



# FORGING THE

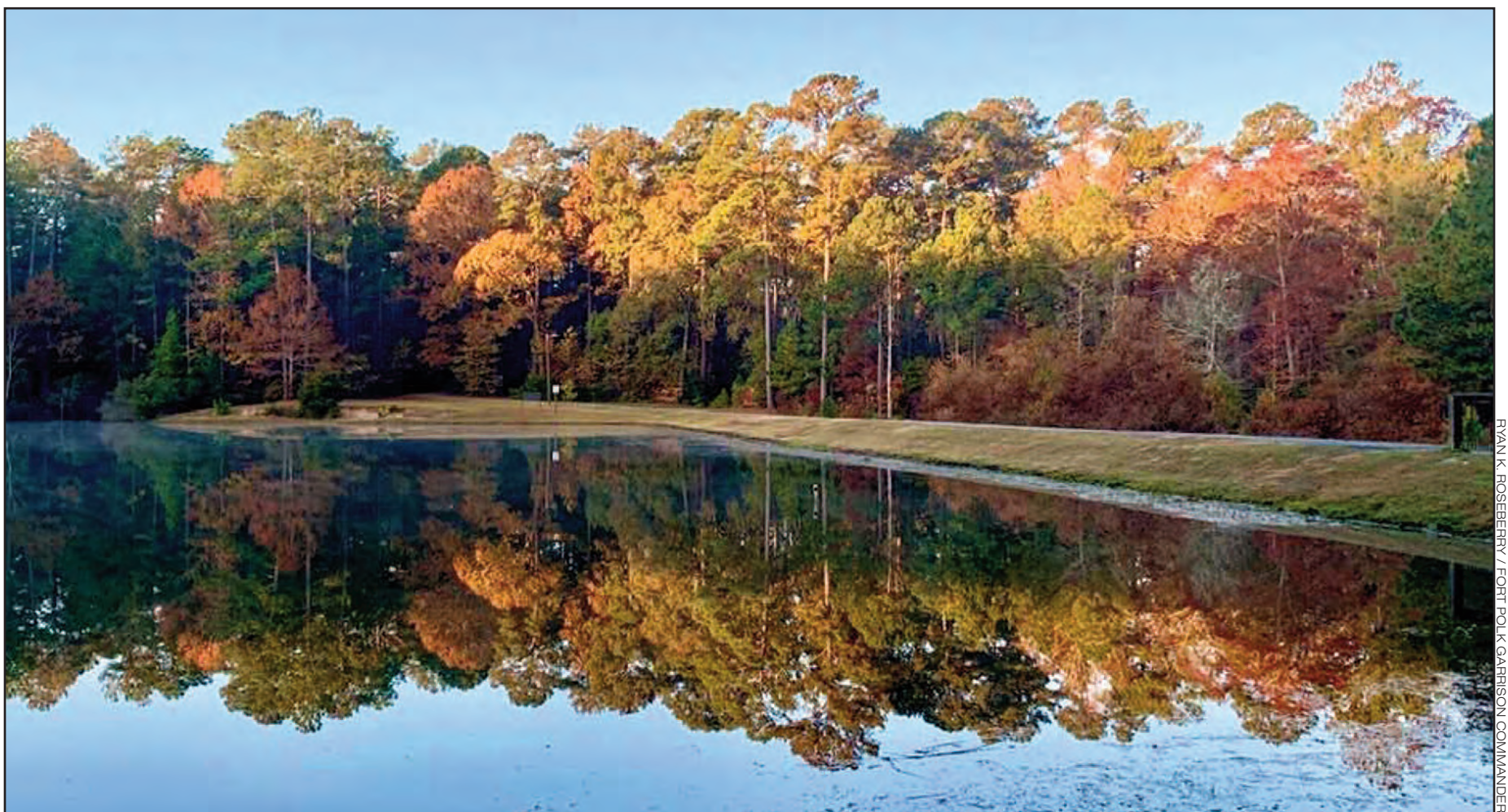
# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

Vol. 46, No.48

Home of Heroes @ Fort Polk, LA

Nov. 27, 2019



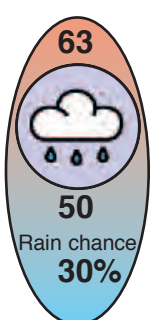
RYAN K. ROSEBERRY / FORT POLK GARRISON COMMANDER

### Seasonal changes example of Fort Polk resiliency

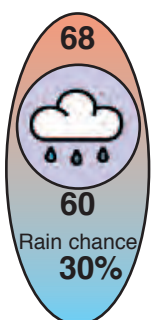
A key component of the strength of the Joint Readiness Training Center and Fort Polk is its resiliency — ability to withstand or recover quickly from difficult conditions. Much like nature sheds its greenery for fall colors, then returns with new growth in the

spring, the Soldiers at the JRTC and Fort Polk provide a vital role to the nation's Army, often withstanding or recovering completely from difficult conditions. For more photos of nature's glory on Fort Polk see page 8 of today's Guardian.

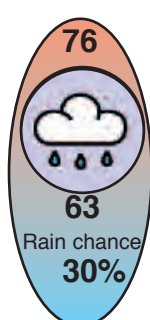
### Weekend weather



Today



Thursday



Friday

### Inside the Guardian

*The Joint Readiness Training Center  
and Fort Polk wishes its  
Soldiers, Families and civilians a  
Happy Thanksgiving*



# Viewpoint

## In our view

Guardian staff asked Fort Polk community members, "What is your favorite hobby and why?"

Here are their responses:

**Tiffany Trammel:**  
"Reading comic books. It's something I never grow tired of. I love finding and collecting them as well."



**Jordan Anderson:** "I like anything dealing with art. It's the best form of expression."



**Sgt. 1st Class Faheem Blount** "I like playing basketball so I can show the young Soldiers I still have it."



**Jennifer Henry:**  
"Reading. It let's me escape and I can go anywhere."



**Tatiana Rosada:**  
"Playing soccer because I'm from Europe and that's all we do."



**Kacie Shoemaker-Fulmer:** "Painting. You get to be very creative and bring out a different side of yourself."



**Sara Commarasana:** "I think something culinary. It's interesting how you can mix different flavored things and create something unique."



**Sister Sydney Dille:** "Playing the piano. It's something I've always done with my family. Music brings people together."



## Guardian

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## Briefs

### BJACH hours

Bayne-Jones Army Community Hospital will observe the following hours of operation during the Thanksgiving holiday period:

- Thursday and Friday — 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 have moved to the radiology department 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](mailto: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:

- Today — 8 a.m.-8 p.m.
- Thursday— closed
- Friday — 8 a.m.-8 p.m.
- Saturday — 9 a.m.-8 p.m.

Call 531-7678 for more information.

### Masquerade ball

Gator R.O.C.K.S., a mentoring organization for officer, hosts a masquerade ball, Dec. 14, from 6-11 p.m., at the Warrior Activity Center, bldg 352, 1321 Corps Road. Cost is \$50 per person and includes a three-course meal and entertainment. Proceeds go toward Reserve Officer Training Corps scholarships and the mentoring program. Call (256) 694-5624 or (870) 494-5192 for more information.

### 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 Dec. 6. During PT hours (6:30-8 a.m.), a detour will be utilized that follows the cart path adjacent to the hole 18 fairway. Golfers and recreational walkers should be aware of the construction activities and detour the work zone. Pedestrians should exercise caution as lighting is limited.

Please see **Briefs**, page 10



## Warrior Care means total treatment

### MILITARY HEALTH SYSTEM

BETHESDA, Md. — Service members who become wounded, ill or injured can count on the Military Health System's unparalleled medical care. But that's only one aspect of their journey from recovery to rehabilitation and reintegration. Recovery care coordinators help align medical and nonmedical care, enabling service members and their families to utilize all the assistance available to them as they embrace their new normal.

"A lot of us just want to give back," said retired Navy Chief Petty Officer Joshua Arnold, a recovery care coordinator at Naval Support Activity, Bethesda, Maryland.

"We've seen friends, comrades in arms go through difficult periods after becoming ill or injured," Arnold said. "So there's always motivation to come to work and do the very best you can do, for as long as you can."

Recovery care coordinators, or RCCs, are embedded at MTFs and installations across the country. They work within the Army Recovery Care Program, Navy Wounded Warrior, Air Force Wounded Warrior Program, Marine Corps Wounded Warrior Regiment and Special Operations Command Warrior Care Program.

Service members, Families and caregivers may be referred to the program by medical or administrative personnel, Family members and even friends, said Jonathan Morris, program manager. They also can self-refer.

After enrolling in the program, RCCs work with individuals in coordination with their family members and medical providers. The RCC creates a plan by identifying each person's needs and goals, and the resources needed to achieve those.

That might include assistive technology, education, housing and employment.

"Communication is a big part of our job," said Patrick Figueroa, an RCC at Walter Reed National Military Medical Center in Bethesda.

"We communicate with the service member's medical providers. We communicate with their

chain of command, and with their nonmedical care managers," said Figueroa, a former Navy Fleet Marine Force corpsman.

"And we communicate with their Families, to make sure they know what's going on and are getting all of the services and benefits available to them," he said. "A lot of times we're able to shed light on something and say, 'That issue over there might not be getting resolved because of this issue over here.'"

The work can be emotionally exhausting but also rewarding. "One of the coolest things is when a Family member says, 'Thank you so much for everything you've done' for their son or daughter or spouse," Figueroa said.

The population of service members using RCCs also includes those with invisible wounds, such as a traumatic brain injury. Figueroa recalls one case with a particularly gratifying outcome.

"A service member came into the program with combat-related post-traumatic stress disorder and was reluctant to do anything," Figueroa recalled. "But baby step by baby step, we were able to gain his trust and build a plan with him."

Within two years, Figueroa said, the service member medically retired and successfully transitioned into a high-paying career in the private sector.

Morris notes that service members might incur an illness or injury at any time while on active duty. Some will recover and return to full and restricted duty. Others will transition from the military to civilian status. And some may not survive.

"We see a lot of illness and with that, the abrupt impact it can have on Family members," Arnold said. "But there's a lot of good in a service member comforted by knowing that after they're gone, their Family is going to be OK."

Sandra Mason is director of the DHA's Recovery Care Coordination Program. "I've been doing this for 11 years," she said. "It's always reassuring to know that the service the RCCs provide is attentive, accurate and beneficial. Wounded, injured and ill service members can count on us to make their lives a little easier."



## Soldier feedback driving Army modernization

### PUBLIC AFFAIRS OFFICE

FORT PICKETT, Va. — Senior Department of Defense officials and congressional staff were briefed on the status of the Integrated Visual Augmentation System, or IVAS, program at Fort Pickett, near Richmond, Virginia, Nov. 6. IVAS is a next-generation situational awareness tool under development to return overmatch to Soldiers in small units throughout the close combat force.

"Technology will never be as slow as it is today," said the Hon. James E. McPherson, the senior official performing the duties of undersecretary of the U.S. Army. "We never want to have a fair fight."

"Budgets make us make hard choices," McPherson said. "Could we field everything we have on the drawing board today? Probably not. We're going to have to make hard choices, budget-driven choices on what's most important to field."

Decision-making can be informed through aggressive evaluation to quickly discern viable military solutions and modify designs early, before sinking additional costs into a program. To facilitate research, U.S. Army Futures Command's eight cross-functional teams, or CFTs, have conducted dozens of Soldier-centered engagements called Soldier touch points to further the Army's modernization priorities.

"Soldier touch points help us better demonstrate technology, like the IVAS, at specific points in the development process, the cross-functional team gets direct feedback — and if something fails — it fails early and we learn from it," said Gen. John M. Murray, commanding general of Army Futures Command.

Soldiers are brought into the development process to provide input to industry, testers, researchers and acquisition experts on the capabilities they will need to fight and win. During these events, prototypes are delivered to units to incorporate into their training.

The events are designed to empower Soldiers to help improve the final equipment and technology. This feedback loop is critical to drive cost-effective and timely innovation.

"That's why these touch points are important, something that is revolutionary that we've not done before," McPherson said. "Before, it's been, the engineers put it together, met the requirements, 'Ok, here you go,' and the Soldier gets it and says, 'I've got to adapt to this now.' Now, we're making the weapon system adapt to the Soldier."

The current IVAS touch point was led by AFC's Fort Benning, Georgia-based Soldier Lethality CFT in conjunction with the command's Orlando, Florida-based Synthetic Training Environment CFT. They were joined by industry partners to gather tens of thousands of data points and direct feedback to spur rapid iterations of the IVAS design and technology before the next touch point takes place.

Soldier touch points are conducted in coordination with the Program Executive Office Soldier, an organization within the Office of the Assistant Secretary of the Army — Acquisition, Logistics



*Gen. John M. Murray, commanding general of U.S. Army Futures Command, headquartered in Austin, Texas, helps William K. Sutey, a professional staff member with the U.S. Senate Committee on Armed Services, demonstrate the capabilities of a current iteration of the Integrated Visual Augmentation System, or IVAS, at Fort Pickett, near Richmond, Virginia, Nov. 6. IVAS is a next-generation situational awareness tool under development to return overmatch to soldiers in small units throughout the U.S. Army's close combat force*

and Technology. Based at Fort Belvoir, Virginia, PEO Soldier is the Army's acquisition agency responsible for everything a Soldier wears or carries.

"We're doing something called Soldier-centered design," said Jason Regnier, PEO Soldier's technical director for the IVAS project.

"The touch points are a culmination of months of work, where we actually put it in their hands and get real-time feedback, make improvements, even on the site, and then think about what that next turn is going to be," Regnier said. "Instead of one, stamped-out design that we can give to Soldiers — that may or may not really work — this is designed, in essence, by Soldiers through this Soldier touch point project."

These engagements not only generate Soldier-initiated problems that have been overlooked, but also confirms or dispels the need to address real or perceived problems with the technology for the development teams.

This Soldier-centered design concept was also explained by an industry partner developing the IVAS device for the Army.

"It's an adaptation of an industry practice known as human-centered design, where you have to start with understanding the underlying human needs. In this case, what are the needs of the Soldier?" said Scott Evans, Microsoft Corporation's general manager for the IVAS program. "In the case of a Soldier, you need a methodology to ensure we understand those needs and can

evaluate prototypes against those needs."

These touch points are about teamwork, collaboration and common-sense innovation, said Brig. Gen. David M. Hodne, the director of the Soldier Lethality CFT.

"It's about Soldier-centered design, feedback from Soldiers and feedback from our partners at Microsoft on how we can achieve technical solutions to arrive at an exceptional device that will allow Soldiers to fight, rehearse and train in a manner they've not been able to previously," Hodne said.

The Soldier touch points make rapid iteration of the prototypes possible.

"We're here not just to evaluate the prototype against the measures that we identified, but to learn more around the Soldier needs and carry that forward," Evans said. "We're also here to evolve our methodology. Every time we have a Soldier touch point, our ability to understand, what is the most effective way to measure things like Soldier performance? We get better at the actual methodology itself."

In addition to working with traditional industry partners, AFC seeks solutions from non-traditional innovators through the Army Applications Laboratory and a small business office within the command's headquarters.

AAL was stood up in the Capital Factory in downtown Austin, Texas to provide a venue for

Please see **Army**, page 6



# 3rd Bn, 353rd Armor Reg Soldiers take part in Value of Life training

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — In a world filled with high expectations and stress, it's no surprise the weight of those challenges can sometimes cause people to falter, especially if the proper preventive steps aren't taken to reduce that pressure.

Fort Polk's 3rd Battalion, 353rd Armor Regiment recognizes that Soldiers shouldn't be left to grapple with these struggles alone. To support their Soldiers, Value of Life training was held Nov. 20-22 at North Fort in the Tigerland footprint.

The three-day event took place during physical training hours from 6:30-7:45 a.m.

"The training — which incorporates physical activities that connect to a particular theme — emphasizes the value of each individual's life," said Lt. Col. Mark K. Snakenberg, 3rd Bn, 353rd Armor Reg commander.

Soldiers from Alpha Company were broken into teams to work together as they tackled each station.

Stations included:

- **Life maze** — this activity was meant to show Soldiers activation events, thoughts and consequences as they travel through life and hit roadblocks. One Soldier from each team was blindfolded as their team members guided them through a taped maze with their words. If the Soldier walking the maze stepped on or over the tape, the rest of the Soldiers had to run a sprint.

- **Pipe carry** — this activity was about supporting each other and learning the support options available to Soldiers. Soldiers were tasked to life weighted PVC pipes as they worked together to do squats.

- **Ball toss** — this mental game involved trying to memorize a mat filled with objects. Soldiers were then placed in a semicircle and one Soldier was asked to throw a medicine ball to a teammate while asking a question about the objects on the mat. If the answer was wrong, Soldiers did push ups.

- **Weighted situps** — the weight in this case are the worries everyone carries with them. Recognizing and dealing with symptoms of depression was the main theme of this station.

- **HMMWV push** — the theme centered on better understanding and seeing the risk factors in someone going through a difficult time and stepping in to help so that Soldiers don't have to handle their issues alone. A Soldier was asked to try to push the HMMWV alone and didn't get very far, but with the help of the whole team they were able to achieve their goal.

- **Yoga** — the last station was about self-care. Leslie Dixon, a Wheelock Gym yoga instructor led the Soldiers in a yoga session.

At each station instructors and representatives from organizations such as behavioral health, master resilience training, Military and Family Life Counseling program and more interacted with Soldiers by asking questions, providing options for assistance and showing that support from Family members and battle buddies alike can help get them through challenges life throws their way; they just have to reach out for help.

Staff Sgt. Tobias Mondragan was an instructor at the Life Maze. He said this training is valuable on every level.

"Not only does it give Soldiers the information they need about suicide prevention, but also re-



ANGIE THORNE / GUARDIAN

*A team of 3rd Bn, 353rd Armor Reg Soldiers take part in Value for Life training held Nov. 21. The Soldiers had several physical training events with themes based on information they needed to know. This event is called Life Maze. The Soldier jumping was guided thorough the maze by her team. The maze was filled with obsticals. If the Soldier being guided touched the white lines her teammates had to run sprints.*



*Each team of Soldiers and Family members had to carry a different teammate to each new station as part of team building.*

siliency training. This event is all about showing them instead of telling them their options," he said.

Spc. Matthew Rivas, Behavioral Health technician, was one of the instructors. He said the training is essential. "I've taken part in this training several times and there are always Soldiers asking questions about what we offer. There are things about Behavioral Health they don't know. This venue allows us to get that information out there. We also try to reassure them that there is no stigma when it comes to getting help," he said.

Command Sgt. Maj. Steve Campbell, 3rd Bn, 353rd Armor Reg command sergeant major, has been the man behind the Value for Life training for the past five years at various units.

He said the training is a different way to get

the message of suicide prevention to Soldiers.

"Most of the time Soldiers are sitting in a classroom, watching power point presentations for this type of training and we still have the same issues. I'm not saying this is a 100% solution, but breaking Soldiers into smaller groups encourages better participation, and I feel like they learn what we are trying to teach them better that way," he said. "They also get some PT out of it and we aren't using time out of their duty day executing the training."

Campbell said the training is about changing perceptions.

"Instead of focusing on suicide itself, we try to come at it from a different direction and let Soldiers know that they are a valued member of the

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innovators with novel solutions to discover how they could support Army modernization efforts. They host regular engagements with entrepreneurs and seek direct feedback from Soldiers.

For example, in July, an AAL team held a collaborative event at Fort Hood, Texas. They visited with III Corps Soldiers from military occupational specialties related to combat arms, combat support and combat service support to provide innovators with their reactions to proposed technologies. It is also an opportunity for start-ups to grasp the hurdles they may encounter in development.

"Scalability is often an issue for small businesses, which could provide opportunities for the traditional defense industry to assist them," Murray said. "We're trying to figure out how we can become more agile. There are a lot of great small companies out there, and we're trying to figure out how we can become more agile in the way that we resource them. Providing early Soldier input, when possible, is an easy value add."

Regnier said Soldiers participating in the Fort Pickett exercises were enjoying their involvement. It not only serves a research method, but also provides an outlet for them to build confidence in their future equipment — they get a first-hand look at tomorrow's battlefield technology.

"The feedback has been extremely positive, in the sense that the Soldiers understand the tech-

nology, in that there are some limitations now," Regnier said. "But they can see where we're going. They understand the difference between equipment they either have or wish they had in their normal units and what this capability is."

Regnier said he has been with the IVAS project since its inception and has also provided technical advice on the development of another device recently fielded, the Enhanced Night Vision Goggle — Binocular, or ENVG-B, which the Soldier Lethality CFT coordinated.

"As we walked into this, we realized, normally the way the defense department approaches a problem like this is: We come up with a specification, for say a thermal weapons sight. It has to be able to see 1,000 meters, under cold and hot conditions, and in the rain, and can only weigh four or five pounds," Regnier said.

He said the new process is completely different.

"In this case, we started looking at: 'How does industry make a product?'" Regnier said. "And the way they make a product is, they figure out, 'What does the user actually need? What does the Soldier need to do?' That changed the approach. So, instead of doing a specification, we did studies. Soldier-oriented studies, where they came in and talked to researchers to explain what their job really is."

Ten Soldier touch points were conducted during the ENVG-B's development phase to inform

its final design. Soldiers reported hitting twice as many targets while wearing the ENGV-B, as opposed to the current single-tube, monocular night vision device in broad use. They were also able to drive faster and complete land navigation tasks quicker as a result of the clarity the new binocular provided.

"The ENGV-Bravo was designed by Soldier for Soldiers," said Pfc. Dustin Roy, an infantryman with the 1st Infantry Division, following the fielding of the device at Fort Riley, Kansas, in September. "It makes me feel more confident in it, that it was designed by Soldiers. I know that I'm getting a good piece of gear, a good tool."

The initial fielding of the ENVG-B speaks to the success of the cooperative relationships being fostered between AFC, ASA(ALT) and PEO Soldier, and industry partners, to keep Soldiers at the centerpiece of modernization efforts.

The Soldier touch point program provided significant feedback during the development of the ENVG-B, and is now doing the same for the IVAS developers.

"We need our Soldiers' input, the end-users who are going to actually use this equipment," Murray said. "Our decisions today will have a direct impact on them in the years to come. They're the ones who will be using this in the field. The quicker we can work out kinks, the quicker — and cheaper — we can get it into their hands for effective use."

# Dillard's

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Continued from page 5

team. We want them to know if they need help, they should reach out to their Army or Family team," he said. "They need to understand that if they are having issues, it's OK to bring it forward."

This year, Campbell said they also extended the invitation to spouses to take part in the training and several spouses took part.

"Soldiers could bring a spouse, significant other or Family member to the training. It didn't matter who they brought as long as they were learning how to help support their Soldier. It's about who sees the signs first. Sometimes it's not your teammates in the Army, but your Family team. They might see things going on and not understand what they are seeing. This training can change that," he said.

Campbell said he has seen too many Soldiers take their own lives and if this training can help prevent just one suicide, then he considers it a success.

Lynn Huffman, spouse of Sgt. 1st Class Richard Huffman, attended the training Nov. 21.

She said she wanted to participate in the Value of Life training to support her husband.

"It's important for spouses to know what these men go through. We are with them every single day and we need to know how to notice the signs and get them the help they need," she said.

Huffman said the training was fun and the most important thing she learned was to work as a team instead of against each other.

"That's really important in any life aspect whether it be at home, work or in your personal relationships. You have to work together as a team because you can't overcome anything if you are constantly fighting against each other," she said.

She said her favorite event was the ball toss, but she also enjoyed the yoga.

"The ball toss was tough, but a lot of fun and the yoga was definitely refreshing on the joints and muscles after all the tougher events," Huffman said.

Richard Huffman said it was nice having his spouse attend the event.

"Personally, I feel it's beneficial that our family members attend because we go through this kind of training as Soldiers quite a bit so we know what to look out for, but spouses usually don't. It's helpful they actually participate and get a better picture of what we go through. I think we both benefit from her getting that training," he said.

Lynn Huffman said the physical aspect of the training kept her engaged on a mental level.

"I was more focused when I was active and I absorbed what was being said. The information clicked and stayed which means I retained more," she said.

Richard Huffman said a lot of people learn better with this kind of hands on style training.

"When they are just listening to someone talk about this stuff, Soldiers can zone out and not hear anything, but once they are engaged physically and mentally I think they get so much more out of what the trainers are trying to get across to them," he said.

It was Capt. Michael Embs', Security Force Assistance officer in charge, third time taking part in the Value of Life training. He said training is



ANGIE THORNE / GUARDIAN

*At the ball toss station, Soldiers had to memorize all the items on a table and if they answered a question wrong, their team had to do push-ups.*



*The Value of Life training ended with a yoga station that was all about self-care. Leslie Dixon, a Wheelock Gym yoga instructor, led Soldiers in a yoga session Nov. 21*

always important, but the way this event is conducted by incorporating Families and PT help drive the point home more effectively.

"No matter how many times you participate in the training, there is always new information and resources we need to know about," he said.

Embs said he would like to continue this kind of training when he moves on to another unit.

Participating in the Value of Life training for the first time, Maj. Jacquelin Marrero, Joint Security Force Advisor officer in charge, said she thinks it's great for the Soldiers because a lot of

time they don't know what resources they have.

"This is a good way to bring them out here, incorporate the information into PT and have each station describe what each facility provides or does for the Soldier," she said.

Snakenberg said Soldier feedback about the training is always positive. "Having representatives out here allows them (Soldiers) to put a face to each installation service. We hope that by including Families, we can positively impact even more of our formation, especially as we head into the holiday season," he said.



# Nature's resiliency echoes JRTC, Fort Polk strengths

GUARDIAN STAFF

FORT POLK, La. — As fall descends on the Joint Readiness Training Center and Fort Polk it paints a picture with its colors of red, gold and orange, and its reflections in the ponds and lakes of nature's resiliency — the Earth's ability to adapt to the different weather associated with each season.

Likewise, JRTC and Fort Polk Soldiers must adapt to changes as they progress through their Army careers.

It requires resiliency — the ability to recover from difficult conditions or situations. And just as nature recovers from fall to winter to spring again, so JRTC and Fort Polk Soldiers recover and adapt to the changes they face.

As you look at the beautiful colors gracing Fort Polk this holiday season, think about nature's resiliency, then think about your own resiliency, and how because of it, you are a member of one of the Army's most important assets: The Joint Readiness Training Center and Fort Polk.



RYAN K. ROSEBERRY / FORT POLK GARRISON COMMANDER





# Path to understanding diabetes starts here

By **GENEVA MERIDITH**  
BJACH

FORT POLK, La. — Whether you've been newly diagnosed, have been fighting against type 1 or type 2 diabetes for a while, or are helping a loved one, you've come to the right place. This is the start of gaining a deeper understanding of how you can live a healthier life — with all the tools, health tips and food ideas you need.

Wherever you're at with this disease, know that you have options and that you don't have to be held back. You can still live your best life. All you have to do is take action and stick with it.

## • Understanding type 1 diabetes

According to the American Diabetes Association, here's what you need to know about type 1 diabetes. One and a quarter million Americans have it and 40,000 people will be diagnosed with it this year.

Type 1 diabetes occurs at every age, in people of every race and of every shape and size. There is no shame in having it, and you have a community of people ready to support you. Learning as much as you can about it and working closely with your diabetes care team can give you everything you need to thrive.

In type 1 diabetes, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood sugar that it uses for energy, and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body.

With the help of insulin therapy and other treatments, everyone can learn to manage their

condition and live long healthy lives.

Remember: This is a condition that can be managed. By living a healthy lifestyle filled with exercise and proper diet, you can live a normal life and do everything you set out to do.

## • Understanding type 2 diabetes

Type 2 diabetes is the most common form of diabetes — and it means that your body doesn't use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it. Regardless, you have options, tools, resources and support to help you fight.

A key part of managing type 2 diabetes is maintaining a healthy diet. You need to eat something sustainable that helps you feel better and still makes you feel happy and fed. Remember, it's a process. Work to find helpful tips and diet plans that best suit your lifestyle — and how you can make your nutritional intake work the hardest for you; talk with your dietician to help you form a nutrition plan that works best for you.

Fitness is another key to managing type 2. And the good news, all you have to do is get moving. The key is to find activities you love and do them as often as you can. No matter how fit you are, a little activity every day can help fight type 2 and put yourself in charge of your life.

Maybe you've just been diagnosed with type 2 diabetes. Or maybe you've been living with it for a while. Here's the thing: Your journey is unique and it starts fresh every day.

No matter where you are with type 2 diabetes, there are some things you should know.

• Every type 2 journey is unique: There's no one-size-fits-all treatment for type 2. You have tools. You have resources, friends and healthcare providers. Whatever step you take next, know that you won't take it alone; BJACH Preventive Medicine — Health Promotion offers a Diabetes Multi-Disciplinary Class on the second Thursday of each month. For more information call 531-6880.

• Put the right fuel in your body: A huge part of managing type 2 diabetes is developing a healthy diet. Eat to win, every day.

• Get moving with a fitness plan: Fitness is a key part of managing type 2. And the good news, all you have to do is get moving. You don't have to become an ultra-marathoner. You can start slowly with a walk around the block or a simple bike ride. Always communicate with your doctor as to how vigorous of an exercise regimen you should start with.

Here's how you can get started:

• Work with your doctor to determine what level of physical activity you should engage in

• Figure out how much time per day you can devote to exercise

• Set fitness goals — having clear goals can help you stay motivated

• Consider where you'll start working out — the gym, in your neighborhood, in a park?

• Build different activities into your daily routine

• Start slowly and allow for recovery time

• Keep track of what you do and stay focused on your goals

• Listen to your body

# CID seeks MP investigators to join warrant officer ranks

USACID

QUANTICO, Va. — As part of the U.S. Army Criminal Investigation Command's continued effort to recruit the best of the best to become special agents, CID is currently seeking military police investigators from Career Management Field 31 to become CID special agent warrant officers.

"MPs possess valued training, investigative skills and experience," said Chief Warrant Officer 5 Joel Fitz, CID's command chief warrant officer, who served as an MPI early in his Army career. "These Soldiers will undoubtedly bring a lot to the fight and have a positive impact on CID's highly-skilled teams by providing what they have learned from the Military Police Corps. MPs are strongly encouraged to take the next step and take advantage of this career growing opportunity by applying now."

The application timeframe is December through May 2021. Approved applications will

be considered by warrant officer accession boards convening in fiscal year 20 and 21. Qualified MPI applicants are encouraged to coordinate with the USACIDC Recruiting Operations Cell at [USArmy.Join-CID@mail.mil](mailto:USArmy.Join-CID@mail.mil) for more information.

Eligible applicants must be Regular Army Soldiers who hold Military Occupational Specialty 31B or 31E in the ranks of staff sergeant, staff sergeant (promotable) and sergeant first class (non promotable).

They are required to have completed V5 training at the U.S. Army Military Police School (USAMPS) and have at least two years of investigative experience in the past four years. Upon completion of the required military and law enforcement training, the Soldiers will qualify for appointment to warrant officer as a 311A. Agents receive training at the USAMPS and advanced training in a wide range of specialized investigative disciplines.

"CID agents are sworn federal law enforcement officers who investigate felony crimes with an Army nexus," said Thomas Seaman, chief, Special Agent Management Division, and retired

CID special agent. "Our highly trained special agents receive some of the most state-of-the-art law enforcement training in the world today."

CID special agents routinely work closely with federal, state and local law enforcement agencies to solve crimes of corruption, fraud, homicide, sexual assault, cybercrimes and drug trafficking. They also provide protective services to high-ranking Department of Defense and Army officials.

Once individuals become CID special agents, opportunities exist to become forensic science officers, digital forensic examiners or even polygraph examiners. There are many other professional opportunities for career growth within CID.

For questions about application procedures, see MILPER 19-346, MPI Application

Requirements for Appointment to CID Warrant Officer (MOS 311A), or contact the CID Special Agent Management Division ROC team at [USArmy.Join-CID@mail.mil](mailto:USArmy.Join-CID@mail.mil) or (571) 305-4348.





# Website glitch causes problems for TRICARE open season

## TRICARE

WASHINGTON — Active-duty Families and military retirees will not be able to enroll in or change their 2020 Tricare health insurance plans online despite previous reports about the open enrollment period process, the Defense Health Agency announced Nov. 22.

This means eligible beneficiaries have only two options to sign up for Tricare or change their plans for next year during open season: Call or mail. The enrollment period ends Dec. 9; it began Nov. 11.

The glitch does not impact Tricare for Life users.

Beneficiaries calling to switch or enroll in Tricare Prime or Tricare Se-

lect will have to dial their regional contractor. Beneficiaries living in the eastern U.S. must call Humana Military at (800) 444-5445. Health Net Federal Services handles coverage in the western United States; its phone number is (844) 866-9378.

Signing up or changing via mail involves downloading a Tricare form. However, the Tricare Prime and Tricare Select web pages have not been updated and still explain how to register online.

Tricare Prime typically has no out-of-pocket costs, allows users to be seen on base and requires referrals for specialty care. Co-pays are required for most doctor visits under Tricare Select, but it lets users self-refer and be seen in the commu-

nity outside of the Military Treatment Facility system. Retiree coverage is similar to what's offered to active-duty families, but the out-of-pocket costs are different.

When it's not open season, users can switch to Tricare only if they have a "qualifying life event," like a military move or the birth of a child. Users who fail to enroll in Tricare during such a period or within the open season window will only have access to care at a military hospital or clinic if space is available, and that coverage does not meet a "minimum essential coverage" requirement under the Affordable Care Act.

Open season does not affect those who are eligible for premium-based health plans such as Tricare Reserve Select, Tricare Retired Reserve, Tricare Young Adult and the Continued Health Care Benefit Program.

The DHA and its regional contractors have posted on their websites about the "technical issue" with the Beneficiary Web Enrollment platform, but as of publication, the DHA has not answered how long BEW has had this problem, when it will be fixed or whether there will be additional call center staff.



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## Briefs

Continued from page 3

along the detour route. During the hours 8 a.m.-4:30 p.m., 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.

### 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.

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 COR	0139
2006 MAZDA 3	9500
2010 KAW KLR650	9760

### Off limits

The following establishments in the Fort Polk, Leesville, Barksdale Air Force Base and Shreveport areas have been designated as off limits by the Armed Forces Disciplinary Control Board of the Joint Readiness Training Center and Fort Polk:

- Blackhawks Motorcycle Club, 2463 VFW Road, Leesville
- The Venue, 11810 Lake Charles Highway, Leesville
- American Legion Post 510, 703 North Gladys St., Leesville
- Banshees Motorcycle Club, 1330 and 1340 Rapides Ave., Alexandria
- BEAST Motorcycle Club, 3149 Davis Road, West Lake
- Pipes Emporium, 1304 Centenary Blvd., Shreveport
- Kokopellis, 400 Commerce St., Shreveport

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# Lagniappe

## Festivals

### Texas renaissance

The annual Texas Renaissance Festival, located in Todd Mission, Texas, 21778 FM 1774, about 55 miles northwest of Houston, takes place Friday, Saturday and Sunday.

The theme is Celtic Christmas. Father Christmas and all his elves welcome children of all ages to the final three-day celebration of the Yuletide season. The festival is transformed into a Christmas wonderland filled with holiday music and the chance to buy the perfect gift from one of the 400 shoppes. In addition, you can also take part in the holiday costume contest or pie eating contest. 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](http://www.texrenfest.com) or call (800) 458-3435.

### Louisiana Renaissance

Louisiana Renaissance Festival, 46468 River Road, Hammond, takes place Friday, Saturday and

Sunday and Dec. 7-8. The theme for Friday, Saturday and Sunday is time travel. Not sure what to do with all the family members that traveled to your house for Thanksgiving and didn't leave after the feast, bring them to RenFest. Friday is Family Day. Time Travelers and cosplayers are encouraged to travel through time and space for a visit.

Veterans and active duty military get 50% off at the ticket booth. For more information visit [www.la-renfest.com](http://www.la-renfest.com) or call (985) 429-9992.

## Miscellaneous

### • Seasonal dinner

A community dinner takes place Dec. 14 at 2 and 6 p.m. at the Wooten Theatre, 102 East First St., DeRidder. Those invited include the lonely, widowers, needy, veterans and anyone who would like to share a meal with others. No one will be turned away.

If you would like to volunteer call (337) 396-8083 or email [brian13f2003@yahoo.com](mailto:brian13f2003@yahoo.com).

### • Arts and crafts show

If you want to gift a few unique

presents this year, you might want to stop by the Fleur de Lis Arts and Crafts show at the Natchitoches Event Center, 750 Second St., Natchitoches, Saturday from 9 a.m.-4:30 p.m. Admission is free. For more information visit [www.facebook.com/FleurDeLisArtsAndCrafts/](http://www.facebook.com/FleurDeLisArtsAndCrafts/).

### • Holiday park

Visit Dark Woods Christmas in the Park, 4343 University Parkway, Natchitoches, for a magical winter wonderland from Saturday through Dec. 25 — weather permitting. This newest holiday attraction offers a variety of experiences and the beauty of Christmas lights and decor in a woodland setting. For more information visit Facebook at Christmas in The Park or call (318) 332-8546.

### • Christmas in Roseland

Head to the American Rose Center, 8877 Jefferson Paige Road, Shreveport to attend Christmas in Roseland each Friday through Sunday from Sunday-Dec. 15 and every night from Dec. 16-22.

During the holiday season the park is transformed.

Walk through the winter wonderland with thousands of twin-

ling lights, dozens of lighted displays, giant Christmas cards, nightly entertainment rides on the Roseland Express train, photos with Santa and tons of fun for the family. Admission is \$20 per carload or \$5 per person. Children ages 2 and under get in free.

For more information visit [www.rose.org](http://www.rose.org).

### • 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/#>.

### • Choir performance

The Vernon Parish Community Choir presents Handel's "Messiah" at the Leesville High School auditorium, 502 Berry St. Leesville. The performance is held Dec. 8 at 3 p.m. For more information call (337) 424-7118, (337) 238-1036 or (337) 238-2540.



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

## REAL ESTATE

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

available on an equal opportunity basis.

## STATEWIDES

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# Fort Polk Guardian

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

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\* Only single soldiers living in barracks may list numbers with 531 prefixes.

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Signature: \_\_\_\_\_ Phone: \_\_\_\_\_



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