



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

Vol. 47, No. 2

Home of Heroes @ Fort Polk, LA

Jan. 10, 2020



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JRTC and Fort Polk Housing Town Hall

The next Town Hall meeting takes place at 5 p.m., Feb. 18 in the Palmetto Neighborhood Center

Phase-1: \$15.9 million

- Exterior renovations to 1,146 homes — Dogwood (566) and Maple Terrace (580)
- Road repairs — Three miles

Welcome to
Dogwood Terrace

Corvias

Phase-2: \$39 million

- Exterior renovations to 192 homes in Maple Terrace
- Demolition of 195 homes (155 in Palmetto and 40 in Dogwood)
- Construction of 70 new homes

Welcome to
Palmetto Terrace

Corvias

Phase-3: In Progress



Viewpoint

Author highlights Marshall's contributions to Army

By Retired Lt. Col. MARK LESLIE
DES

Editor's note: This is the next in a series of book reviews by retired Lt. Col. Mark Leslie, Directorate of Emergency Services deputy director. The books are part of the Chief of Staff of the Army's Professional Reading List and can be found online at <https://history.army.mil/html/books/105/105-1-1/index.html>. In keeping with the Joint Readiness Training Center's motto of "Forging the Warrior Spirit," Leslie will rate each book by rating them using anvils, from one to five — this book received 3 1/2 anvils..

FORT POLK, La. — This review is on a book that is part of a four-volume set by Forrest C. Pogue. Pogue did a magnificent job in writing a comprehensive biography on one of the most influential leaders our nation has ever produced.



Leslie

The set includes:

- Volume 1: George C. Marshall, Education of a General 1880-1939 with a foreword by Gen. Omar N. Bradley
- Volume 2: George C. Marshall, Ordeal and Hope 1939-1942
- Volume 3: George C. Marshall, Organizer of Victory 1943-1945
- Volume 4: George C. Marshall, Statesman 1945-1959

On the CSA reading list is volume 3. I won't lie to you; it is a daunting book of almost 600 pages. But, once you read the foreword by Gen. Omar Bradley and the preface by the author, I think you will be convinced why the CSA considers this necessary reading.

As soon as you dive into it, the education begins on the daily duties and many efforts Marshall worked to win World War II. Sadly, although several institutions and places have been named in his honor, Marshall's name is not as well known or even readily connected to World War II as other World War II generals by today's Army. Names like Eisenhower, Patton, MacArthur, Bradley, Gavin and Stillwell dominate discussions, books and movies on World War II, whereas Marshall is somewhat of an enigma.

Many of the well-known names of



World War II are tactical or operational level leaders and earned their notoriety through significant contributions. Regrettably, the contributions of General Marshall at the strategic level seem to be largely unknown or forgotten. This is disappointing, considering that we likely could not have won World War II without him and his contributions, nor would we have the incredible Army we have today.

As I read this book, it became apparent that Marshall lived the Army values before they were conceived and put on paper. In fact, after reading this book (and two others because I became so intrigued by Marshall after reading this one), I think the Army values could have been written using his character and virtue as a model for all Soldiers to emulate.

In addition to his contributions as the General of the Army and Army Chief of Staff, later, he was Secretary of State and Secretary of Defense; truly, a lifetime of service. Maybe we don't know as much about Marshall as we should because he refused to write memoirs or authorize an autobiography, or because he was so humble and modest, or maybe (and I think most likely) because he did not see himself as important as the mission he was charged with or the Army he was leading.

It is clear in this book that General Marshall was a man consumed by selfless service and devotion to duty. The author manages to define Marshall with carefully and well-written chapters that capture his integrity, loyalty to the nation and Army, respect for others and personal courage to do the right thing, without seemingly idolizing him as some other authors do when writing of their heroes. Pogue leaves in the impressions of many others of the time, that while not negative, they do present some of Marshall's qualities that may not have endeared him to them. In doing so, the author shows us the human side of the general without erasing the humanity of the man.

This book provides the reader with some unique insight into the strategic duties of the Chief of Staff of the Army and the battles as the CSA in World War II that made vic-



tory possible.

He was exercising mission command long before this was a term in the Army vernacular. He had no choice in a world war with multiple fronts, literally across the globe: He had to have trust in his subordinates and he did. He fought daily to enable, empower and equip his generals with the tools and authority they needed to win. This was not easy, he had to appease a president, a nation, generals, the U.S. Navy, industry, the American public and allied partners, their militaries and their public and civilian leadership as well. That is a tall order for any one man, but Marshall excelled in this role and had a natural ability to know where he should be on his battlefield, truly demonstrating the "art" part of lead-

Please see Marshall, page 6



Guardian

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“Why did you attend Ranger or Sapper School?”



1st Lt. Mark Barrie (left), 46th Engineer Battalion, (Sapper)
“To improve my Soldier skills and leadership ability for my Soldiers. I’m bringing back what I learned to hopefully improve my team.”

Capt. Terry Chapman (right), 1st Battalion, 509th Infantry Regiment, (Ranger)
“To be challenged. A lot of Soldiers in my branch (90A, Logistics) don’t get the chance to go to Ranger School so this will help my team and fellow commanders.”



2nd Lt. Michael Zeringue (right), 46th Engineer Battalion, (Sapper)
“So I’ll be better prepared to lead Soldiers and it’s a great opportunity to learn more about being a combat engineer.”



Spc. Bryan Marquez (left), 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, (Ranger)
“I wasn’t able to catch the deployment and Ranger School was the most realistic experience I could get. For me it was nothing to lose and everything to gain.”



2nd Lt. Jonathan Wong (left), 46th Engineer Battalion, (Sapper)
“For the challenge and to see if I could compete with the best engineers in the regiment.”

1st Lt. Stephan O’Brien (right), 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division, (Ranger)
“I wanted to test myself and see if I could live up to the tab’s high standards.”



1st Lt. Matthew McPoyle (right), Dog Troop, 1st Battalion (Airborne), 509th Infantry Regiment, (Ranger)
“I wanted to set myself apart from my peers and as an artillery officer learn more about the foundation of the infantry. Also, I wanted to learn how to lead as a peer instead of based on rank — they teach you that in Ranger School.”



Staff Sgt. Dylan Tinkey (left), 3rd Squadron, 89th Cavalry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, (Ranger)
“I wanted to show my men that I’m a competent leader that can achieve results. Ranger School absolutely prepared me for that.”



1st Lt. Travis Meservy (left), 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, (Ranger)
“So I would be more competent in leading Soldiers in combat.”

1st Lt. Walter Metcalfe (right), 46th Engineer Battalion, (Sapper)
“I wanted to tackle the toughest training offered, push my body to its limits and improve my leadership skills.”



JCS chairman: Defensive measures prevented casualties

By C. TODD LOPEZ

Army News Service

WASHINGTON — Although Iranian missiles damaged equipment and infrastructure at U.S. and ally-occupied military installations in Iraq Jan. 7, training and defensive readiness paid off in no lives being lost, the chairman of the Joint Chiefs of Staff said.

"There's sirens that go off on these bases ... There's bunkers and jersey barriers, and there's places to go hide and all that," Gen. Mark A. Milley told reporters at the Pentagon Jan. 8. Milley and Defense Secretary Dr. Mark T. Esper briefed reporters after spending most of the day on Capitol Hill talking with lawmakers.

"We have various levels of protective gear, and we have various scatter plans that do certain things," the chairman said. "They are all tactics, techniques and procedures — normal defensive procedures that any military unit would do that would come under rocket attack, indirect fire, mortars or large-scale missiles. So in this particular case, Al Asad is a big base — they put 11 large rockets (with) 1,000-, 2,000-pound warheads in them — but we took sufficient defensive measures that there were no casualties to U.S. personnel, coalition personnel, contractors or Iraqis."

Esper said good discussions took place on Capitol Hill.

"We covered a number of issues in both the House and Senate, everything ranging from authorities and imminence, all the way though force posture and next steps," he said. "So a very good discussion, a very robust discussion, and you know I thought it was a good chance for all of us to kind of share our views and to consult on next steps."

The secretary said Iran launched 16 ballistic missiles into Iraq. He said he believes the missiles were short-range ballistic missiles and that the missiles landed in at least two spots. Both landing spots were Iraqi military bases that played host to American and coalition forces, including service members from the United Kingdom, Denmark and Canada.

At least 11 of the 16 missiles struck at Al Asad Air Base, about 175 miles from Iraq's border with Iran, and about 115 miles from Baghdad. At least one missile also hit at a military installation near Irbil, Iraq, some 200 miles north of Baghdad and about 60 miles from the border with Iran.

The secretary said the current battle damage assessment includes loss of such things as tents, taxiways, parking lots and damage to a helicopter, but "nothing I would describe as major, at least as I know it at this point in time."

While no lives were lost, Milley said, he believes the Iranians intended to cause deaths.

"The points of impact were close enough to personnel and equipment ... that I believe, based on what I saw and what I know, is that they were intended to cause structural damage, destroy vehicles and equipment and aircraft, and to kill personnel," Milley said. "That's my own personal assessment."

Esper and Milley both said professional intelli-



Although Iranian missiles damaged equipment and infrastructure at U.S. and ally-occupied military installations in Iraq Tuesday, training and defensive readiness paid off in no lives being lost, the chairman of the Joint Chiefs of Staff said.

SGT. WARREN SMITH / ARMY NEWS SERVICE

gence analysts are working on a final assessment.

The secretary said he remains cautious about drawing any conclusion that if the Iranians intended to kill Americans and did not accomplish that during the attack, they may consider the attempt a failure and try again.

"I think we have just got to assess the situation. Let's see what they are saying publicly, see what they are saying privately, look at our intelligence, all those things," he said. "We are not going to do anything imprudent ... These are serious times, and we take things one step at a time."

Army briefs

Invasion anniversary

WASHINGTON — Seventy-five years ago, U.S. forces began the invasion of Luzon, the largest and most populous island in the Philippines, thereby fulfilling Army Gen. Douglas MacArthur's 1942 pledge to recapture the island from the Japanese.

Since the Japanese controlled nearly every island between the Philippines and Hawaii in 1942, getting to the Philippines meant seizing many of those islands, which included Guadalcanal, Saipan, Tinian, Tarawa and Peleliu. The islands would provide runways for U.S. aircraft and deny them to Japan.

3D printing

FORT DETRICK, Md. — When a medical device breaks down on a U.S. Army unit deployed to a remote part of the world, the closest repair parts could be thousands of miles away. Even when parts are readily available, the shipping process — sometimes into hostile environments — could take days or even weeks, if it's logistically feasible at all.

As the Army embraces advanced manufacturing in its modernization strategies, medical logisticians are looking to 3D printing as a potential solution to this challenge.

Esper on Iran

WASHINGTON — The United States does not want a war with Iran, and it's not leaving Iraq, Defense Secretary Dr. Mark T. Esper said.

"As we defend our people and interests, let me reiterate, the U.S. is not seeking a war with Iran," Esper said during a Pentagon news conference today.

"But we are prepared to finish one. We are seeking a diplomatic solution. But first this will require Iran to de-escalate. It will require the regime to come to the table with the goal of preventing further bloodshed. And it will require them to cease their malign activities throughout the region."

Tensions have flared since the U. S. launched an airstrike in Iraq that killed Iranian Gen. Qassem Soleimani, the head of the Islamic Revolutionary Guard Corps' Quds Force.

Geronimos tackle Yarborough Mile prior to Rotation 20-03

By Capt. MATHEW SULLIVAN

1st Bn, 509th Inf Reg

FORT POLK, La. — On Jan. 3, the 1st Battalion (Airborne), 509th Infantry Regiment, welcomed back its paratroopers from holiday block leave by conducting the arduous “Yarborough Mile.”

This event is an intensive and exhausting team run where platoons compete to finish a 3.1 mile course with the fastest time. After a reinvigorating block leave, the Yarborough Mile serves to focus the paratroopers on their profession and upcoming mission: To provide exceptional training for the next rotational unit — 4th Brigade (Airborne), 25th Infantry Division — as they tackle the Joint Readiness Training Center crucible, the “Box.”

Two days of continuous rain ensured the muddy entrance through the culvert at the course’s starting point foreshadowed much deeper creeks and marshes meandering east into Louisiana bayou. The Yarborough Mile stretches through undulating terrain near the 1-509th footprint. Paratroopers navigated their way through thick brush, treacherous mud, concertina wire and waist-deep streams. Additionally, team members were required to carry an assortment of heavy equipment to include a 55-gallon drum, two five-gallon water cans, pickets, training equipment that replicates a shoulder fired rocket, one case of Composition-4 explosives and a mortar tube with rounds. This increased the overall challenge of the event, requiring paratroopers to utilize coordination and teamwork to adequately distribute and move the heavy equipment throughout the course.

“Trying to keep the team together while carrying all that equipment was the most difficult part,” said Spc. Tyler Rogers.

When asked what his main takeaway from the event was, he said, “It’s a great team-building exercise, and definitely increases each paratroopers’ self-confidence. It’s also a great break from the monotony of normal physical training.”

Third Platoon, Able Company secured their



Geronimos with 3rd Platoon, Able Company, 1st Battalion (Airborne), 509th Infantry Regiment, are recognized for winning the bi-annual Yarborough Mile competition Jan. 3.

third consecutive win of the biannual event. Staff Sgt. Mitchell Clark, platoon sergeant for Third Platoon, said, “This victory is due to each individual paratrooper in the platoon. The physical fitness and dedication of the platoon as a whole is second to none and this is proven through our third straight win of the Yarborough Mile.”

The Yarborough Mile is named for Lt. Gen. William Yarborough, who made great contributions to both Special Forces and Airborne communities. In addition to designing the “Jump Wings” and “Jump Boots” that paratroopers wear today, he is recognized as the “Father of the modern Green Berets.” This is due to his exten-

sive work in establishing the precursor to what would become the famous John F. Kennedy Special Warfare and School at Fort Bragg, North Carolina.

He was also one of the primary proponents for adopting the green beret as the official headgear of Special Forces soldiers.

With the paratroopers of Geronimo now refocused on their mission, they will exercise their devious spirits and prey upon 4th Brigade (Airborne), 25th Infantry Division during JRTC rotation 20-03 in their quest to make the rotational unit’s worst day in combat at JRTC and not down range.



A Geronimo paratrooper crosses a creek during the Yarborough Mile competition Jan. 3.



A Geronimo paratrooper makes his way through brush and water during the Yarborough Mile competition Jan. 3.

CAPT. MATHEW SULLIVAN / 1ST BN, 509TH INF REG

Trump calls on Iran to end support of terrorist activities

By JIM GARAMONE

Army News Service

WASHINGTON — There were no American or Iraqi casualties as a result of the Iranian missile attacks on Al Asad Air Base and the city of Irbil in Iraq, President Donald J. Trump said Jan. 8.

After meeting with his national security team, the president reiterated in the strongest manner that the United States will not allow Iran to gain nuclear weapons and the means to deliver them.

"We suffered no casualties — all of our soldiers are safe — and only minimal damage was sustained at our military bases," Trump said in a statement from the White House. "Our great American forces are prepared for anything. Iran appears to be standing down, which is a good thing for all parties concerned and a very good thing for the world."

Iran fired missiles at Iraqi bases that the United States uses to fight the Islamic State of Iraq and Syria. Four of the ballistic missiles broke up in flight; 10 hit Al Asad and two hit Irbil, officials said. Iranian officials said the attack was in response to the recent killing of Gen. Qassem Soleimani, commander of the Islamic Revolutionary Guard Corps' Quds Force in a U.S. strike in Baghdad.

Soleimani was responsible for hundreds of American deaths during the Iraq conflict and thousands of deaths in and around the Middle East, U.S. officials said. The United States declared the IGRC a terrorist organization in April.

"For far too long — all the way back to 1979, to be exact — nations have tolerated Iran's destructive and destabilizing behavior in the Middle East and beyond," the president said. "Those days are over. Iran has been the leading sponsor of terrorism, and their pursuit of nuclear weapons threatens the civilized world. We will



SHEALAH CRAIGHEAD / ARMY NEWS SERVICE

never let that happen."

Intelligence indicated that Soleimani was planning further attacks of American targets when the president made his decision.

"He should have been terminated long ago," Trump said.

"By removing Soleimani, we have sent a powerful message to terrorists: If you value your own life, you will not threaten the lives of our people."

The president said the United States is evaluating options moving forward. The United States will impose new sanctions against the regime,

and they will remain in place until the regime changes its behavior, he said.

The president called on Iran to abandon its nuclear ambitions and end its support for terrorism. He called on the remaining signatories of the Joint Comprehensive Plan of Action on Iran's nuclear program — the United Kingdom, Germany, France, Russia, and China — to withdraw from the plan. Trump pulled the United States out of the deal last year.

"We must all work together toward making a deal with Iran that makes the world a safer and more peaceful place," Trump said.

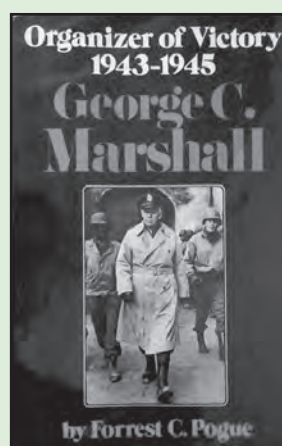
Marshall

Continued from page 2

ership. Marshall seemed to intuitively understand where and what he and he alone could do and where he needed to be to influence a decision. He did so in a way that made others respect him even more. He had to make decisions out of necessity, that at the time were unpopular with some, but decisions that touch our military even today.

Readers may be surprised to learn that Marshall was instrumental in the development of the Women's Army Corps as well as the integration of African American Soldiers and units into combat. These may seem like a relatively mundane and routine achievement into today's Army, but in 1942, these new ideas were controversial.

Those are just a few of the initiatives that Marshall labored on that have shaped our Army and still influence it today. Another initiative that Marshall started was the current construct of the Combined Chiefs of Staff (joint staff). Before Marshall and the combined chiefs, inter-service rivalry was sometimes more detrimental than any battle. Marshall didn't end inter-service rivalry, but he was the voice of reason in the room and on the issues at hand that kept the fighting forces of the U.S. and allies fo-



cused on the enemy and remarkably, he did so in such a way that it made the coalition even stronger and more determined.

He was so naturally skilled and adept at presenting a position that Winston Churchill, the prime minister of England during World War II, declared him the "Organizer of Victory."

That is how Forrest C. Pogue, decided on the title of this book.

Meetings with industry and their vital contributions to the war effort were another task, that was seemingly mundane and could have easily been relegated to a subordinate, but Marshall insisted he be sitting in the chair. Many U.S. industry leaders considered his involvement a key ingredient to them making the right decisions before and after the war to contribute and flourish post World War II.

The development of the "Marshall Plan"

(plan for post World War II Europe) is disused at length in the book and earned Marshall the Nobel Peace Prize. The plan for post War Europe was started early in the war and on Marshall's insistence. This is just one of the valuable strategic lesson learned that is hidden in this book. Simply put "never get in a conflict before you figure out a way to get out of that conflict."

I recommend this book to all field grade officers and senior noncommissioned officers, especially those that are serving on, or heading to an assignment on the Army or Joint staffs. The lessons and examples of this leader's approach are timeless. There is a lot to be learned in this book and it is a pleasant read. The devotion and attention to detail that General Marshall placed on the many "rocks in his rucksack" daily are an example and should be an inspiration to us all. One man can make a difference and do so without making it about him, just as General Marshall did.

Title: George C. Marshall, (Volume 3): Organizer of Victory, 1943-1945

Author: Forrest C. Pogue

Allen Memorial Library

ISBN No.: MS PRL 355.331 POG

Briefs

School lunch menu

The following school lunch menu is for Vernon Parish schools for Monday through Jan. 17. Meals are served with salad bar and choice of milk:

Monday: Hamburger on whole wheat bun, French fries, ranch style beans, lettuce/tomato/pickle cup, orange wedges.

Tuesday: Chicken nuggets, macaroni and cheese, green beans, chilled pear halves, whole wheat roll.

Wednesday: Taco salad with whole grain chips, Mexicana corn, taco salad cup, fruit.

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

Jan. 17: Egg rolls, fried rice, mixed vegetables, cheese stick, chilled peaches, sherbet.

BJACH closures

Bayne-Jones Army Community Hospital clinics, laboratory, radiology and pharmacy are closed Jan. 17 until 1 p.m. for training. Entrance B doors (command suite area) are locked until 12:45 p.m. and BJACH's dining facility is closed for breakfast, but opens at noon with a soup, salad and sandwich lunch menu. BJACH clinics, laboratory, radiology and pharmacy are also closed Jan. 20 in observance of the Martin Luther King Jr. federal holiday. The emergency room and inpatient service will remain open. Use Entrance A to enter the hospital.

MLK Day observance

An observance honoring the life and work of the Rev. Dr. Martin Luther King Jr. is held Jan. 22 at noon in Fort Polk's Bayou Theater.

Abandoned vehicles

The Directorate of Emergency Services Traffic Section will release the following vehicles to a towing company for disposal on Feb. 11 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.

2016	Nissan	Altima	5322
2008	Pontiac	G8	5694
2005	Lincoln	LS	0097
2004	Pontiac	Grand Prix	1317
2000	Chevrolet	Malibu	5243
2002	Toyota	Corolla	6686
2013	Chevrolet	Camaro	1112
2008	Jeep	Commander	0690
2005	Chevrolet	Malibu	5875
2000	Chevrolet	S10	6812
2009	BMW	328i	5454



BJACH welcomes first baby of 2020

Col. Jody Dugai (right), Bayne-Jones Army Community Hospital commander, and Command Sgt. Maj. Alexander Poutou, BJACH command sergeant major, welcome BJACH's first baby of the New Year, Elyssa Lamantia, born Jan 2 to Taylor and Spc. Brad Lamantia. Delta Company, 317th, 46th Engineers. The Lamantias arrived from Hawaii to Fort Polk about a month before the birth. The new family was presented with a bag of baby girl goodies.

RSV can lead to hospitalization if untreated

By PAMELA JETT
BJACH

FORT POLK, La. — Respiratory syncytial virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. In most cases, people recover in a week or two, but RSV can be serious, especially for premature infants, infants and older adults and can cause hospitalization.

RSV was discovered in 1956 and has since been recognized as one of the most common causes of childhood illness. It causes annual outbreaks of respiratory illnesses in all age groups. RSV season occurs each year in most regions of the U.S. during fall, winter and spring.

RSV can spread when an infected person coughs or sneezes. You can get infected if you get droplets from the cough or sneeze in your eyes, nose or mouth, or if you touch a surface that has the virus on it, like a doorknob, and then touch your face before washing your hands. RSV is also spread through direct contact with the virus, like kissing the face of a child with RSV, or shaking hands.

People infected with RSV are usually contagious for three to eight days. However, some infants and people with weakened immune systems, can continue to spread the virus even after they stop showing symptoms for as long as four weeks. Children are often exposed to and infect-

ed with RSV outside the home, such as in school or child-care centers. They can then pass the virus to other members of the family.

Most children will get RSV before the age of 2 and will have mild, cold-like symptoms. Symptoms of RSV include but are not limited to runny nose, decrease in appetite, irritability, decreased activity, coughing, sneezing and apnea (pauses while breathing). Fever may not always occur with RSV. These symptoms usually appear in stages and not all at once. RSV can be dangerous for some infants and young children. Infants and children at greatest risk for severe illness from RSV include:

- Premature infants
- Infants, especially those 6 months and younger
- Children younger than 2 years old with chronic lung or heart disease
- Children with weakened immune systems
- Children who have neuromuscular disorders, including those who have difficulty swallowing or clearing mucus secretions

One to two out of every 100 children younger than 6 months of age with RSV infection may need to be hospitalized. Those who are hospitalized may require oxygen, intubation or mechanical ventilation (help with breathing). Most improve with this type of supportive care and are

Please see RSV, page 11

Quality of life

Maintaining peak fitness is key to robust lifestyle, superior mission results

By **ANGIE THORNE**
Guardian staff writer

FORT POLK, La. — In addition to all the rich, sugar and fat filled treats that come with the holiday season, folks tend to relinquish their normal commitment to working out in favor of good times, late nights, relaxation and a vacation-like aversion to sweat.

That's not necessarily a bad thing. Everyone deserves a break, but the holidays are over and it's time to refocus on getting back in shape.

Fort Polk is ready to help Soldiers and Family members take that first step on their journey of physical fitness in the New Year with its top-notch workout facilities.

Randy Behr, Fort Polk Sports, Fitness and Aquatics chief, said since February a conscious effort has been made to upgrade Fort Polk's gyms and make them more compatible for tactical performance.

Stormie Tippit, Wheelock Fitness Center manager, said much of the new tactical performance equipment at Wheelock and the other gyms on post are different in that they are low impact, non motorized body weight machines that are core oriented.

"The core is the foundation of physical fitness. A strong core allows you the strength to do almost everything else," she said.

Behr said gym time can have far reaching results in comprehensive wellness and that research shows a healthy body and mind are important to being successful.

"People using Fort Polk facilities are more productive in their everyday lives. Gym time can positively influence everything from work and personal relationships to the success of Fort Polk's mission," he said. "It's also a morale booster. Soldiers and Family members know they can work out in a safe and friendly environment with quality equipment and programs."

Darrick Gutting, a retired Soldier, said gyms like the Wheelock Fitness Center are important to the Fort Polk community.

"I'm retired, but I still head to the gym to stay healthy and connected to the Soldiers and community," he said.

Sgt. Kevin Nelson, 1st Battalion (Airborne), 509th Infantry Regiment, said the physical training Soldiers do each day is important in helping them maintain a baseline physical fitness.

"Individual Soldiers have access to quality equipment in gyms all over Fort Polk to



Sgt. Cory Smith, 46th Engineer Battalion and a shift noncommissioned officer in charge at Cantrell Fitness Center, demonstrates an Army Combat Fitness test component on the field set up behind Cantrell Fitness Center Jan. 6.



Soldiers shoot baskets on the new half basketball court at the Tiger Land and Fitness Center Jan. 6.

help them move beyond that starting point. Cantrell Gym is a 24-hour facility, so there is no excuse; the only way to improve is to push themselves on their own time," he said.

There are four gyms on Fort Polk.

The following gyms are geared toward Soldiers:

• **Cantrell Fitness Center, 2000 Glory Loop, bldg 1262** — This gym offers a combination of both traditional exercise equipment and func-

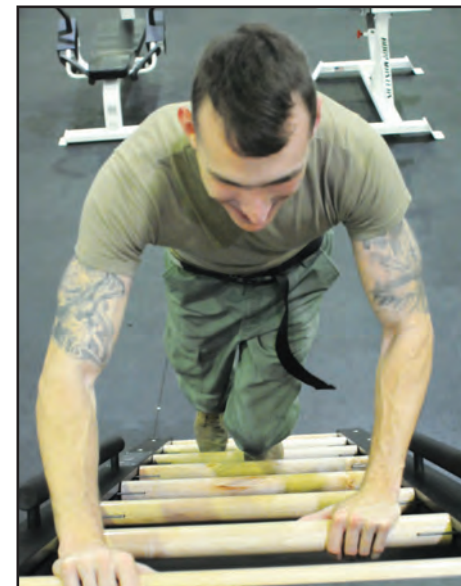
tional fitness equipment. It is the home of Army Combat Fitness Test classes.

The facility also features amenities such as a steam room, racquetball court and boxing area with speed bags.

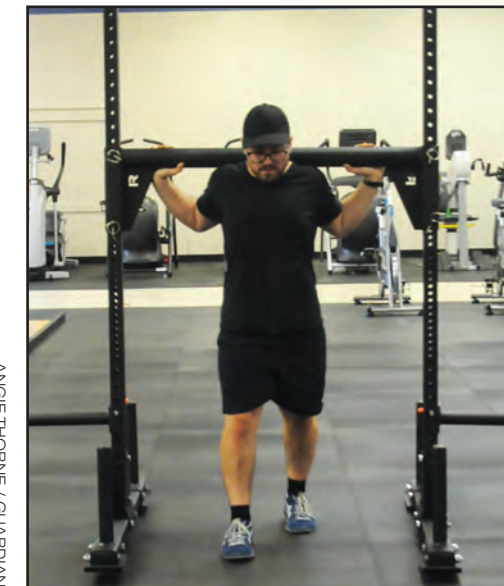
Features include free weights, benches and racks, plate-loaded equipment, selectorized weight lifting equipment, kettlebells, tire Flip 180, TRX Suspension, rowers, treadmills, elliptical trainers, upright, recumbent and spin



Stop by to work out at Cantrell Fitness Center or Warrior Fitness Center in their new functional fitness package rooms.



Sgt. Kevin Nelson, 1st Battalion (Airborne), 509th Infantry Regiment, is strapped in to work out on a tactical performance body weight machine called Jacob's Ladder at Wheelock Fitness Center Jan. 6.



Joseph Bilski, a contractor with Fort Polk's 519th Military Police Battalion, carries a piece of equipment called the Yoke at the Home of Heroes Functional Fitness Center Jan. 6.

bikes, adaptive motion trainers, VersaClimber, StairMaster, Jacobs Ladder and speed bags.

The fitness center is open 24 hours a day, seven days a week. For more information call 531-1935.

• **Warrior Fitness Center, 2278 Alabama Ave., bldg 2276** — This facility includes a wide range of indoor and outdoor features including an indoor basketball court, outdoor basketball

and tennis courts, treadmills and ellipticals, upright and recumbent bikes, crosstrainers and adaptive motion trainers, Hammer Strength and Nautilus Nitro machines, concept rowers, free weights and medicine balls, TRX Suspension and heavy bag. Racquetball and basketball courts are available for reservations.

Hours of operation are Monday through Friday from 5 a.m.-8 p.m. and Saturdays and Sundays from 10 a.m.-6



p.m.
For more information call 531-1898.

• **Tiger Land Fitness Center, 7318 Ave., bldg 7318A**

— In addition to using a variety of equipment, the Tiger Land Fitness Center offers Soldiers a chance to have fun while exercising by playing basketball on a new surface in the half-court gym.

The facility has state of the art equipment including treadmills, elliptical machines, upright and recumbent bikes, Hammer Strength, Nautilus Nitro machines, concept rower, boxing gloves, free weights and medicine balls.

Hours of operation are Monday through Friday from 5 a.m.-8 p.m. and Saturdays and Sundays from 10 a.m.-6 p.m. For more information call 531-5010.

• **Home of Heroes Functional Fitness Center, 2165 Ninth St., bldg 1455** — The center focuses on whole body movements while emphasizing core stability. There are various types of equipment that will help you accomplish functional fitness goals and add variety to workouts including sleds, climbing ropes, tires and free weights.

Other equipment and features include an exercise rig, battle ropes, plyo boxes, Concept 2 ski ergs, Concept 2 rowers, spin bikes, assault bikes, wall and slam balls, kettlebells, glute ham developers, boxing gloves and pads and TRX Suspension.

Hours of operation are Monday through Friday from 5 a.m.-7 p.m., Saturday from 9 a.m.-1 p.m. and closed on Sunday. For more information call 531-4337.

• **Wheelock Gym, 7755 Georgia Ave., bldg 3350** — Wheelock is geared to Soldiers and Family members with access to the same equipment as the gyms listed above and more. There is something for everyone and plenty of ways to "Commit to be Fit."

There is a wide variety of cardio and weight equipment, a sauna, steam room and hot tub area, walking and running track, rock climbing wall and group exercise room. Each new member must register with the facility.

Wheelock also offers an extensive group exercise program. While many classes are free, others are offered for \$3 per class. Classes include everything from spin and bootcamp to Zumba, yoga and more.

If you are looking for one-on-one training to achieve your fitness goals Wheelock Fitness Center also has personal trainers available for \$30/session.

Check out the dates and times for classes on the January Fitness Calendar at <https://polk.armymwr.com> on the bottom of the Wheelock Fitness Center page.

For more information call 531-6795.

Exchange offers healthy food, savings to Fort Polk shoppers

EXCHANGE

FORT POLK, La. — Soldiers and Families can enjoy their greens and save some greenbacks every Salad Wednesday at Fort Polk Army and Air Force Exchange Service restaurants.

On Wednesdays, diners can take \$2 off any salad priced \$4 or more at participating Exchange direct-operated restaurants, including Subway, Burger King, Charley's, Boston Market and Qdoba.

"The Exchange is all in to promote a BE FIT lifestyle focused on the health and well-being of Soldiers, retirees, military Families and veterans at Fort Polk," said Ronald McDuffie, Fort Polk

Exchange general manager. "Saving money on smarter food choices can help military shoppers make their healthy lifestyle a reality."

The Exchange is a partner in the Healthy Army Communities under the Office of the Secretary of Defense, Operation Live Well. All Exchange restaurants offer better-for-you menu choices to support Warfighters' readiness and resiliency.

Military Star cardholders receive even greater savings on Salad Wednesdays — diners who pay with Military Star get an additional 10% discount.

Exchange restaurants are open to anyone — whether military, civil service, contractor or visi-

tor — per Army Regulation 215-8.

The Exchange also offers savings to shoppers who open a new Military Star card account. Through Jan. 23, shoppers who apply and are approved for a new Military Star card will save 15% on all first-day purchases instead of the 10% discount regularly offered. The discount will appear as a credit on the first monthly billing statement.

"As the new year starts, a lot of military shoppers are focused on sticking to budgets," said McDuffie. "Military Star's extra savings, everyday discounts and fair and flexible terms make it a useful tool for those looking to maximize their budgets."

RSV

Continued from page 7

discharged in a few days.

RSV is the most common cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia (infection of the lungs) in children younger than 1 year of age in the United States, and can make chronic health problems worse. Treatment for mild RSV generally involves self-care measures to make your child more comfortable and treating the symptoms.

RSV is also a significant cause of respiratory illness in older adults. People with asthma may experience more asthma attacks as a result of RSV infection and people with congestive heart failure, or COPD may experience more severe symptoms if infected with RSV. Older adults are at greater risk for serious complications from RSV because the body's immune system weakens as you get older.

RSV infections can be dangerous for certain adults. Adults at highest risk for RSV infection include:

- Older adults, especially those 65 years and older
- Adults with chronic heart or lung disease
- Adults with weakened immune systems

Each year in the United States, RSV leads to the following:

- 2.1 million outpatient visits among children younger than 5 years old



- 57,527 hospitalizations among children younger than 5 years old
- 177,000 hospitalizations among adults older than 65 years
- 14,000 deaths among adults older than 65 years

If you have a child that is high risk for RSV, or you are in contact with children or adults that have chronic conditions or a weakened immune system, you should take extra care to keep them healthy by doing the following:

- Wash your hands often
- Wash your hands often with soap and water for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer. Washing your hands will help protect you from germs.
- Keep your hands off your face
- Avoid touching your eyes, nose, and mouth with unwashed hands. Germs spread this way.
- Avoid close contact with sick people

Avoid close contact, such as kissing, and sharing cups or eating utensils with people who have cold-like symptoms.

- Cover your coughs and sneezes

Cover your mouth and nose with a tissue or your upper shirtsleeve when coughing or sneezing. Throw the tissue in the trash afterward.

- Clean and disinfect surfaces

Clean and disinfect surfaces and objects that people frequently touch, such as toys and door-knobs. RSV can survive for many hours on hard surfaces, such as tables and crib rails.

- Stay home when you are sick

If possible, stay home from work, school and public areas when you are sick. This will help protect others from catching your illness

- Don't smoke.

Infants who are exposed to tobacco smoke have a higher risk of getting RSV and potentially more-severe symptoms. If you do smoke, never do so inside the house or car.

- Wash toys regularly. Do this especially when your child or a playmate is sick

There currently is no vaccine for RSV; however, scientists are working to develop one. High-risk infants and those with chronic conditions that meet criteria per their provider can be given a monthly injection during RSV season to help protect them.



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Dinning facilities help Soldiers make good food choices to fuel health, fitness

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Now that the calendar is in the second week of the New Year and the season of cookies, pies, eggnog and expanding waistlines is done, it's time to refocus your meal plans and start eating healthier food like fruits, vegetables, protein and healthy whole grains.

Nobody said it would be easy to choose salad over tempting foods such as pizza and wings, but making a healthy food choice is the first step on a journey to better eating. Access to healthy foods can make it easier to reach for an apple instead of French fries.

Fort Polk dinning facilities offer Soldiers a wide variety of healthy choices to choose from.

Chief Warrant Officer 2 Frank Peterson, 3rd Brigade Combat Team, 10th Mountain Division brigade food advisor, said being able to offer Soldiers a healthier way of eating is one of the most important things food service personal can do.

"It's one of the main objectives we have — to feed the warfighter. We want to feed Soldiers foods that benefit their bodies. Soldiers need to be mentally and physically fit and that can start with what they eat. The Army came out with the Go-4-Green as part of the Holistic Health and Fitness program, and we plan on continuing to implement this and help our Soldiers be the best," he said.

Peterson said dining facilities on Fort Polk have cut out a lot of sodium in the foods they offer and have limited the amount of fried food on their menus.

"Instead, we make healthy alternatives that include everything from a pecan crusted salmon, to smoothies, salads and healthier dessert options," he said.

Peterson said he believes nutrition is the foundation of a healthy and fit Soldier who is successful in achieving the Fort Polk mission.

"When it comes to fitness success, healthy meals are about 70% of the equation. You won't get anywhere when performing rigorous workouts if you don't have the right nutrition," he said.

In addition to eating at Fort Polk's dinning facilities, here are a few easy tips about fruits and vegetables to help get you started eating healthier at home:

- You should consume at least eight servings of fruits and vegetables everyday because they are high in nutrients and fiber.
- Fruits and vegetables add variety, texture, flavor and color to your meals and snacks.
- Eating more fruits and vegeta-



KEITH HOUN / GUARDIAN

Soldiers partake in healthy food options at the Patriot Inn Dinning Facility salad bar Jan. 8.

bles may help reduce the risk of certain diseases such as high blood pressure, heart disease and certain cancers.

- Knowing how much a serving size is will make it easier to get those eight servings of fruits and vegetables each day. For example, 4 strawberries, half a cup of blueberries, one small banana, one medium apple, one small baked potato, one medium bell pepper or 12 baby carrots are each one serving.

- Choose mostly fresh or frozen fruits and vegetables without added sugars or fat.

- An easy way to get your eight servings of fruits and vegetables is by combining leafy greens, fruit and a liquid base to make smoothies.

- Don't let fruits and vegetables go bad. Properly storing them can help keep them fresh longer and save you money. For example, place plastic wrap tightly around bananas stems to keep them from browning too quickly.

You can wash and pat dry lettuce or greens, wrap them in a paper towel and store them in a closed plastic bag in the refrigerator to keep crisp. Don't wash strawberries until you are ready to eat them. Line a shallow container with paper towels. Arrange strawberries in a single layer on top of the towels and cover. Store in the refrigerator.

Editor's note: the Army Public Health Center provided the healthy tips found in this article.

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• Better Opportunities for Single Soldiers volunteers each Monday and Wednesday from 4-6 p.m. at the Soul Soup Kitchen in DeRidder. A bus departs Home of Heroes Recreation Center at 4 p.m.

• Trip to New Orleans hosted by BOSS (single Soldiers only) Jan. 18-19. Departs Home of Heroes at 6:30 a.m. Jan. 18. Activities include Pelicans vs Clippers game and World War II Museum. Cost is \$100 per Soldier. Includes transportation, hotel and tickets. Call 531-1948.

• Interested in learning a few chef skills? BOSS hosts a cooking

class Jan. 24 at 6 p.m. in the Warrior Center. The event is free, but limited space is available.

• BOSS volunteers are needed as spotters for the Leesville High School powerlifting competition Jan. 25 from 8:30 a.m.-4:30 p.m.

• Need to sell your vehicle? The BOSS Lemon Lot offers an inexpensive (\$5 for 30 days) way to get your vehicle in front of buyers.

For more information on BOSS activities call 531-1948.

Miscellaneous

• Fur and Wildlife Festival

The 62nd Annual Fur and Wildlife Festival runs through Saturday in downtown Cameron. The

festival caters to all ages and interests featuring parades, a gumbo cook-off, pageants, a 5k, and 1 mile run/walk, dances, Cajun music, exhibits and a carnival complete with amusement rides.

There are also unique contests like duck and goose calling, trap setting, nutria and muskrat skinning, oyster shucking and skeet shooting.

A real Louisiana experience. <https://www.lafurandwildlifefestival.com>

• Gun and knife show

The Classic Arms Productions Gun and Knife Show takes place Saturday from 9 a.m. to 5 p.m. at the Riverview Hall, 600 Clyde Fant Parkway, Shreveport.

Bring your gun and trade for the gun you always wanted. See the hundreds of displays of new and old guns, ammo, gun parts, books, knives and related items at discount prices. Admission is \$8.

• Mardi Gras

Mardi Gras has become synonymous with Louisiana. The celebration originated as a "last hurrah" before Lent. Carnival season began on Epiphany (Tuesday) and peaks on Fat Tuesday Feb. 25.

Louisiana established Mardi Gras as a legal holiday in 1875 and it is celebrated statewide. For a list of all the Mardi Gras activities visit <https://www.louisiana-destinations.com/mardi-gras-parades-in-louisiana-2020.htm>.

• Antique Festival

The Ark-La-Tex Antique Festival is Jan. 17-19 at 620 Benton Road in Bossier. Hours are 10 a.m. to 5 p.m. Jan. 17 and 18, and 10 a.m. to 4 p.m. Jan. 19. Admission is \$6. Parking is free. For more information visit www.heritageevent-company.com/bossier-city-antique-festival.html

• Boat, sport and RV show

The Central Gulf Boat, Sport and RV Show is Jan. 17-19 at the Lake Charles Civic Center. Hours are noon to 8 p.m. Jan. 17. 10 a.m. to 8 p.m. Jan. 18 and 11 a.m. to 5 p.m. Jan. 19. Admission is \$10. Children 15 years old and under get in free with a paid adult.

Children 12 years old and under get to fish once for free at the Fish-O-Rama Rainbow Trout Pond. For more information visit central-gulfcoastboatrvshow.com

• MLK parade

The Vernon Parish Martin Luther King Jr. parade and rally will be held Jan. 20 at 10 a.m. at the Martin Luther King Community Center, 1003 North Gladys St., Leesville.

• Livestock show and rodeo

The Southwest District Livestock Show Rodeo is Jan. 31 - Feb. 2 at the Burton Complex in Lake Charles. Called "The Greatest Show on Dirt," the Southwest District Livestock Show and Rodeo returns to the Burton Complex with rodeo performances, livestock shows, a Queen's Pageant, a stick-horse rodeo, appearances by Miss Rodeo Louisiana and more. The "mane" attraction is the professional rodeo performances that kick into gear each night featuring bucking broncos, thundering hooves and cheering fans. Visit www.lakecharlesrodeo.com for more information.

• Vintage Market Days

Vintage Market Days is Feb. 7-9 from 10 a.m. to 4 p.m. at the Beauregard Parish Fairgrounds. Vendors from all over the country with antiques, boutique clothing, food trucks and live entertainment.

• Valentine's Concert

Join the Lake Charles Symphony Feb. 14 at the historic Calasieu Marine National Bank for an evening of Spanish music. Doors open at 6:30 p.m. and dinner is served at 7 p.m.. The concert begins at 7:15 pm. Tickets are \$125 and can be purchased at www.lc-symphony.com or call (337) 433-1611.

• Museum exhibit

The Alexandria Museum of Art hosts "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 through Feb. 22. Admission is free. For more information visit <https://themuseum.org/#>.

Clubs/groups

• 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. For more information call (337) 208-0896.

• 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 next meeting takes place Jan. 21.

The January championship tournament takes place at Sam Rayburn Lake Jan. 25. The entry fee is \$40. For more information or to download a membership form visit www.fortpolkcommu-



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