# **FORGING THE**



# WARRIOR SPIRIT

## THEJRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

Jan. 24, 2020





Allied forces participate in the crucible training experience provided by the Army's premier Joint Readiness Training Center at Fort Polk. Soldiers from Canada (left) and Japan, participated in this crucible training. For more see page 5.

## Weekend weather





Friday

Saturday Sunday

## Inside the Guardian

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# Viewpoint

## In our víew

Forces from the 3rd Battalion, Royal Canadian Regiment are taking part in JRTC Rotation 20-03. Guardian staff caught up with some of them in the field and asked "What are your impressions of the rotation?" Here are their responses:



Master Warrant Officer Liam McGlynn: "It's been outstanding. It's training we can't get at our home base in Petawawa, Ontario. It's been very exciting to come to a place where there is no snow and operate with equipment and Soldiers we wouln't normally operate with."



**Cpl. Spencer Brown:** "We've never done anything like this before. It's a huge eye opener to see how you guys run the show down here. It's a good multi-national training exercise. The weather is a bit of a factor, but other than that it's been an awesome experience working with the American and Japanese armies."



**Cpl. Pal Merini-Hagg:** "It's long. The weather is difficult. Geronimo has been at us a couple of times. It's nice working with the Americans more than we have in the past. This opportunity has been great for me. I've enjoyed it."







**Pvt. Lee Hodgson:** "It's a lovely place to be. It's funny to see the Americans running around in HMMWVs all the time and we are packing our rucks. It's good training."



**Pvt. Masnun Rahman:** "This is a different experience than what we have up north. We have our way to do things and we usually don't get to train with the Americans and Japanese. It's a different environment and it's making me a better Soldier."





Angie Thorne T.C. Bradford

Keith Houin

Staff writers Editorial Offices Building 4919, Magnolia Street Fort Polk, LA 71459-5060 Voice (337) 531-4033 Fax (337) 531-1401

Email: Kimberly.K.Reischling.civ@mail.mil

Trading post ads: tradingpostads@yahoo.com Fort Polk Homepage home.army.mil/polk/

Advertising For advertising contact Theresa Larue (337) 404-7242

Email: sales@thefortpolkguardian.com

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# Newscope

## Briefs

## **AAFES** events

The Army & Air Force Exchange Service is ready to help military shoppers share the love during February with deals on Valentine's Day gifts that will have them singing love songs all month long.

Fresh flowers, gifts and candy will be available at Fort Polk Main Exchange, Express 1, and Express 3 for Valentine's Day. Fresh flowers can be purchased from \$5.99 to \$29.99.

Exchange shoppers, including honor-ably discharged Veterans, can cross buying gifts off their to-do lists from home by visiting ShopMyExchange.com for all their sweetheart's needs.

Designers Choice Bouquets will be available for purchase online and shipped to addresses in the continental United States. Orders must be placed by Feb. 11 to arrive by Valentine's Day.

The Army and Air Force Exchange Service at Fort Polk is providing Soldiers and the military community with the tools needed to stay ready and resilient in the new year. Military shoppers can find the latest athletic apparel and shoes, fitness trackers and workout equipment - everything they need to live a BE FIT lifestyle at the Fort Polk Exchange and at Shop-MyExchange.com.

## Super Bowl events

Watch the San Francisco 49ers and Kansas City Chiefs during Super Bowl LIVE Feb. 2 at 4 p.m. at two locations: The Anvil Bar and the Forge Bar and Grill (family friendly). Free pizza, wings, and nachos at the Anvil. Taco bar at the Forge Bar and Grill. Door prizes at both including a 65inch T.V.

Better Opportunities for Single Soldiers also hosts Super Bowl Live Feb. 2 at 5 p.m. at the Home of Heroes Recreation Center. Bring your friends for food, fun, door prizes and more as you watch the game and root for your favorite team.

## Follow on FB

For information you can use, photos, videos and more, follow the Joint Readiness Training Center and Fort Polk on Face book. Just go to your account and search forJRTC and Fort Polk.

## Valentine wine, tapas

The community is invited to attend a Valentine Wine and Tapas Feb. 14 from 6-9 p.m. at the Warrior Center. Cost is \$25. Registration required.

Must be 21 or older. For more information call (337) 531-4440.

## Protect yourself from threats of social media, identity theft

### INSTALLATION MANAGEMENT COMMAND

As tensions around the world rise, service members, Families, civilian workers and friends may become targets of online threats, monitoring, bullying and spoofing.

There are many unscrupulous people and organizations waiting to take advantage of someone to gain access to financial accounts, information or to create fear or mistrust.

Please be careful who you friend, what you post and who is following you on social media.

Below are some easy things you can do to help protect your privacy and security.

1. If someone you don't know wants to be your friend, check their profile and find out who they are. If you don't see a reason they should want to know you, deny the request.

2. Review your settings and decide if you want everyone in the world to know your business or just those you select or those who are your friends.

3. Don't post anything that may compromise a military mission, such as a unit's location, its mission, key dates and times, routes and methods of movement. Remember you can either help protect deployed forces or you be a threat to them.

4. Educate your family and friends about cyber security and why it's important.

## Justice Beat: Good order, discipline serious matter

### STAFF JUDGE ADVOCATE'S OFFICE

The preamble to the Manual for Courts-Martial states, "(t)he purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States."

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

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

A staff sergeant, assigned to Operations Group, Joint Readiness Training Center, was issued a General Officer Memorandum of Reprimand for having an extramarital relationship with a woman who was not his spouse.

A sergeant, assigned to 2d Battalion, 4th Infantry Regiment, 3d Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for failing to obey a lawful order by wrongfully using a government vehicle for other than official purposes and for dereliction of duty, in violation of Article 92, Uniform Code of Military Justice (UCMI).

The service member was sentenced to reduction to the grade of E-4, 45 days of extra duty, 45

5. If you see suspicious activity, are threatened, harassed, or your social media accounts get hacked, please contact the social media platform, law enforcement, the Criminal Investigation Division or your service member's command and report it. As the saying goes, "Bad things happen when good people do nothing

### To protect yourself from identity theft

1. Secure your Social Security number. Don't carry your Social Security card in your wallet. Only give out your SSN when necessary.

2. Don't share personal information (birthdate, Social Security number, or bank account number) because someone asks for it.

3. Collect mail every day. Place a hold on your mail when you are away from home for more than a few days.

4. Pay attention to your billing cycles tooltip. If bills or financial statements are late, contact the sender.

5. Use the security features tooltip on your mobile phone.

7. Review your credit card and bank account statements. Compare receipts with account statements. Watch for unauthorized transactions.

8. Shred receipts, credit offers, account statements, and expired credit cards. This can prevent "dumpster divers" from getting your personal information.

9. Store personal information in a safe place.

days of restriction, and an oral reprimand.

A specialist, assigned to 2d Battalion, 4th Infantry Regiment, 3d Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for failing to report to his appointed place of duty, in violation of Article 86, UCMJ. The service member was sentenced to 45 days extra duty.

A specialist, assigned to 2d Battalion, 30th Infantry Regiment, 3d Brigade Combat Team, 10th Mountain Division, was issued a General Officer Memorandum of Reprimand for driving under the influence of alcohol, providing a breath sample that indicated a breath alcohol content of .161%.

A specialist, assigned to 2d Battalion, 4th Infantry Regiment, 3d Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for disobeying a lawful order by wrongfully possessing alcohol on the Southwest Border Mission, in violation of Article 92, UCMJ. The service member was sentenced to reduction to the grade of E-1, 45 days of extra duty, and 45 days of restriction.

A private first class, assigned to 2d Battalion, 4th Infantry Regiment, 3d Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for failing to obey a lawful general order by wrongfully using a government vehicle for other than official purposes and for consuming alcohol on the Southwest Border Mission, in violation of Article 92, UCMJ.

The service member was sentenced to reduction to the grade of E-1, forfeiture of \$840 pay per month for two months, 45 days of extra duty, and 45 days of restriction.





## Army updates Law of Land Warfare doctrine to increase guidance, clarity

### By JOSEPH LACDAN

Army News Service

FORT MEADE, Md. -- To help Soldiers better understand the complex rules of war, the Army has released Field Manual 6-27, the Commander's Handbook on the Law of Land Warfare.

The handbook provides crucial guidance to Soldiers and Marines on the Law of Armed Conflict, or LOAC. It also helps U.S. troops comply with international and host nation laws. Some of the LOAC rules include refraining from harming enemies who surrender and collecting and caring for the wounded of both friendly and enemy forces.

"These are the rules and princi-

ples which guide our actions in the conduct of hostilities," said retired Col. Michael Meier, special assistant to the Army Judge Advocate General for law of war matters.

The manual, released in August, is the culmination of a 20-year effort to modernize the field manual for the 21st century with a greater emphasis on joint warfare and joint combat operations.

As the Army begins to shift its focus toward large-scale ground combat, updating the field manual and having the guidance readily available could be crucial to battlefield success, Meier said.

If U.S. forces fail to abide by LOAC rules, it could result in dire consequences and undercut interna-

tional and domestic support for U.S. military operations.

Units from the Army and the Marine Corps combined efforts to provide the handbook that battlefield commanders can easily access without additional footnotes to sift through. The manual has been limited to 208 pages and the printed copy has been designed for portability; sized to fit in a Soldier's cargo pocket. "This critical handbook will help

"This critical handbook will help Commanders fight and win on 'battlefield next' by helping to ensure our combat forces adhere to the spirit and letter of the law of war," said Lt. Gen. Charles Pede, U.S. Army judge advocate general. "This manual anticipates the complexities of modern battlefields and was written to be easily understood, enhancing compliance with the Law of Armed Conflict."

FM 6-27, which draws heavily from the recently revised Department of Defense Law of War manual, is more concise and user-friendly than the 1956 FM 27-10 manual. The old manual had focused on publishing the lengthy legal language of the 1949 Geneva Conventions. One notable change from the former version is the punishment for war crimes. Previously, FM 27-10 featured broad guidance, stating that "all" LOAC violations were labeled as war crimes. FM 6-27 states that "war crimes" now generally refer to "serious violations of LOAC.

"Something that old, it was certainly time to redo (FM 27-10). It's outdated," Meier said. "It was sort of more narrowly scoped. In that time, there has been a proliferation of new legal instruments related to the laws of armed conflict."

Meier said that more recent conflicts including Operation Iraqi Freedom influenced the updates, which included clear explanations and guidance for the 429 articles of the Geneva Conventions.

The previous version had been written for legal advisors and judge advocates. FM 6-27 was designed to empower battlefield commanders to understand and apply the LOAC.

The handbook features 22 updated terms including definitions for international armed conflict and military objectives. For example, the LOAC principles of military necessity, humanity, honor, distinction and proportionality are defined and explained.

The document also discusses direct participation in hostilities, discusses targeting, and explains the various elements of military objectives.

Although its authors wrote the instruction for commanders, Soldiers and Marines of all ranks are encouraged to download the handbook. The manual also provides for the added function of helping partner nations understand U.S. military operations and regulations.

As the U.S. increasingly leans on allies in Europe and in the Pacific, it can help increase interoperability, Meier said.

The discussion of the humane treatment of detainees is also covered in the manual as well as the applicability of basic human rights in armed conflict.



Soldiers from 3rd Armored Brigade Combat Team, 4th Infantry Division, assault an objective during a situational training exercise at an urban assault training village near Amman, Jordan, Sept. 2, 2019. In August, the Army released an updated version of its guide on the Law of Armed Conflict, Field Manual 6-27, the Commander's Handbook on the Law of Land Warfare. The publication helps guide U.S. troops comply with international and host nation laws. The manual also aids partner nations in gaining an understanding of U.S. military operations and regulations.



# Allies in box experience JRTC crucible training

### By T.C. BRADFORD

Guardian editor

The world we live in today is different than the world of our forefathers. After U.S. President Andrew Johnson signed the proclamation ending the Civil War on Aug. 20, 1866, it took weeks for the news to filter down to the States.

Today, when there are protests in Iran, a typhoon in the Philippines, or world leader summits in Europe, you can open your phone and see real-time video of the event. Technology has made the world a smaller place.

In the early days of the nation, focus was inward on the economy, security and maintaining the freedoms granted by the founding documents. Today, the economy and other facets of our national identity require that we reach out globally and work with friendly partner nations to meet the needs of American citizens.

Overseas contingency operations, the wars in Iraq and Afghanistan, and a battle of wills between superpowers like Russia and China have forced the U.S. military to change the way it protects the nation.

The Joint Readiness Training Center and Fort Polk was given the task of preparing Soldiers to go overseas and fight those wars. Here, about one-third of all brigade combat teams in the Army are trained each year. But that's not all JRTC Operations Group does. They also help train armies of friendly nations. A recent rotation had British troops and the Kingdom of Thailand training here to sharpen their unit's capabilities.

The current rotation, Rotation 20-03, brings two international units to the training area (called the Box) where they will face off in battle against Fort Polk's Opposing Force (OPFOR), the 1st Battalion (Airborne), 509th Infantry Regiment, a task most rotational units find daunting, Forces training on Fort Polk during this rotation include the 3rd Battalion Royal Canadian Regiment; the 4th Brigade Combat Team (Airborne), 25th Infantry division out of Alaska; and the Japanese Ground Self-Defense Force (JGSDF).

Lt. Col. Josh Davis, brigade command and control senior observer/controller/trainer, Ops Group, explained the importance of having foreign forces training at the JRTC.

"It is always of extreme importance to have our allies train with us at every opportunity. Here at JRTC our U.S. Army brigades and members of our sister services experience a training event in a very real and complex environment. Having our allies train with us in the unique environment provided by JRTC enhances our mutual understanding of war fighting, builds relationships, and ensures that our nations can work together in the most complex and challenging environments," he said.

"Our partnerships with our allies cannot be cultivated at the time of crisis. Great relationships must be established and maintained so that we are all ready at the very moment we are called upon."

This is the first time the JGSDF has been to the JRTC for a rotation. They will work with the 4th BCT, 25th ID as they go through the premiere crucible training event. The goal for the JGSDF is to improve their warfighting capabilities by honing the combat skills, techniques and tactics an infantry unit needs to take the fight to the enemy.

The training will also teach them communica-



tion and cooperation between Japanese and U.S. units which will improve bilateral operations between the nations. They will practice force on force using Multiple Integrated Laser Engagement System, or MILES, to provide a level of reality to the training.

After the 10-day force on force, they are scheduled to do live fire exercise for four days simulating combat as they practice attack and defense maneuvers.

The significance of this rotation lies in global politics. The United States is promoting engagement and strengthening its presence in the Pacific region and firming up the Japan-U.S. alliance. The exercise will fortify the confidence and bi-lateral operational capabilities between the nations., said Davis

Davis said the training that foreign forces receive here will have far-reaching benefits.

"The JRTC provides a mutil-echelon training opportunity for each unit who trains here. Like U.S. forces, our allies will benefit from practicing their profession against a world class OPFOR and leave here better trained at the individual, team, squad, company and battalion level," he said. "Additionally, they will gain experience operating within a multinational construct."

The unit is about 250 strong from the 9th Division Headquarters, 39th Infantry Regiment under the command of Col. Kunihiro Kihara and will be training through Feb. 7.

The Japanese aren't the only foreign army on the ground in the box. A battalion sized element from the 3rd Battalion, Royal Canadian Regiment are also taking part in Rotation 20-3.

Maj. Steve Desotti, commander of November Company, 3rd Battalion, Royal Canadian Regiment, said training at Fort Polk is never easy, but this rotation came with an added obstacle: Temperatures in the high 40s and a cold, drizzling rain. This is the battalion's first time at the JRTC.

"The weather and climate add to what is already a pretty difficult tactical scenario," he said. "It's certainly challenging for our guys."

A JRTC rotation is a learning experience. Desotti talked about one of the biggest challenges in working with Soldiers from other nations.

"The key lesson comes from the integration between counterparts. You have a Canadian unit working with an American brigade," he said. "We need to work on understanding how we integrate when working in a coalition setting." Problems with integration come with communication, acronyms, different languages and the unique ways the two armies operate.

"Communication is a problem we are working through," said Desotti. "Americans are a bit more digital and we are more analog so we have to find a way to marry up so we can communicate."

Desotti said his unit will take away myriad lessons from their time in the Box

"For November Company, and I believe for the Royal Canadian Regiment at large, it's an opportunity to come to Fort Polk, experience a different training area, a different country we're not used to in a climate we're not used to, and to be able to work with an American brigade ... It's a tremendous opportunity for us all."

He also had some high praise for the JRTC Opposing Force.

"What's really challenging about them is they have their own mind. They are not scripted like some other training venues are," he said. "What that means for us is that we have to think a lot smarter.

"We have to be quicker in our thought process than they are. This is not a planned-scenario. It's real. They are going to attack us in unconventional ways and we need to be able to defend a 360 degree perimeter against any tactic they throw at us."

Desotti said that training during the rotation will set his company up for success during future assignments and deployments. He said that being at Fort Polk is making the unit more adaptable. The unique environment in the Box takes Soldiers out of their comfort zone.

"We're used to training in Canada with Canadian units and doctrine. Here, we are out of our home country attached to a brigade that we're not completely familiar with," he said.

"We have to adapt and think differently. We can't rely on our typical doctrine. We need to get out of our comfort zone. That expands our horizon and for our next mission we will be much better poised to address any challenges we face."

Davis said that this isn't the last time foreign forces will face the crucible that is the Joint Readiness Training Center.

"The JRTC always extends an invitation for our allies to train with us. That's imperative for successful coalitions in future conflicts and to that end we will continually strive to train with our partners at every opportunity."

# Community



From left to right: Spc. Kristina Lovallo, 41st Transportation Company, 519th Military Police Battalion, Col. Ryan K. Roseberry, Fort Polk garrison commander, 1st Lt. Michael Moore, tax center officer in charge, Staff Sgt. Mar Cobarrubia, tax center noncommissioned officer in charge, and Spc. Paige Barnett, 317th Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division, are all smiles as the ribbon is cut at the Fort Polk Tax Center within the Home of Heroes Recreation Center Jan. 21.

## Fort Polk Tax Center has grand opening

### **By ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — After the joys of the New Year are celebrated, the realities of tax season soon follow. Worrying about your finances and how to fill out the proper form can feel like the weight of the world is on your shoulders, but it doesn't have to be a burden. Let the Fort Polk Tax Center relieve the pressure of preparing your taxes and help make life more bearable.

The tax center's grand opening took place Jan. 21 and is located inside the Home of Heroes Recreation Center.

Col. Ryan K. Roseberry, Fort Polk garrison commander, attended the grand opening.

Roseberry said the tax center is a huge stress relief for Soldiers.

"When Soldiers are out in the box training or deployed, the last thing they need to worry about is their taxes. The tax center takes care of that for them so they don't have to worry about anything, including not having to pay expensive fees," he said

Roseberry told the tax center staff that they are performing a tremendous service for their fellow Soldiers.

"I really appreciate what you are doing," he said.

First Lt. Michael Moore, Fort Polk Tax Center officer in charge, said the tax center offers the same services as other tax preparers found outside the gates, but he believes the Fort Polk Tax Center is the better option. "Who better understands a Soldier's W2 form than another Soldier? Then there's also the added benefit that we prepare and file taxes for active duty Soldiers, retirees and spouses for free," he said.

Last year the Fort Polk Tax Center processed and the Internal Revenue Service accepted 1,800 returns. With state and federal refunds combined, Fort Polk Soldiers and retirees were refunded \$2,350,482.

There are 12 people on the tax center staff including five preparers, three reviewers, two senior reviewers, a greeter and a receptionist.

Moore said their tax preparers have gone through a thorough two-week training course with the Internal Revenue Service, but there is also an attorney on staff to help them handle the more difficult tax forms.

The tax center is in a new location this year. Moore said housing the office within the Home of Heroes Recreation Center is an improvement.

"We are centrally located, with a more comfortable setting and offices that provide added privacy which makes the overall experience better for our clients," he said.

Pvt. Joseph Swift, 573rd Engineer Company, 46th Engineer Battalion, is a tax preparer for the Fort Polk Tax Center.

Swift said the training was intense. He said the hardest thing was learning how to deal with earned income credits because there are so many different scenarios involved.

Please see Tax, page 7

## Briefs

## School lunch menu

The following school lunch menu is for Vernon Parish schools for Monday through Jan. 31. Meals are served with salad bar and choice of milk:

**Monday:** Steak finger basket, creamy mashed potatoes/gravy, Italian seasoned green beans, peaches, jello cup, roll.

**Tuesday:** Barbecue ribettes with bun, Cajun french fries, peas and carrots, pineapple chunks.

**Wednesday:** Oven fried chicken with barbecue sauce cup, steamed cabbage, candied sweet potatoes, fruit.

**Thursday:** Pork roast with gravy, fluffy whole grain rice, sweet peas, fruit, sherbert, roll.

**Jan. 24:** Chili hot dog with bun, french fries, ranch style beans, coleslaw.

## **Kids skate**

Siegfried Youth Center hosts Skating Through the Decades (70s, 80s and 90s) Feb. 29 from 3:30-6:30 p.m.

Admission is \$5 with skate rental per person or \$3 without. Skate trainers are available. There is a costume contest for children and adults.

The event is open to the public and all ages may participate. For more information call 531-6004.

## **Family movie**

Fort Polk's Family Morale, Welfare and Recreation presents Frozen II March 28 at Headquarters Field.

There will be free concessions open at 6:30 p.m. The movie begins at 7:30 p.m. For more information visit **polk.armymwr.com**.

## **Exchange offerings**

The Army and Air Force Exchange Service at Fort Polk is providing Soldiers and the military community with the tools needed to stay ready and resilient in the new year.

Military shoppers can find the latest athletic apparel and shoes, fitness trackers and workout equipment — everything they need to live a BE FIT lifestyle — at the Fort Polk Exchange and at **ShopMy Exchange.com**.

Since Jan. 1, disabled veterans, Purple Heart recipients, former prisoners of war and certain caregivers were granted instore shopping access with the Exchange.

Honorably discharged veterans can shop online through their earned online shopping benefit.

For more information, visit **ShopMyEx-change.com/vets**.

## Fort Polk community celebrates Martin Luther King Jr. Day

### **By ANGIE THORNE**

Guardian staff writer

FORT POLK, La. - The Fort Polk Bayou Theater was packed Jan. 22 as the 46th Engineer Battalion hosted the Joint Readiness Training Center and Fort Polk Martin Luther King Jr. Day.

The guest speaker for the observance was retired Command Sgt. Maj. Kevin B. Stuart, Bayne-Jones Army Community Hospital ombudsman.

Stuart spoke with passion about the life and times of King, not unlike the elocution with which the man himself spoke before his voice was silenced on April 4, 1968 at the Lorraine Motel in Memphis Tennessee.

Stuart explained that his speech was a combination of famous poetry, quotes and his own words and presentation brought together to acknowledge a man who made a difference in the world.

"He made our nation a better place to live. It's an honor to recognize a person who gave his life fighting for freedom, equality and justice in our nation. He did it not just for black people, poor people and minorities, but for the good of all," he said.

Stuart asked the audience to imagine a world where they had to sit at the back of the bus, were asked to leave a restaurant because they didn't serve their kind and be given a literacy test to be able to vote.

"Today, I can say with great confidence you can vote without anybody telling us we have to take a test, you can pay your fare and ride a bus anywhere in the United States without anyone telling you to move to the back of the bus and you and I can go to any restaurant we want without anyone telling us we don't serve your kind.

"That is thanks to Dr. Martin Luther King Jr., who believed in equality and justice for all and would often say, 'injustice anywhere is a threat to justice everywhere,"

Stuart said King was a great leader who faced adversity in every direction he traveled and was constantly surrounded by roadblocks.

"But he was able to turn negative situations into positive experiences, stumbling blocks into stepping stones and turn curvy roads into straight ones. On that road King was a man full of ideals and dreams. Every time he talked, people listened," he said.

Stuart said when King dreamt of a nation filled with peace and respect and balance it was because he knew that someday "we could become a vibrant, diverse, multi-cultured nation united with compassion, dignity and reconciliation

"His dreams were so powerful that his dreams



Soldiers take part in a quiz bowl as part of the Joint Readiness Training Center and Fort Polk Martin Luther King Jr. Day celebration held Jan. 22 at Fort Polk's Bayou Theater.

### still live," said Stuart.

As his speech came to a close, Stuart was given a standing ovation.

In the audience was 1st Lt. Benjamin Westover, 5th Battalion, 25th Field Artillery, 3rd Brigade Combat Team, 10th Mountain Division. Westover said people celebrate Martin Luther King Jr. Day for a reason — he's an American hero.

"The things he fought for have changed the face of American liberty as we know it. Honoring his work and keeping his dream alive is critical as we continue to strive toward the goals he set in making our country a better place," he said.

Westover said Soldiers play an important role in those goals because they are living examples of the Declaration of Independence and its words of life, liberty and the pursuit of happiness thanks to the diversity found in the Army.

"We represent the pillars of equality for all," he said.

Sgt. 1st Class Jamian Slade, JRTC and Fort Polk Installation equal opportunity advisor, helped organize the event. Slade said King's observance is important because equality is everyone's business.

Slade said the way Stuart delivered his speech helped him focus on the message of equality.

"I think the audience gravitated to the passion they heard in his voice as he helped us remember how things were, how far things have come and what needs to happen to keep things changing for a better future," he said.

Col. Ryan K. Roseberry, Fort Polk garrison commander, gave Stuart a certificate of apprecia-



Retired Command Sgt. Maj. Kevin B. Stuart, Bayne-Jones Army Community Hospital ombudsman, was guest speaker at the Martin Luther King Jr. Day observance Jan. 22.

tion and thanked him for his great words and reflection.

"Every time I turn on the news there is an analyst on the screen trying to convince us that we are more divided than we have ever been. I would argue that the young analyst has never been asked to drink at a separate water fountain, sleep in a separate hotel, live in a different neighborhood or serve in a separate unit. We have come a long way in 60 years, but in the spirit of Martin Luther King Jr. we will continue to move forward in the military and as a society - together," said Roseberry.

## lax-

Continued from page 6

"I've never done anything like this before so it was an adjustment. Once I understood the information, where everything went on the forms and which forms to use, everything started to fall into place and got easier," he said.

Swift said he has always been good with numbers, so he was happy to do the training. "Learning to file taxes is a life long skill that adds new abilities to my arsenal," he said. "Having this knowledge will not only assist

Soldiers as I prepare their tax forms, but will also

help me prepare my own taxes for years to come," he said.

Spc. Paige Barnett, 317th Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division, is also a tax preparer at the Fort Polk Tax Center. Burnett said she has a natural affinity for computers and numbers.

"I felt like volunteering for the training as a tax preparer was a great way to use my skills for the next couple of months. I learned a lot from the IRS training," she said. "I also think this experience will help me to better handle my own taxes in the future as children, mortgages and more make them more complex," she said.

Barnett said it makes her feel good that she can help Soldiers prepare their taxes with the skills she has learned. "I feel like this is a valuable resource for Soldiers and retirees. They can trust us to do their taxes right and we do it for free," she said.

For more information or to make an appointment call 531-1040.

## Get ready for intensity of

### By ANGIE THORNE uardian staff writer

FORT POLK, La. — It's that time of year again. Bright and gaudy beads, decadent king cakes, dazzling ball gowns, masks, crowns, parades and more take center stage as Mardi Gras — a celebration held the Tuesday prior to the religious season of Lent (an observance that begins on Ash Wednesday, lasts about six weeks and ends right before Easter). This year Mardi Gras, or Fat Tuesday, falls on Feb. 25.

During Lent many Christians fast or give up something they normally love to do or eat (chocolate or eating out) represents the sacrifices Jesus Christ's made on his journey into the desert for 40 days.

I don't know about you, but giving up chocolate is a major sacrifice for me

But before that time of serious reflection, people had one last celebration — Mardi Gras. Today, the party

begins well before what has become known as Fat Tuesday. Formal balls, parties, pa-

rades and more lead up to

the big day filled with excess and fun of all kinds. Folks line the streets to watch the fanfare roll by as they find the best position

along the parade route to catch beads, candy and a plethora of other free goodies thrown from each highly decorated float. If you've grown up here, Mardi Gras is part of life. It's natural to roll



right into the Mardi Gras season essence of what Louisiana is all after the holidays. I've seen people about take down their Christmas decora-After all, who doesn't love having tions only to turn around and deck

Commentary

a good time? Whether you are religious or not, the fact is, the legend of Mardi Gras has grown and spread over the years to encompass many

Southern states which now participate in their own celebrations as the rest of

the world looks on, probably in envy.

Some of those folks travel from far and wide to experience the contained mayhem that is Mardi Gras and just about every city and parish in Louisiana takes part in the celebration, giving people plenty of choices when it comes to the size and style of their Mardi Gras experience.

So, if you haven't had a chance to participate in this wonderful festivity, make note of some of the opportunities found on this page and, as we say around here, "Let the good times roll!"

D

### GURDIAN STAFF

You don't have to go far to attend a Mardi Gras parade. There are parades everywere. Larger cities have several days of parades back to back. Smaller towns just have one. Fort Polk Soldiers and Family members are sure to fine one that's just right for them.

Leesville takes place on Third Street at 2 p.m. Shreveport

place at 3:30 p.m.

bossier.org/.

Alexandria at 6:30 p.m.

dria at 10 a.m.

place in Alexandria at 2 p.m.

apinevillela.com/. **Opelousas** 

Parade takes place at noon. Natchitoches

place at 5:30 p.m. For more information visit

## ALLRECIPES.COM

crab meat.

Ingredients

- 1 cup vegetable oil

- 2 celery stalks, chopped
- 1 pound and ouille or smoked sausage, sliced 1/4 inch thick

Before heading south, learn fitting French words for Mardi Gras

out their homes in everything pur-

ors), including the Christmas tree.

and gold represents power.

friendship and festivals.

length of time, you know that

If you have lived here for any

Louisiana is about family, faith, food,

Mardi Gras kicks off the year of

other reason to be thankful for what

they believe and have. Whether that

means eating a homemade gumbo

with family and friends or heading

to New Orleans to party on Bourbon

leans French Quarter, Mardi Gras is a

Street in the heart of the New Or-

microcosm that encompasses the

celebrations and gives people an-

In terms

Gras, purple

represents

green repre-

sents faith

justice,

of Mardi

ple, green and gold (Mardi Gras col-

FORT POLK, La. — As you stroll along the streets of New Orleans or smaller Louisiana cities and towns, you might hear people speak Cajun French here and there. Below are a few simple words and phrases from www.louisianatravel.com to have on hand just in case vou need a translation:

- Allons (Ah-loh(n)): Let's go.
- Ça c'est bon (Sa say boh(n): That's good.
- Ça va (Sa va): How are you? And it's also the reponse "I'm well."
- C'est tout (Say too): That's all.

Cher (sha): A term of endearment usually used with

women, similar to "dear" or "sweetheart."

• Envie (ah(n)-vee) A longing to do or eat something. Other Southerners might use the word "hankering" where a Cajun would use "envie." "I've got an envie for some boudin."

- Fais do-do (fay doe-doe): A Cajun dance party.
- Joie de vivre (Jhwa da veev): Joy of living. • Lagniappe (Lahn-yop): Something extra.

• Laissez les bons temps rouler (Lay say lay boh(n) toh(n) roo lay): Let the good times roll. With more than 400 festivals each year, this saying embraces the fun-loving nature of Louisiana

## δ season's festivities, fun R A ૡુ Mark your Mardi Gras calendar for plentiful parades

• *Feb.* 22 — Leesville Mardi Gras Parade For more information call (337) 238-0349.

• Feb. 22 — Krewe of Gemini Parade takes

• *Feb.* 23 — Krewe of Highland Parade takes place in Shreveport-Bossier City at 2 p.m. For more information visit www.shreveport-

• Feb. 21 — Classic Cars and College Cheerleaders parade takes place Feb. 21 and begins

• Feb. 22 — Alexandria Mardi Gras Associates Children's Parade takes place in Alexan-

• *Feb.* 23 — AMGA Krewe's Parade takes For more information visit https://alexandri-

• *Feb.* 22 — Lil' Nate's Zydeco Mardi Gras

For more information visit https://cajuntravel.com/event/opelousas-mardi-gras/.

• *Feb.* 22 — Krewe of Dionysus Parade takes



https://www.natchitoches.com/event/krewedionysos-mardi-gras-parade.

Lake Charles

• Feb. 23 — Children's Mardi Gras parade takes place at 3:30 p.m.

• *Feb.* 25 — Krewe of Krewe parade takes place at 5 p.m.

For more information visit www.visitlakecharles.org/swlamardigras/events/parades/.

Lafayette

• *Feb.* 22 — The Children's Mardi Gras parade takes place at 12:30 p.m.

• *Feb.* 24 — Queen Evangeline's parade takes place in Lafayette at 6 p.m.

• *Feb.* 25 — King Gabriel's parade takes place at 10 a.m. and the Lafayette Mardi Gras parade takes place at 1 p.m.

For more information visit www.lafayettetravel.com/evants/festivals/mardi-gras/

Eunice

• *Feb.* 23 — Children's Mardi Gras parade takes place at 3 p.m.

• *Feb.* 25 — Mardi Gras parade takes place at 3 p.m.

New Orleans

• *Feb.* 21 — Drewe d'Etat parade takes place in uptown New Orleans at 6:30 p.m.

• *Feb.* 22 — Krewe of Iris parade takes place in uptown New Orleans at 11 a.m. and the Krewe of Endymion parade takes place in midcity New Orleans at 4:15 p.m.

• *Feb.* 23 — Krewe of Bacchus parade takes place in uptown New Orleans at 5:15 p.m.

• *Feb.* 24 — Krewe of Orpheus parade takes place in uptown New Orleans at 6 p.m.

• *Feb.* 25 — Krewe of Rex parade takes place in uptown New Orleans at 10 a.m.

For more information visit www.mardigrasneworleans.com/parades/.

## It's not Mardi Gras without bowl or two of homemade gumbo

FORT POLK, La. — Gumbo has always played an integral part in Louisiana Mardi Gras celebrations. You have to have something warm and yummy to eat after all that fun. Gumbo is one of those things that can be cooked in a wide variety of ways with all kinds of different ingredients including okra and seafood such as shrimp and

If you have never made gumbo before, for your first try at this Cajun staple, the following is a simple chicken and sausage gumbo recipe from www.allrecipes.com.

1 cup all-purpose flour 1 large onion, chopped

1 large green bell pepper, chopped

4 cloves garlic, minced

salt and pepper to taste

Creole seasoning to taste

6 cups chicken broth

1 bay leaf

1 rotisserie chicken, boned and shredded Instructions

Heat the oil in a Dutch oven over medium heat. When hot, whisk in flour. Continue whisking until the roux has cooked to the color of chocolate milk, 8 to 10 minutes. Be careful not to burn the roux. If you see black specks in the mixture, start over.

Stir onion, bell pepper, celery, and sausage into the roux; cook five minutes. Stir in the garlic and cook another five minutes. Season with salt, pepper and Creole seasoning. Pour in chicken broth and add the bay leaf. Bring to a boil over high heat, then reduce heat to mediumlow, and simmer, uncovered, for one hour, stirring occasionally. Stir in the chicken and simmer one hour more. Skim off any foam that floats to the top during the last hour.





### **Celebrating senior soccer players**

Leesville High School recognized their graduating senior soccer players during "Senior Night" Jan. 16. Fort Polk Youth Soccer Sports Program soccer players served as mascots for the seniors and escorted them down the field. The Youth Sports players ranged in age from 3-6 years old and wore the LHS soccer shirt with their accompanying senior's number on the back. Senior Sam Brocato was escorted by Kinsley Diorio; senior Noor Alammor was escorted by James Womack; senior Mattis Schmidt was escorted by Camryn Salazar; senior Ashlynn Moretti was escorted by Grant Mulcahy; senior Gabe Grant was escorted by Renee Yudistira; senior Zoe Robbins was escorted by Carson Salazar; senior Efosa Evbuomwan was escorted by Samantha Cook and senior Claire Poleman was escorted by Aiden Cook.

## Renter's insurance answers

### SJA

FORT POLK, La. — Do you rent? If so, do you need renter's insurance?

If you rent your home from someone, either off-post or on-post from Corvias, your landlord's insurance covers their property, i.e. their building, play area and pool.

However, your personal property is not covered by that insurance, and may not be covered by any insurance you currently have, leaving your property vulnerable.

Further, the government no longer pays claims for damages to personal property caused by flood, hurricane, earthquake, or other acts of nature or weather phenomena.

If you want to be reimbursed for damage to or loss of your household furnishings,

appliances, jewelry, clothing items, or electronics, such as gaming consoles, as a result of fire, flood, tornado, hurricane, or other catastrophe, then you should consider renter's insurance.

Contact your insurance agent to determine what type of insurance coverage you have and what other coverage is available.

If you need advice on the consequences of not having sufficient coverage, you can talk to the lawyers at Legal Assistance by making an appointment at 337-531-2580.

## Ways to Work Out in the Workplace



The first step to getting fit and staying in shape is to **just get up and move.** 



## Soldier dreams big, earns movie role

By ALEXANDRA SHEA Army News Service

FORT JACKSON, S.C. — Many look to the New Year as a new beginning and a chance to set and achieve new goals. For one Fort Jackson, South Carolina, Soldier, 2020 already started with a bang and may pan out to be a successful future career in the movie industry.

"Never in a million years would I ever think I would be on TV," said Sgt. 1st Class Maurice Boozer, Company B, Headquarters and Headquarters Battalion. "I'm going to be in a movie and that is going to be forever. No matter what happens to me 100 years from now, that will be me in that movie. It's life changing."

Boozer has been an active duty Soldier for more than 16 years and has carried many titles including drill sergeant leader at the U.S. Army Drill Sergeant Academy, infantryman and support staff for Fort Jackson's Victory Tower. Today, he can add actor to his resume of titles.

Last year Boozer received a phone call from a close friend he worked with at Fort Carson, Colorado. The friend asked if he would be interested in becoming a military advisor for an upcoming Russo Brother's movie titled "Cherry."

The movie is an adaptation of Nico Walker's 2018 book about a boy from Cleveland who enlists in the Army and deploys to Iraq where he witnesses killings of insurgents, local community members and his friends and fellow Soldiers. Suffering from undiagnosed post-traumatic stress disorder, he returns to his home where he becomes addicted to heroin and robs local banks to support his and girlfriend Emily's daily habit.

Boozer contacted the movie's production team and agreed to advise the writer and directors on how drill sergeants speak and act.

He was then asked to teach roughly 300 movie extras to emulate Soldiers."Basically I had to teach the first three weeks of Basic Combat Training in about eight hours," Boozer said. "They said, 'Can you do it?' and I said ... absolutely."

He broke the extras up into groups where he taught them to march in formation; how to perform drill and ceremony movements with a weapon; and how to sing cadence. Unknown to Boozer at the time, a director observed him training the extras and would later offer him an opportunity to perform the role of Drill Sergeant Rivera in the movie.

"My very first scene, I was in the zone," Boozer said. "To me, it was just be a drill sergeant and that's what I did and what they saw. It creeped me out though when I saw the playback."

Now complete, Boozer returned to his duties and the movie is in post-production with a pending release date of October.

"I can Google my name now and my picture comes up," he said. "It feels like ... wow."



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## Lagniappe

## BOSS

• 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.

• Interested in learning a few chef skills? BOSS hosts a cooking class today 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 Saturday from 8:30 a.m.-4:30 p.m.

• Make plans to attend the BOSS 2020 Super Bowl party Feb. 2 at 5 p.m. at the Home of Heroes Recreation Center. Stop by and bring your friends for food, fun, door prizes and more as you watch the game and root for your favorite team.

• 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.

## **Festivals**

### • Food festival

Check out the Louisiana Food and Music Festival Feb. 29 at the Origin Bank River Market, 316 South Grand St., Monroe.

The festival highlights the rich culture and talent in the area, as well as Louisiana at large. The music, food, musicians, artisans and chefs who keep the area vibrant join as a community and celebrate the Louisiana culture. A variety of delicious foods from around the world will be available. You can also enjoy a diverse range of activities and entertainment throughout the day, including shopping with unique vendors. You won't want to miss it. Admission is free. For more information visit **www.monroe-westmonroe.org**.

## Miscellaneous

• Anniversary celebration

Stop by the RealArt DeRidder (RAD) Gallery, 108 West First St., DeRidder, Saturday from 1-3 p.m. to help celebrate the gallery's 10th anniversary. RAD is an all volunteer cooperative gallery. For more information visit **www.realartderidder.com**.

### • Gumbo cookoff

If you love gumbo in all its forms, don't miss your chance to taste what a few rising chefs in Acadia Parish come up with at the 16th annual Gumbo Cook-Off. The cook-off takes place at Enterprise Center Grounds, 11 North Parkerson

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### Ave., Crowley, Feb. 1.

Treat your taste buds as you sample the warm, rich flavors of Louisiana's favorite soup. While eating a bowl of gumbo, live music and kids' activities will be available. Visit with an empty stomach because all the gumbos will be ready to eat at noon as the competition commences with more than twenty different recipes to taste.

For more information, call (337) 788-0177 or visit **AcadiaParishChamber.org**.

• Livestock show and rodeo

The Southwest District Livestock Show and 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 held Feb. 7-9 from 10 a.m. to 4 p.m. at the Beauregard Parish Fairgrounds. Vendors will be on hand 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 Calcasieu 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.lcsymphony.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/.

## • Garden forum

The fourth annual Beauregard Parish Master Gardener Spring Garden Forum takes place Feb. 21 from 8 a.m.-1:30 p.m. at the War Memorial Civic Center, 250 West Seventh St., DeRidder. Admission is free. Peruse plants and garden items for sale, sign up for door prizes and attend seminars throughout the day with topics ranging from home composting, vegetable gardening, planning your landscaping and more. For more information call (337) 463-7006.



### • Azalea trail

A springtime attraction since the 1930s, the Lafayette Historic Azalea Trail is a winding drive through historic districts, downtown, the university and oil center and neighborhood garden districts with grand boulevards for about 25 miles of the city's urban core. The official bloom season begins Feb. 23 and extends thru March, but the official date of the Azalea Trail event takes place March 7 from 11 a.m.-3 p.m.

This cultural floral attraction is a breathtaking display of floral color and beauty that has attracted thousands of visitors over the years.

Trolley rides are available March 7 and 14 (Stops and details on the website). Trolley rides are held from 9 a.m.-noon and last an hour. They begin at the Alexandre Mouton House gardens, 1122 Lafayette St., at 9 a.m.

The azalea reception is held March 7 at the Vermilionville Living History Museum and Folk Life Park, 300 Fisher Road.

For more information visit **www.azaleatrail.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 Feb. 25.

The January championship tournament takes place at Sam Rayburn Lake Saturday. The entry fee is \$40. For more information or to download a membership form visit **www.fortpolkcommunitybassmasters.com**.





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