in arms, perhaps to place in a wallet or notebook to be

carried forever, or until they themselves were laid to rest.

They left mementos by the

names of their loved ones: Flowers, medals, notes, photos and flags.

What began as an assignment, turned into an opportunity for me to see how the bonds between Soldiers transcend time, distance and even death. The Soldiers whose names appeared on the Wall died more than 40 years ago, yet their visitors remembered them as if they had just seen them yesterday.

As I watched the scenes play out before me I was reminded of a song by the Statler Brothers: "More Than a Name on a Wall."



The song is about a mother who goes to see her son's name on the Vietnam Veterans Memorial Wall. The chorus says:

"She said, 'Lord my boy was special, and he meant so much to me.

And oh, I'd love to see him just one more time you see.

All I have are the memories and the moments to recall.

So Lord could you tell him he's more than a name on the wall."

For those I saw visiting the Moving Wall on that July day more than eight years ago, their attention was focused on much more than just names on a wall.

The Moving Wall is located at the DeRidder War Memorial Civic Center, 250 West Seventh St. The Fort Polk community should not pass up the opportunity to pay a visit to this stark reminder of the 58,220 young men and women who died on a battlefield half a world away.

Today's Soldiers are part of an Army Family that continues to answer the call of its nation to battle those who would deny others freedom. This is a chance to thank those forebears who gave all they had.

Commentary

In our view

Guardian staff asked Fort Polk community members, "If Hollywood made a movie about your life, what genre would it be, who would play your role and why?" Here are their responses:

Amanda Pete: "It would be a science fiction movie and I would be played by Zoe Saldana because I am a ninja force to be reckoned with."



Sgt. Charles Simon Mcentee: "I think comedy with Dwayne Johnson as me. I use humor a lot to get the job done."



Leah Williams: "A comedy Lego movie and I would be voiced by Scarlett Johansson because when my hair is dyed red I pretend I am thinner and relive my youth."



Sgt. Lucy Avila: "Definitely a telenovella (Spanish drama). I would be played by Eva Mendes because my family say I look like her."



Guardian

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Briefs

Freeze warning

Due to forecasted below-freezing temperatures expected Monday through Wednesday, the Directorate of Public Works asks Fort Polk residents and occupants of installation facilities to keep heat turned on when you leave for an extended period of time to mitigate/minimize pipe ruptures.

Road repair

Phase 3 of the Louisiana Avenue road repair project requires the closure of Bell Richard and Holmlund avenues and Magnolia Drive at the intersections with Louisiana Avenue from 7:30 a.m.-3 p.m. through Monday.

Repairs include the milling and asphalt paving from ACP 1 (Entrance Road) to La. Hwy 467. This phase will require changes to the traffic pattern of Corvias housing residents due to these intersections being closed to traffic.

Residents will be required to utilize detours along these routes to access and depart the housing areas from La. Hwy 467. Additionally, ACP 4 (Louisiana Avenue and La. Hwy 10) will remain open Monday through Friday from 4-6 p.m. for outbound traffic.

Through traffic on Louisiana Avenue from La. Hwy 467 to ACP 1 will be open for in and outbound traffic, but motorists are encouraged to utilize alternate routes due to traffic congestion.

Note: ACP 2 (University Parkway and La. Hwy 467 North) and ACP 5 (La. Hwy 467 and La. Hwy 10) will resume normal operating hours during this phase.

Drainage repair

A contract was awarded to repair the failed drainage structure at Turtle Pond on Warrior Hills Golf Course. The project requires the replacement of the riser and drainage pipe across the fairway of hole 18. The fitness trail will require a closure and detour through Tuesday.

During PT hours (6:30-8 a.m.) a detour will be used that follows the cart path adjacent to hole 18's fairway.

Pedestrians should exercise caution during this time as lighting is limited along this route. Pedestrians are asked to either avoid the work area or utilize the signalized intersections at La. Hwy 467 and Corps Road and La. Hwy 467 and Louisiana Avenue to detour the construction zone between the hours of 8 and 6:30 a.m.

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Emalynn Perkins (left), 2, and her sister, Abigail, 9, make a "Welcome Home Daddy" sign prior to a ceremony Nov. 4 at Warrior Gym for 123 3rd Brigade Combat Team, 10th Mountain Division Soldiers — including Staff Sgt. Sterling Perkins — returning from a four-month deployment. The girls were accompanied by their mom and Perkins' spouse, Ciara.

3-10 Soldiers return after deployment

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — One hundred and twenty three Soldiers assigned to Fort Polk's 3rd Brigade Combat Team, 10th Mountain Division, returned from a four-month deployment supporting U.S. agencies Nov. 4.

A welcome home ceremony was held for the Soldiers and their Families and friends at Warrior Gym. Maj. Gen. Brian Mennes, commander, 10th Mountain Division, Fort Drum, New York, was the guest speaker and spoke of how proud he was of the Soldiers standing before him.

"I tell people I have the best job in the Army," Mennes said. "It's because I have the privilege to serve alongside Soldiers like you."

Mennes said the care and concern shown by the Soldiers during their deployment as they assisted those who often faced dangerous, trying times, touched him.

"They gave thousands of immigrants hope in dire situations," Mennes said. "I'm fired up to be with these men and women. You're impressive. I see you as my heroes. God bless you and God bless this Army."

With that, Mennes dismissed the Soldiers and Family members and friends rushed from the

gym's bleachers to hug and kiss their returning Warriors.

As Shanice Graham and her daughters — Shalaya, 7, and Shyla, 4 — awaited the arrival of Sgt. Steven Graham Shanice said the separation was trying.

"It seems like everything goes wrong when he leaves," Graham said. "Our house is flooded, we've had car issues, anything you can imagine, it happens."

Graham said there is one advantage to going through multiple deployments.

"Once you've gone through so many, you become equipped to handle running the house by yourself," she said. "But it's very difficult when they are away. Babysitting hours are over for mommy. Mom gets a momcation."

Angie Cox and her son, Dean, 2, were on hand to welcome Capt. David Cox, the commander of the returning Soldiers0. Cox, who headed up the Family Readiness Group, said she and Dean had made do.

"Obviously, we miss dad, we miss having him here, and it's helpful having him around," she said. "But this is the Army life — David was actually deployed when Dean was born so we're

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Infantry OSUT increased to 22 weeks

By THOMAS BRADING

Army News Service

FORT BENNING, Ga. — The Army has permanently broadened one-station unit training for infantry Soldiers from 14 to 22 weeks, with more combat arms career fields expected to follow the charge.

The additional eight-week push for infantry, which replaced a model dating back more than 40 years, was developed to build better Soldiers through increased lethality and readiness, said Sgt. 1st Class Tysin Davis, a 198th Infantry Brigade drill sergeant in charge of training future infantrymen.

Earlier this month, armor crewmen and cavalry scout recruits began an extended OSUT pilot program, following infantry's lead. If approved, their 22-week programs will become permanent next year, while other combat arms careers look to do the same.

"The decision was made simultaneously to increase the OSUT of other branches within the Army," said Col. Townley R. Hedrick, Infantry School deputy commandant. "Infantry was further ahead in planning, so the decision was made to start the (infantry) OSUT earlier and use the lessons learned to help shape the other branch OSUT increases to the 22-week model."

The longer training infantry pipeline — kicked off as a pilot phase last year — gives "a lot more trigger time" to Soldiers, Davis said, adding that

"If we do our jobs appropriately, if we professionally mold these young men and women into infantry Soldiers, they'll be able to out-PT their team leader and out-shoot their squad leader."

Col. DAVID VOORHIES

198th Infantry Brigade commander

additional weapons training lets privates shoot roughly 1,300 more rounds per Soldier, and hit their 10-level tasks more often.

And, more time on the firing range means an increased number of weapons qualifications, Davis said, along with other additional small-unit and individual skills — each being fundamental reasons for the extended OSUT.

The increased training isn't meant to focus on innovations, said Col. Dave Voorhies, 198th Infantry Brigade commander, last year in a news release.

It's designed to establish "firmer training fundamentals: Marksmanship, physical training, land navigation, the ability to medicate, combat lifesaver skills, combat water survival, Soldier



SGT. YVETTEZABALA-GARRIGA/US ARMY

U.S. Army Soldiers assigned to 198th Infantry Battalion conduct 25 meter range movement transition drills during Infantry One Station Unit Training, Oct. 21 on Fort Benning, Ga. Infantry OSUT was recently extended to 22 weeks to allow for more in depth training.

discipline and more" — all under the leadership of their initial drill sergeant.

"If we do our jobs appropriately, if we professionally mold these young men and women into infantry Soldiers, they'll be able to out-PT their team leader and out-shoot their squad leader," Voorhies said.

Forging stronger leaders

The increased training doesn't just build better infantry, but instructors say they get to witness Soldiers "become leaders out the other side," said Staff Sgt. Jason Semple, a 198th Infantry Brigade drill sergeant.

During OSUT, Soldiers take on, and rotate various roles, from "the platoon sergeant, squad leaders, team leaders, they do everything," Semple said. Within their roles, Soldiers experience leadership tasks through various exercises, such as door breaching.

"It's good everybody gets a swing at (leadership roles) because a lot of these guys, being as young as they are, probably haven't been in a leadership role," said Pvt. Zach Brewer, who said he joined the military "much later in life."

"The 22-week system is an improved version from the 14-week model," said Pvt. Titus Kovalik, an infantryman recruit currently in training. "I've heard a lot of the privates who graduate in 14 weeks and they don't know what they're doing. They have to relearn everything, and learn pretty much all the basics when they get to their unit."

The extended OSUT program should fix the "crammed 14 week, get 'em in, get 'em out mentality," Davis said. "Drill sergeants have a lot more space and time to ensure that everyone's tracking."

In addition to the baseline experiences of individual tasks, Davis said Soldiers also benefit from having additional time to take on collective

tasks. "So, when (Soldiers) get to their units, they can understand where their piece fits into the pie," he said.

Soldier lethality

Rolled out last year, OSUT's initial 22-week pilot phase was "the first step toward achieving the vision of the Army of 2028," said then-Sgt. Maj. of the Army Daniel A. Dailey. "With more time to train on critical infantry tasks, we'll achieve greater lethality."

The Army Vision, announced in 2018 by then-Secretary of the Army Mark Esper, a former infantry officer himself, was created to position the Army to be "ready to deploy, fight and win decisively against any adversary, anytime and anywhere."

To meet that goal, six modernization priorities, one of which is Soldier lethality, were developed by Army leaders to prepare Soldiers against near-peer competitors. Since then, changes from the top-down have occurred from the readiness of the force to modernizing equipment.

Even with the 22-week timeframe locked in, the Army Infantry School, partnered with the Maneuver Center of Excellence, "will continue to evaluate the overhauled OSUT program throughout this year and next, with a goal of pipelining ten 22-week courses this year," Voorhies said.

To meet modernization goals, the Army is set to invest in roughly 20,500 infantrymen annually, with one-time bonuses available to qualified new recruits and Soldiers reclassifying. However, for many of the recruits it's about the experience.

"In every measurable aspect of lethality — fitness, discipline, technical and tactical skills — our new 22-week (infantry) OSUT graduates are showing improved levels of proficiency," Hedrick said. "This is an investment in the Army's lethality for the security of the United States now and into the future."

Army encourages residents to participate in housing survey

CORVIAS MILITARY HOUSING

FORT POLK, La. — The Army is asking all current and recently departed residents to complete the 2019 Fall Resident Satisfaction Survey which begins Tuesday.

Resident feedback is essential for the Army and Corvias to plan future improvements to on-post living and helps shape the services that housing offers.

The past year had a challenging start for Corvias at Fort Polk, where there were concerns about the levels of service they were providing. They listened earnestly to where the friction points were with residents and worked diligently to improve operations. This Fall survey is an opportunity to check back in with residents to determine where housing is on this road to recovery.

Feedback is also important when it comes to planning future capital improvement budgets; in 2020 the program has allocated additional funding towards road and sidewalk repairs, playgrounds and shaded structures at pools, and additional vinyl laminate flooring because these were the areas most requested by residents. In addition, Corvias is working on major development plans that will see housing implement exterior

renovations and road repaving starting in November.

The surveys are confidential, and personal data is not used to identify residents in any way; however, self-identification is necessary for ability to be entered into the drawings. Best of all, the survey only takes a couple minutes to complete.

This survey is an opportunity to provide feedback about homes, grounds, facilities and other aspects of living on post. The intent of these housing surveys are to provide the Army with honest feedback that will better the quality of life for military Families living on post; they want to hear what is going well and where there are opportunities for improvement. This will ensure Corvias continues to provide the services and amenities that are most valuable to residents in the future.

The link to complete the survey will be emailed on Tuesday from **ArmyHousingSurvey@celassociates.com**. If a resident has not received an email by Tuesday evening, they should contact their local community office for assistance.

Residents who complete the survey will be included in a drawing for one of five \$100 gift cards. The drawing will choose winners from the first 200 respondents.



Polk Soldiers receive punishment for UCMJ violations

STAFF JUDGE ADVOCATE

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, “the purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote the efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States.”

At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

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

- A sergeant first class, assigned to 3rd Brigade Combat Team, 10th Mountain Division, was punished under a Field Grade Article 15 for testing positive for anabolic steroids in violation of Article 112a, Uniform Code of Military Justice. The service member was sentenced to 45 days of extra duty and an oral reprimand.
- A private first class, assigned to 3rd BCT,

10th Mtn Div, was administratively separated under Chapter 14-12c (Commission of a Serious Offense) for abusive sexual contact and for making a false official statement in violation of Articles 120 and 107, UCMJ.

- A private first class, assigned to 1st Battalion, 509th Infantry Regiment, was punished under a Company Grade Article 15 for underage drinking and having an open alcoholic container in his possession while operating a motor vehicle in violation of Article 112, UCMJ. The service member was sentenced to a reduction to the grade of E-1, forfeiture of \$439 for one month, 14 days of extra duty, and 14 days of restriction.

- A private first class, assigned to 1st Battalion, 509th Infantry Regiment, was punished under a Company Grade Article 15 for driving his motor vehicle in excess of 120 mph, driving under the influence of alcohol, and transporting Soldiers while under the influence of alcohol in violation of Articles 112 and 92, UCMJ. The service member was sentenced to a reduction to the grade of E-1, forfeiture of \$439 for one month, 14 days of extra duty, and 14 days of restriction.

- A private, assigned to 1st Battalion, 509th Infantry Regiment, was administratively separated under Chapter 14-12b (Patterns of Misconduct) for wrongful use/possession of a controlled substance in violation of Article 112a, UCMJ.



- A private, assigned to 3rd BCT, 10th Mtn Div, was administratively separated under Chapter 14-12b (Patterns of Misconduct) for disrespect to a superior noncommissioned officer and failing to report due to alcohol impairment in violation of Articles 91 and 86, UCMJ.

Briefs

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Abandoned vehicles

The Directorate of Emergency Services Traffic Section will release the following vehicles to a towing company for disposal 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 CHEVROLET	1500	4608
2001 KIA	RIO	5378
1999 CHEVROLET	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

Return

Continued from page 3

not new to this; I've done this before."

She said the best part of her husband returning was that he'll be home for the holidays. "This is my favorite time of the year and it will be nice to celebrate the holidays together because we don't always get to do that in this crazy Army life."

One couple made the trip from Frisco, Texas to welcome home their son, Pfc. Ryan Agan.

"I missed him dearly; I want to hug him," Anna Agan said. "This was something he has wanted to do all his life, so he's happy, and as long as he's happy, we're happy for him, too."

Rocky Agan admitted he was anxious having his son deployed.

"I couldn't be more proud of him," he said. "Serving in the Army is something he's always dreamed of. He's act-

ed like the deployment is no big deal, but to us it is."

Abigail Doran, 15, was in tears when her mom, Jenae, told her dad, Staff Sgt. Rodlee Doran, was coming home.

"I didn't know he was coming home today until mom just now told me," Abigail said, wiping the tears from her cheek. "It was hard not having him here to talk to. Having him home will be great."

Emmalee Sanders and her son, Jackson, 5, were at the gym to welcome her husband and Jackson's dad, Spc. Rex Sanders, home.

"It's been hard not having him home," Emmalee said. "He (Rex) missed Jackson's whole soccer season. We had family come down and he missed that. And not having my best friend here has been tough. Having him home will make me feel complete again."



CHUCK CANNON / GUARDIAN

Above: The Doran family (from left), Abigail, 15, Staff Sgt. Rodlee, Salem, 13, and Jenae, share hugs and tears following their hero's return.

Left: Bethani Steele plants a kiss on her spouse, Pfc. Nick Steele upon his arrival Nov. 4.



Team

Continued from page 1

to recreation, sports, entertainment, travel and leisure activities.

Loretta Nale, DFMWR director, said the assessment is a once in a lifetime opportunity for Fort Polk.

Nale said the assessment not only showcases the quality programs Fort Polk provides and wants to continue offering, but also addresses the importance of quality of life issues for Soldiers, Families, civilians and retirees.

"It's not just one spectrum of the population than will benefit, it's all of them," she said.

Nale said the assessment is a great opportunity to highlight the things Fort Polk needs.

"We could use a centralized child-care facility, help getting the bowling center back up and working, an indoor pool and additional artificial turf tracks — things that will add to and improve the quality of life," she said.

Everything from new construction projects and road repairs to events like Freedom Fest, movie nights and glow night and programs such as the Arts and Crafts Center, Auto Repair Center and more were brought to the team's attention.

"The assessment will expand the opportunities found here on many levels. By improving the quality of life, Soldiers and Families stationed here will be happier and we can help other Soldiers become eager to establish the installation as their next duty assignment," M.K. Akins, DFMWR Commercial Sponsorship advertising and sales manager, said.

Margotta said he and his team realize what they do is important work.

"As I mentioned to the spouses when we talked to them, our charge is to convey Fort Polk's message. We are a voice and advocate

providing an opportunity to communicate Fort Polk's needs to senior leadership, including the challenges facing Soldiers and Families. The information gathered here better informs senior leaders when they make their final decisions," he said.

Once options are presented and final decisions made, Margotta said there are three time frames for work to begin.

- Short term — within one year
- Mid term — one to three years
- Long term — three or more years

"I know there is a lot of emphasis on trying to execute the quick wins as fast as we can. Based on the information we have, the where-withal, ability, funding and the partnership with the garrison, installation and headquarters, we will try to achieve the objectives for Fort Polk as quickly as we can," he said.

1st BCT. 10th Mtn Div wraps up JRTC Rotation 20-01

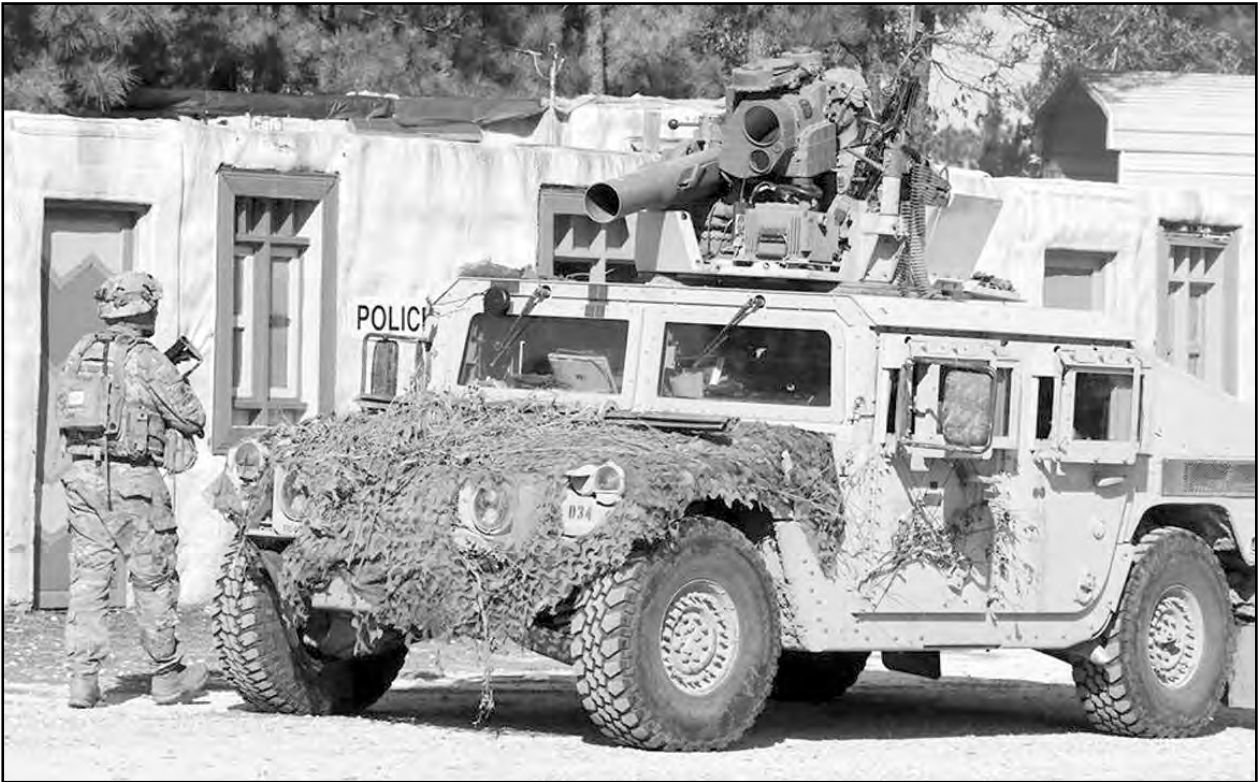
GUARDIAN STAFF

FORT POLK, La. — Soldiers with the 1st Brigade Combat Team, 10th Mountain Division wrapped up Joint Readiness Training Center Rotation 20-01 Nov. 5 and have begun the move back to their home station at Fort Drum, New York.

Here are photos of the Soldiers going through their paces. See the JRTC and Fort Polk Facebook page for more photos.



OPERATIONS GROUP





Fort Polk Exchange offers holiday help for Soldiers

EXCHANGE

FORT POLK, La. — The Fort Polk Exchange offers the following opportunities for Fort Polk shoppers and organizations:

- 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 provides wrapping paper, tape and other supplies for volunteer groups. Groups can seek donations in exchange for gift wrapping. Groups can sign up to wrap gifts through Christmas Eve.

Interested organizations can contact the Fort Polk Exchange at 537-1792 or Beltzc@aafes.com for information on scheduling a time to participate in the program.

- Military shoppers can ease the strain on their holiday budget and keep electronic gifts out of sight thanks to AAFES's expanded electronics layaway for the holidays. Through Dec. 14, Sol-

diers can use Fort Polk Exchange's fee-free holiday layaway for computers, notebooks, tablets and iPads. A deposit of 15% is required to hold items and they must be paid for and picked up by Dec. 14.

- Soldiers, Families and retirees can receive a free sneak peak of "Charlie's Angels" Saturday at 6 p.m. at Bayou Theater, nearly a week before its national release on Nov. 15.

- AAFES offers Families a day of fun during Military Family Month with a screening of "Maleficent Mistress of Evil" on Nov. 16. Everyone who buys a ticket to the 3 p.m. showing at Fort Polk's Bayou Theater earns a chance to win a \$100 Exchange gift card.

- On Nov. 23 at 3 p.m. AAFES offers another free screening for military Families featuring "Frozen 2." In addition to a complementary popcorn for each child, the youngsters will also receive a free ticket for a child's admission to an upcoming movie.

For more information on activities sponsored by the Fort Polk Exchange call 537-1792.

Briefs

School lunch menu

The following school lunch menu is for Vernon Parish schools for Tuesday through Nov. 15. Meals are served with salad bar and choice of milk:

Monday: Veterans Day.

Tuesday: Steak finger basket, mashed potatoes, gravy, green beans, peaches and Jell O cup, whole wheat roll.

Wednesday: Carnival corndog, Bush's baked beans, oven baked fries, mixed fruit.

Thursday: Barbecue ribettes on whole wheat bun, Cajun French fries, peas and carrots, pineapple chunks..

Nov. 15: Chili or hot dog on whole wheat bun, French fries, ranch style beans, watermelon, coleslaw.

BJACH hours

Bayne-Jones Army Community Hospital will observe the following hours of operation during the Veterans Day and Thanksgiving holiday periods:

- Friday and Monday — Outpatient clinics, outpatient pharmacy, laboratory and radiology closed

- Nov. 28-29 — Outpatient clinics, outpatient pharmacy, laboratory and radiology closed

Inpatient services and the emergency room will remain open. Call 531-3784 for more information.

BJACH construction

The Bayne-Jones Army Community Hospital emergency check-in and lobby area will move to the radiology department Nov. 15 as part of ongoing hospital construction. There will be no interruption of services during the temporary move. Signs will direct patients to the temporary emergency room entrance. Call 531-3111 or email Kathy.l.ports.civ@mail.mil for more information.

Commissary hours

The Fort Polk Commissary will observe the following hours of operation during the Thanksgiving holiday:

- Nov. 24 — 10 a.m.-6 p.m.
- Nov. 25-27 — 8 a.m.-8 p.m.
- Nov. 28 — closed
- Nov. 29 — 8 a.m.-8 p.m.
- Nov. 30 — 9 a.m.-8 p.m.

Call 531-7678 for more information.

Fall fellowship

The Fort Polk Garrison Chapel hosts a community gathering fall fellowship Saturday from 1-7:30 p.m. at Alligator Lake. Enjoy faith, food and fellowship. Field events take place from 1-4 p.m. Dinner is at 4:30 p.m. Call 531-7056 for more information.

Let your someday be today: Stop smoking now

By **GENEVA MERIDITH**
BJACH preventive medicine

FORT POLK, La. —November is Tobacco Cessation Month and Nov. 21 is the Great American Smokeout.

For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November. The smokeout is an opportunity for people who smoke to commit to healthy, smoke-free lives — not just for a day, but year round. The event allows individuals, community groups, businesses, health care providers and others to encourage people to use the date to make a plan to quit and initiate a smoking cessation plan on the day of the event.

The Great American Smokeout event challenges people to stop smoking and helps people learn about the many tools they can use to help them quit and stay quit. It is the perfect time to prepare to quit. Change does not happen overnight or even with one try.

The Bayne-Jones Army Community Hospital's Health Promotion Team would like to help and assist you in increasing your chances to make sure you're prepared with

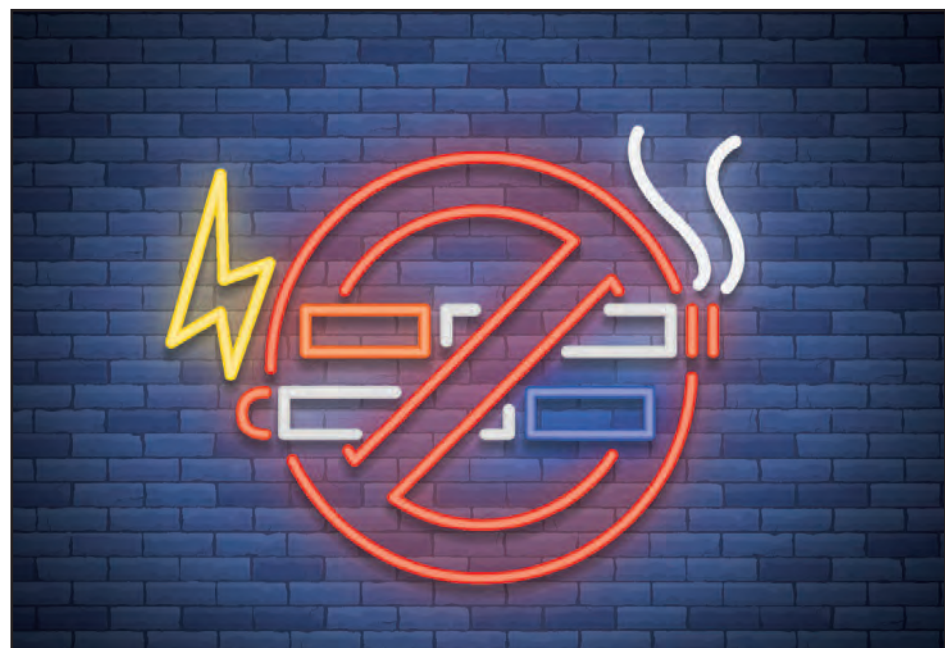
helpful tools and resources not only during the holiday season, but as a healthy lifestyle change. Here are a few questions and tips to get you started:

- Why do you want to quit? Understanding your reasons for quitting is key. Remind yourself what your personal goals are to help push you through the finish line. Keep those reasons on top of your mind like a mantra.

- When do you want to use tobacco the most? During your quit journey, you will be in situations that remind you of using tobacco or trigger a craving, whether it's a smoky bar or while driving. Identify your triggers and make a plan so that you successfully handle them without tobacco.

- When are you planning to quit? The Great American Smokeout is a great day to start your tobacco free life. And because quitting tobacco enhances your taste buds, that Thanksgiving turkey will taste even better on Nov. 28.

- Quitting tobacco usage can be hard. That's why asking for help is necessary and encouraged. The BJACH Health Promotion Team can be that supportive system to help you along your quit journey. Also,



make sure to ask your provider if medications can help support you're quit.

The widespread vaping and lung illness outbreak continues. As of Oct. 22, 2019, 1,604 lung injury cases associated with the use of e-cigarette, or vaping products have been reported to the Centers for Disease Control from 49 states, the District of Columbia and one U.S. territory. Thirty-four deaths have been con-

firmed in 24 states. At this time, there are 2 confirmed cases of lung illness from vaping in the Department of Defense. Remind Service members to consider not using e-cigarette or vaping products.

If you're thinking about quitting why keep putting it off? Give the BJACH Health Promotion Team a call today at 531-6880 to see if they can assist you toward a healthier, tobacco-free lifestyle.

CDC investigates reports vaping linked to severe lung disease

CENTERS FOR DISEASE CONTROL

ATLANTA — Severe lung disease associated with electronic-cigarettes product use (vaping) has been reported in 33 states, including Louisiana.

The Centers for Disease Control and Prevention is investigating reports of severe lung disease associated with the use of electronic-cigarettes. The number of reported cases doubled between Aug. 27, when 215 cases were being investigated, and Sept 6, when the count had risen to more than 450. There have been 5 deaths reported.

Symptoms include shortness of breath, non-productive cough and severe chest pain associated with the cough. Patients might have a rapid heart rate, fever, chills, fatigue and /or gastrointestinal symptoms such as nausea, vomiting, abdominal pain and diarrhea. Many patients are admitted to the hospital with low blood oxygen levels which may progress to the point where the patient needs to be placed on a machine to help them breathe.

All of the patients have had abnormal chest X-rays. Antibiotics are not effective in treating the lung disease; however, some patients treated with steroids have shown improvement. The common factor in these cases is that the every patient reports having used e-cigarette products. Some of the patients only report use of nicotine in their e-cigarettes while the majority have reported using products that contain cannabinoids such as tetrahydrocannabinol.

The CDC defined e-cigarettes as "devices that produce an aerosol by heating a liquid contain-

ing various chemicals, including nicotine, flavorings and other additives, such as propellants, solvents, and oils." This is significant in that many of the patients have been diagnosed with pneumonia caused by inhaling oils.

The CDC made the following recommendations:

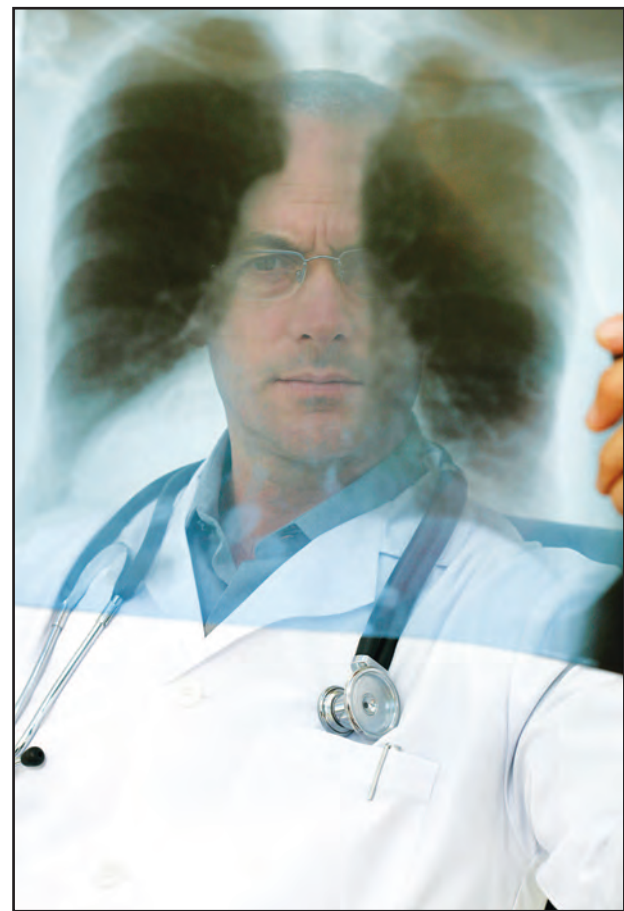
- While this investigation is ongoing, if you are concerned about these specific health risks, consider refraining from using e-cigarette products.

- Regardless of the ongoing investigation, anyone who uses e-cigarette products should not buy these products off the street (e-cigarette products with THC or other cannabinoids) and should not modify e-cigarette products or add any substances to these products that are not intended by the manufacturer.

- Regardless of the ongoing investigation, e-cigarette products should not be used by youth, young adults, pregnant women or adults who do not currently use tobacco products. If you use e-cigarette products, monitor yourself for symptoms (such as cough, shortness of breath, chest pain) and promptly seek medical attention if you have concerns about your health. CDC and Food and Drug Administration will continue to advise and alert the public as more information becomes available.

- Adult smokers who are attempting to quit should use evidence-based treatments, including counseling and FDA-approved medications. If you need help quitting tobacco products, including e-cigarettes, contact your doctor.

- If you are concerned about harmful effects from e-cigarette products, call your local poison



control center at: (800) 222-1222.

- The public is encouraged to submit detailed reports of any unexpected tobacco or e-cigarette-related health or product issues to the FDA via the online Safety Reporting Portal: www.safetyreporting.hhs.gov/external/icon.

Fort Polk winged residents on the road to recovery

By KEITH HOUIN

Guardian staff writer

Editor's Note: This is the first in an eight-part series on the fauna and flora of Fort Polk and the surrounding area.

FORT POLK, La. — It doesn't take a long time driving on Fort Polk to notice there is a large variety of plants and wildlife inhabiting the post.

There is one species, however, that holds a special, but not highly coveted position. The Red-Cockaded Woodpecker holds the distinction of being the only endangered species at Fort Polk.

Once found throughout 90 million acres of longleaf pine forest across the southeastern United States, they now inhabit only about three million acres due to deforestation, Chris Melder, Fort Polk Supervisory Biologist through Colorado State University, said.

"We cut down these forests for the lumber to build our U.S. infrastructure and support the war effort through two world wars, that loss of habitat had a major impact on the RCW population."

"Historically there were about 1.6 million RCW family groups, but today it is between six to seven thousand groups nationwide. Each family group usually consists of a breeder male, breeder female and up to four helper males," Kenneth Moore, Fort Polk Endangered Species Ecologist, said.

The woodpeckers live in mature living longleaf pine trees averaging 100 years old or older such as those on Fort Polk and the surrounding Kisatchie National Forest, Moore said.

"They create cavities in the tree for nesting and roosting and they peck holes around actively

used cavities that exude resin that coats much of the tree. The resin serves as a defense against rat snakes and other predators," Melder said. "Each RCW group needs about 200 acres of old pine forest to support its foraging and nesting habitat needs."

The woodpeckers are protected by law and there are steps Fort Polk must follow to maintain and improve the habitat, but law is not the only reason to take care of the RCW habitat.

"This is not only important for the RCWs but the entire ecosystem as the woodpecker is a keystone species on which many other species depend," Moore said.

"The woodpeckers' cavities play a vital role in the ecosystem of southern pine forests. A number of birds use abandoned nest cavities for their own nesting and roosting. Flying squirrels, several species of reptiles, amphibians and insects also use red-cockaded cavities for their homes," Melder said.

Without the woodpeckers other species would be negatively affected, so a variety of actions are taken to help the population grow.

"Fort Polk, along with the forestry departments plants longleaf pine trees and conducts controlled burns to remove undergrowth to create the open areas that the woodpeckers like," Moore said. "We also create artificial cavities and nesting boxes to encourage new groups to nest."

"In 10 years, RCW groups have increased nearly 30%. Population growth is higher on military installations where growth has been as high as 50% due to the combined effort of the military and forestry service to maintain and improve the habitat," Melder said.



KIRK GARDNER/ U.S. WILDLIFE AND FISHERIES

Adult and juvenile Red-Cockaded Woodpeckers.

Though the woodpecker population is growing and its habitat is being managed and improved, the road to recovery for this endangered species is long.

"Even at the current rate of growth, it will take decades to restore the species to a secure status in the wild," Melder said.

Head to Lake Charles for fabulous Flea Fest finds, fun

FLEA FEST

FORT POLK, La. — If you have an itch to get up early and traverse garage sales for the best deals, love perusing antique shops for unique finds at a steal or looking through newspapers for estate sales, you might enjoy Flea Fest. This unique market is an amalgamation of all those pursuits found in one convenient place — the Burton Complex event barn, 7001 Gulf Coast Hwy., Lake Charles.

Flea Fest is a veritable bargain hunter's dream featuring more than

300 vendors and up to 15,000 shoppers. The semi-annual show takes place each spring and fall. The upcoming fest takes place Saturday and Sunday. The event features nearly four covered acres of anything and everything, coupled with delicious Southwest Louisiana Food and fun in a fair-like atmosphere.

Flea Fest's offerings include antiques, retro and vintage items, handcrafted items, toys, collectibles, unique clothing, art work, comic books, furniture, gifts, unique jewelry, plants, a farmers market and many other flea market style goods.

In addition to the massive selection of merchandise, Flea Fest also features pony rides, petting zoo and pet adoption.

Admission is \$5 per person. Kids 12 and under get in free. Admission

is cash only. Regular parking is free. VIP parking is \$2 per vehicle and is closer to the entrance.

For more information visit www.fleafest.com or call (337) 502-8584.

Have you ever wanted a book published or to write a movie? Take your writing to the next level

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Deep South Creative Writing Workshop
Meets every Tuesday at the education center
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Learn - Share - Gain Knowledge - Have Fun - Get Published

- Call or text Keith for any questions. 337-274-2764. Hurry, seats will fill up fast

NOW SHOWING

Bayou Theater's movie schedule for today through Sunday is as follows:

Today, 6 p.m., Maleficent Mistress of Evil (PG), starring Angelina Jolie, Michelle Pfeiffer and Harris Dickinson

Saturday, 3 p.m., The Addams Family (PG), starring the voices of Charlize Theron, Chloe Grace Moretz and Fin Wolfhard

Saturday, 6 p.m., Charlie's Angels (R), special free screening, starring Naomi Scott, Kristen Stewart and Elizabeth Banks

Sunday, 4 p.m., Terminator: Dark Fate (R), starring Linda

Hamilton, Arnold Schwarzenegger and Mackenzie Davis.

Tickets for Saturday's free screening can be picked up in the Main Exchange Food Court. Admission price for first run movies is \$7.25 for adults and \$5.75 for children. Second run movies are \$6.50 for adults and \$4.25 for children. Bayou Theater doors open 30 minutes before showtime.

Call 537-1792 for more information.



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Lagniappe

BOSS

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

- **Pool tournament**

Head to the Home of Heroes Recreation Center today at 5:30 p.m. for a pool tournament. The entry fee is \$5 per person. This is a single Soldiers only event. Prizes and dinner provided. For more information call 531-1948.

- **Football fun**

The Home of Heroes Recreation Center is your football headquarters for NFL Sunday Ticket. For more information call 531-1948.

- **Lemon lot**

Trying to sell your vehicle? Bring it to the BOSS Lemon Lot. Registration is \$5 for 30 days. Cars that are not registered will be towed. Register at the Home of Heroes Recreation Center. For more information call 531-1948.

Festivals

- **Sugar Day festival**

Head to Kent House for the 26th annual Sugar Day Festival Saturday from 9 a.m. to 5 p.m. Learn how sugar is made in the reproduction 1840s sugar mill.

There will be live folk music, demonstrations, dancing, children's activities, handmade arts and crafts and more. Admission is \$5 per person and children 3 and under get in free. Kent House is located at 3601 Bayou Rapides Road, Alexandria. For more information call (318) 487-5998.

- **Texas renaissance**

The annual renaissance festival is located in Todd Mission, Texas, 21778 FM 1774, about 55 miles northwest of Houston, takes place Saturday and Sunday, Nov. 16-17, 23-24, Nov. 19-Dec. 2. The theme Saturday and Sunday is heroes and villains. General admission per day is \$23.95 per adult and \$11.95 per child. Parking is \$15. There are special deals and packages on the website. For more information visit www.texrenfest.com or call (800) 458-3435.

Louisiana renaissance

Louisiana Renaissance Festival, 46468 River Rd, Hammond, takes place Saturday and Sunday, Nov. 16-17, 23-24, Nov. 29-Dec. 1 and Dec. 7-8. The theme Saturday and Sunday is heroes and pirates. Veterans and active duty military get 50% off at the ticket booth. For more information visit www.la-renfest.com or call (985) 429-9992.

Miscellaneous

- **Museum exhibit**

The Alexandria Museum of Art hosts the "Pelican State Goes to War" — a look at Louisiana's contribution to World War II on loan from the New Orleans World War II Museum. The event can be seen through Feb. 22. There will also be panels, performances and discussions in conjunction with the exhibit throughout its stay. Admission is free. For more information visit <https://themuseum.org/#>.

- **Veteran's run**

The Kiwanis of Vernon Parish host a Veteran's Day 5K run/walk Saturday at 8 a.m. Preregister by today to guarantee 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.

- **Community choir**

The Vernon Parish Community Choir presents Handel's "Messiah." The community is encouraged to participate. Rehearsals are Saturday, Nov. 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 is held Dec. 8 at 3 p.m. at the LHS auditorium. For more information call (337) 424-7118, (337) 238-1036 or (337) 238-2540.

- **Discovery Days**

Chimp Haven's Chimpanzee Discovery Day is open to the public Nov. 16. It is an entertaining and educational event for the entire family. Visitors to Chimp Haven will have the chance to observe the chimpanzees in forested habi-

tats; talk to staff about their personalities and natural behavior and discover the wonders hidden on the nature trail.

Admission for adults (13 and older) is \$10 per person. Admission for children (6-12 years old) is \$5 per child and children (5 under) get in free. Chimpanzee Discovery Days is held from 9 a.m. until noon.

- **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 Sunday at 3 p.m.

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.

Music is choreographed to photos and features footage from NASA displayed on a large screen behind the orchestra. 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 Tuesday. The November tournament takes place at Sam Rayburn Lake Nov. 16. The entry fee is \$40. For more information visit www.fortpolkcommunitybassmasters.com.

- **Lose weight**

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

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

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Fort Polk Guardian

www.thefortpolkguardian.com

Tradin' Post Ads

Published for the community of Fort Polk, La.

Deadline For All Classified Ads Is Noon Tuesday

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Name: _____ Date: _____

Signature: _____ Phone: _____

Fort Polk Guardian

www.thefortpolkguardian.com

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VETERANS DAY



Honoring All Who Served



November 11, 2019

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Honoring All Heroes This Veteran's Day

Veteran's Day, which is celebrated annually on November 11, commemorates the hardworking men and women who sacrifice their time and put themselves in harm's way to defend the country's core values of freedom and opportunity. While Veteran's Day certainly is a chance to honor those who have donned the uniform during wars and military installments, it also can be a chance to recognize the unsung heroes of wartime — those who step into roles so that soldiers and strategists can focus their attention elsewhere.

Take for example Naomi Parker Fraley. In 1942, Fraley was a machine shop worker at the Naval Air Station in Alameda, Calif. She was one of scores women who worked in factories and shipyards during World War II, helping to produce munitions and war supplies. Parker was 20 years old in 1942 and served as the inspiration for what would become one of



Rosie the Riveter helped to tout the contributions of female war employees who were defending America by working on the homefront.

the most indelible images of the era, known as "Rosie the Riveter." Parker unknowingly inspired the iconic image after she was photographed at work bent over an industrial machine in a jumpsuit with her hair tied back in a polka-dot bandanna. In 2018, Naomi Parker Fraley died at the age of 96, not nearly the household name she perhaps should have been.

Rosie the Riveter helped to tout the contributions of female war employees who were defending America by working on the homefront. Rosie was a successful morale-booster, and some may be surprised to learn that Rosie has various incarnations.

Norman Rockwell's depiction of a female riveter, which appeared on the

cover of the Saturday Evening Post on May 29, 1943, became an iconic staple of that time. Muscular, with a rivet gun on her lap, a sandwich in hand and a boot stomping on a copy of "Mein Kampf" — and timed perfectly to coincide with the release of a song called "Rosie the Riveter" by Redd Evans and John Jacob Loeb — Rosie became a household name. But another Rosie image actually predates Rockwell's Post cover.

Naomi Parker Fraley was reportedly the inspiration for an ad created by a

lesser known artist named J. Howard Miller. Miller produced a "We Can Do It!" poster for Westinghouse Electric in 1942 aimed at boosting spirits among the company's workers. The poster helped to recruit new female personnel, according to scholar James J. Kimble. This Rosie was portrayed in a red bandanna with her bent arm flexed,

rolling up her shirtsleeve.

Both Miller's and Rockwell's depictions of female war workers became ingrained in popular culture. Rockwell's cover art was eventually loaned to the U.S. Department of the Treasury for use in war bond drives for the duration of the war. Miller's version has been emulated for generations and still epitomizes a strong female presence in the workforce.

This Veteran's Day is a prime time to delve into American wartime history, with interesting stories like the origins of Rosie the Riveter, and pay homage to all of the heroes that help ensure America's reputation as a great nation.

Ways to Give Back to Service Members



Military service in the United States was once more common than it is today. According to the Council on Foreign Relations, the draft for military service was ended in 1973, a point in time when 2.2 million men and women made up the country's active military personnel. By 2018, the number had dipped below 1.3 million. Military service in Canada is also somewhat uncommon, as the Department of National Defence reports that active military personnel totaled just 68,000 as of 2018.

The vast majority of people in countries where military service is not compulsory will never serve in the military. But that does not mean non-military personnel do not appreciate the sacrifices service members and their families make. In fact, a recent report conducted for Canada's Department of National Defence found that while many Canadians seem only vaguely aware of what their military does, appreciation for service members was high.

Service members and their families make many sacrifices to protect the lives and freedoms of their fellow citizens. The following are three unique ways to give back to these selfless men and women, who often benefit greatly from even the simplest of gestures.

1. Serve as a driver for veterans.

Unfortunately, many service members return from overseas missions with disabilities, some of which prevent them from driving. Adults who want to help service members can serve as drivers for

veterans who can't drive themselves. Such a gesture ensures they won't miss any appointments with doctors or physical therapists, helping them get on the road to recovery that much quicker.

2. Donate your airline miles.

Some disabled veterans receive medical treatments far away from home at facilities that specialize in treating certain types of injuries, which can make it difficult for their families to be there for them during their recoveries. By donating airline miles to military families, ordinary adults can ensure injured servicemen and -women can still see their families during difficult times in their lives. Access to such support systems can be a big help as veterans work to recover from their injuries.

3. Sponsor a service dog.

A significant percentage of veterans return home with post-traumatic stress disorder, or PTSD. PTSD has been linked to a host of conditions, including depression and anxiety. However, programs such as Companions for Heroes, an organization that places service dogs with veterans, has helped many veterans successfully cope with PTSD. By sponsoring a service dog through an organization such as Companions for Heroes, adults who want to help service members can provide an invaluable service to men and women fighting to regain their quality of life.

There are many ways for ordinary citizens to show their support for the brave men and women who selflessly serve in the military.

Over 100 Years – The History of Veteran's Day

World War I – known at the time as “The Great War” – officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France.

However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh m

For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

Soldiers of the 353rd Infantry near a church at Stenay, Meuse in France, wait for the end of hostilities. This photo was taken at 10:58 a.m., on November 11, 1918, two minutes before the armistice ending World War I went into effect. In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day.

Wilson's declaration stated, “To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...”

The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11:00 a.m.

The United States Congress officially recognized the end of World War I when it passed a concurrent resolution on June 4, 1926, with these words:

Whereas the 11th of November 1918, marked the cessation of the most destructive, sanguinary, and far reaching war in human annals and the resumption by the people of the United States of peaceful relations with other nations, which we hope may never again be severed, and

Whereas it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises



Soldiers of the 353rd Infantry near a church at Stenay, Meuse in France, wait for the end of hostilities. This photo was taken at 10:58 a.m., on November 11, 1918, two minutes before the armistice ending World War I went into effect. In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day.

designed to perpetuate peace through good will and mutual understanding between nations; and

Whereas the legislatures of twenty-seven of our States have already declared November 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples.

An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as “Armistice Day.”

Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word “Armistice” and inserting in its place the word “Veterans.” With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American veterans of all wars.

Later that same year, on October 8th, President Dwight D. Eisenhower issued the first “Veterans Day Proclamation” which stated:

“In order to insure proper and widespread observance of this anniversary, all veterans, all veterans' organizations, and the entire citizenry will wish to join hands in the common purpose. Toward this end, I am designating the Administrator of Veterans' Affairs as Chairman of a Veterans Day National Committee, which shall include such other persons as the Chairman may select, and which will coordinate at the national level necessary planning for the observance. I am also requesting the heads of all departments and agencies of the Executive branch of the Government to assist the National Committee in every way possible.”

On that same day, President Eisenhower sent a letter to the Honorable Harvey V. Higley, Administrator of Veterans' Affairs (VA), designating him as Chairman of the Veterans Day National Committee.

In 1958, the White House advised VA's General Counsel that the 1954 designation of the VA Administrator as Chairman of the Veterans Day National Committee applied to all subsequent VA Administrators. Since March 1989 when VA was elevated to a cabinet level department, the Secretary of Veterans Affairs has served as the committee's chairman.

The Uniform Holiday Bill (Public Law 90-363 (82 Stat. 250)) was signed on June 28, 1968, and was intended to ensure three-day weekends for Federal employees by celebrating four national holidays on



President Eisenhower signing HR7786, changing Armistice Day to Veterans Day. From left: Alvin J. King, Wayne Richards, Arthur J. Connell, John T. Nation, Edward Rees, Richard L. Trombla, Howard W. Watts.

Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. It was thought that these extended weekends would encourage travel, recreational and cultural activities and stimulate greater industrial and commercial production. Many states did not agree with this decision and continued to celebrate the holidays on their original dates.

The first Veterans Day under the new law was observed with much confusion on October 25, 1971. It was quite apparent that the commemoration of this day was a matter of historic and patriotic significance to a great number of our citizens, and so on September 20th, 1975, President Gerald R. Ford signed Public Law 94-97 (89 Stat. 479), which returned the annual observance of Veterans Day to its original date of November 11, beginning in 1978. This action supported the desires of the overwhelming majority of state legislatures, all major veterans service organizations and the American people.

Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day:

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Veterans Day Facts and Figures

Veterans Day, once known as Armistice Day, was first celebrated on November 11, 1919, the anniversary of the end of World War I. In 1928, the United States Congress passed a resolution for Armistice Day to be an annual observation, and by 1938, the day became a national holiday.

Differing from Memorial Day in May, Armistice Day, which would be renamed Veterans Day in 1954 under President Dwight Eisenhower, pays tribute to veterans who survived various wars. Memorial Day commemorates those veterans who lost their lives.

Americans celebrate Veterans Day, while residents of Great Britain, Canada and Australia celebrate Remembrance Day. Those who want to learn more about Veterans Day can consider the following facts.

- According to the American Community Survey, there were over 19 million military veterans in the United States in 2017. Of those, 1.6 million were female.

- California, Texas and Florida comprise the states with the largest number of veterans, equaling one million or more.

- Veterans consist of people who served in the military. This includes the Army, Navy, Marine Corps, Air Force, and Coast Guard. Veterans serve in times of war and peace.

- The word "veteran" comes from the Old English language and means "old, experienced soldier." The first use of the word was documented in 1789.

- Between 1971 and 1977, Veterans Day was celebrated on the fourth Monday in October. It was changed back to its original date, November 11, in 1975 when President Gerald Ford signed bill S.331 into law. The change went into effect beginning in 1978.

- Although many veterans are working, some veterans continue to be unemployed. According to data from the U.S. Bureau of Labor Statistics, the overall unemployment rate for veterans dropped to 3.2 percent in September 2019. The unemployment rate of post-9/11 veterans or those who participated in the Gulf War reached 3.1 percent.

- Upon retiring or being discharged, veterans may need help

see Facts... page 5



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How Memorial Day and Veterans Day Differ From Each Other

Memorial Day and Veterans Day each honor the military, though the two holidays are not the same. Memorial Day, which is celebrated annually on the last Monday in May, honors the brave men and women who lost their lives while serving in the American military. Many communities host memorial ceremonies honoring their fallen soldiers on Memorial Day, ensuring such soldiers' bravery and sacrifices are never forgotten. While many people now view Memorial Day weekend as the unofficial start of summer, the weekend should not be celebrated without also pausing to reflect on and recognize the military personnel who lost their lives in defense of freedom and the American way of life.

Veterans Day is celebrated annually on November 11 and recognizes all men and women who have served in the military. Veterans Day coincides with Remembrance Day, which is celebrated by the

Commonwealth of Nations, an association of 53 member states with connections to the British Empire. Though Veterans Day and Remembrance Day are each celebrated on November 11, the latter recognizes armed forces members who

died in the line of duty, making it more similar to Memorial Day than Veterans Day. It's not uncommon for people to recognize fallen soldiers on Veterans Day, but many use the holiday to express their appreciation to existing veterans.



Memorial Day and Veterans Day each honor the military, though the two holidays are not the same.



Facts...

acclimating to life outside the military. The Department of Veterans Affairs says about 30 percent of Vietnam War veterans have been diagnosed with post-traumatic stress disorder, or PTSD. The number is between 10-20 percent for veterans who serve in Operation Iraqi Freedom and Enduring Freedom and about 12 percent of Gulf War (Desert Storm) veterans in a given year.

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Remembering Our Veterans This November 11

The men and women who defend the liberties and freedoms of the countries they represent hold a special place in people's hearts and an eternal spot in their countries' histories.

Any opportunity is a good time to commemorate the bravery and selfless deeds of military personnel, but certain prominent holidays in November make this an especially important time to thank veterans for their service.

November 11 is Veterans Day in the United States and Remembrance Day in Canada. It's also known as Armistice Day in other parts of the world. These holidays honor all military veterans who have provided service to their countries, and that each falls on November 11 is no coincidence, as the day commemorates the anniversary of the end of World War I on the 11th hour of the 11th day of the 11th month of 1918.

Many places around the world pause and remember fallen veterans on November 11, but a good majority of Veterans Day and Remembrance Day commemorative events focus on past and current veterans who are still alive. There are many ways to honor the military at home and abroad in time for the November festivities. The following are just a handful of ways to show appreciation for military men and women.

- When dining out, ask your server if you can pay the tab for a soldier or veteran you see in the restaurant.

- Attend a military parade with your family and explain the significance of the day to children in attendance.

- Draft letters and send care packages to soldiers currently in service far away from home.

- Ask your company if Veterans Day or Remembrance Day can be an observed holiday at your place of business each year to pay homage to

servicemen and women.

- Visit a military memorial in a city near you. Your town also may have its own memorial.

- Petition town officials to erect a memorial if your town does not already have one. Such memorials can be a source of inspiration for your community.

- Support a military family in your town who may be missing a loved one stationed elsewhere. Make meals, mow the lawn, help with grocery shopping, or simply provide emotional support.

- Volunteer time at a veterans' hospital. You may be able to read with veterans or engage in other activities.

- Get involved with a military support charity that can provide much-needed funds to struggling families or disabled veterans.

- Have children speak with veterans in your family, including grandparents, uncles and aunts

or even their own parents. It can help them gain perspective on the important roles the military plays.

- Ask a veteran to give a commencement speech at a school or to be the guest of honor at a special function.

- Drive disabled veterans to doctors' appointments or to run any errands.

- Support a local VFW organization.

- Create a scrapbook for a veteran in your life.

- Cheer for or thank military personnel each time you see them.

- Visit the veterans' portion of a nearby cemetery and place poppies or other flowers on the graves.

- Always keep the military on your mind and never forget those who have served and didn't return home.

Armistice Day, Remembrance Day and Veterans Day are great ways to honor past and current military for their service and sacrifice.

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How to Show Appreciation for Military Personnel

Military personnel are unsung heroes whose sacrifices for their country make it possible for hundreds of millions of people to enjoy freedoms that many people across the globe do not have. In recognition of those sacrifices, many people want to show their appreciation to both active and retired servicemen and women. Fortunately, there are many ways to do just that.

- Pitch in at home. According to the United States Department of Defense, the United States military currently deploys active duty personnel in nearly 150 countries. Many of those troops are separated from their families for months at a time, and that separation can make things difficult for their loved ones back home. If a neighbor's spouse is deployed overseas, offer to help around the house. Whether it's mowing their lawn, dropping their kids off at school or inviting the whole family over for dinner one night each week, such gestures can go a long way toward easing the burden faced by spouses of deployed military personnel.

- Send gifts to active personnel. Servicemen and women on active duty do not

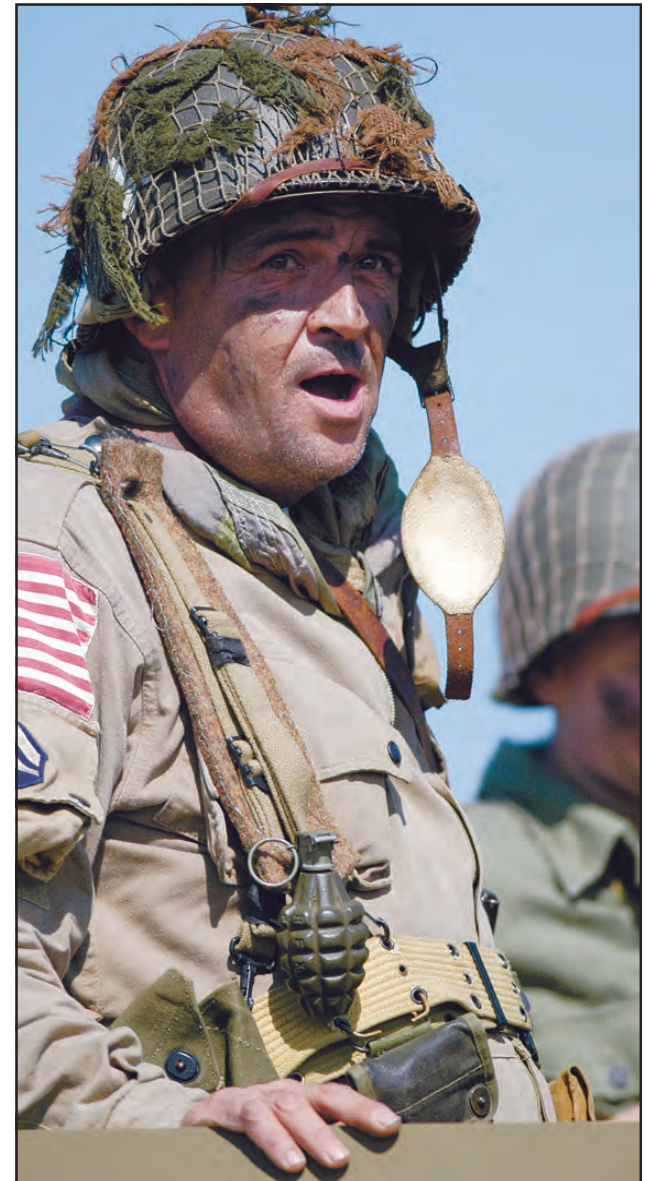
enjoy many of the luxuries that tend to be taken for granted back home. But men and women who want to show their appreciation can send care packages to active personnel serving overseas. An organization such as Operation Gratitude (operationgratitude.com), which to date has sent nearly 1.3 million care packages to active personnel, sends care packages filled with snacks, entertainment, personal hygiene products and handmade items. This provides active personnel a taste of home while also letting them know their extraordinary efforts are appreciated and not forgotten.

- Volunteer at a veterans hospital. Unfortunately, many servicemen and women return home from their deployments with injuries or health conditions that require long-term care. By volunteering at veteran hospitals, men and women can help veterans overcome their injuries and provide much-needed help to staff at hospitals that could use a helping hand. Visit volunteer.va.gov for more information.

- Make a financial donation. For those who want to support servicemen and women but

don't have much free time to do so, financial donations can go a long way toward improving the quality of life of active and retired military personnel. Many programs work with veterans to improve their quality of life, and such organizations rely heavily on financial donations to make their missions a reality. The Wounded Warrior Project (woundedwarriorproject.org), for example, works to honor and empower servicemen and women who incurred physical or mental injuries or illnesses on or after September 11, 2001. The organization relies on the generosity of individuals who want to help wounded military personnel overcome their injuries and illnesses. Based on audited financial statements of the 2014 fiscal ending on September 30, 2014, 80.6 percent of total expenditures went to services and programs catering to wounded military personnel and their families, assuring prospective donors that their donations will go toward helping those in need.

There are many ways that civilians can express their gratitude to active and retired military personnel.



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