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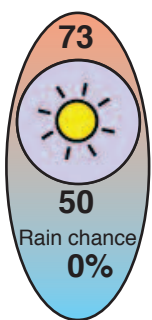
CHUCKANNON / GUARDIAN

Leaping for bragging rights

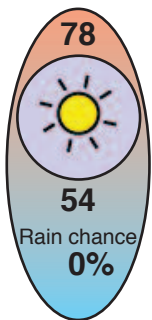
Spc. Wigs Pyram, 115th Combat Support Hospital, leaps over a hurdle during the fundamental fitness event March 23 at the Soldiers Athletic Complex on Fort Polk, part of the 115th CSH sports

day. Events included kickball and dodge ball events, with the winner earning the coveted Commander's Bedpan. See story and more photos on page 11 of today's Guardian.

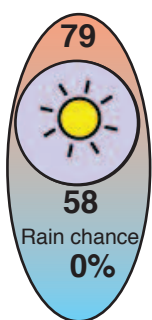
Weekend weather



Today



Saturday



Sunday

Inside the Guardian

- AER campaign 3**
- Women celebrated 7**
- 'Nam vet honored 5**
- Strong youth 9**
- SHARP focus 6**
- NPE egg-o-nauts 12**

Viewpoint

Fort Polk's Focus: Excellent customer service

Each week in 2018, Guardian staff visits different Fort Polk facilities and service providers to ask members of the community about their experiences with and opinions about customer service, alternating between the views of the customer and the provider. Questions will change monthly.

How do you provide excellent customer service?

Fort Polk's Arts and Crafts Center, 1685 Bell Richard Ave., bldg 922, serves the Soldiers and Families of the Fort Polk community by offering an outlet for creativity and artistry through ceramics, painting, framing and more. Rebecca Norris, Art specialist, says she tries to put herself in her customers shoes. "Even if I'm having a bad day, I still try to put a smile on my face and treat them like I would like to be treated. I hold our customers' service to the highest standard. Greeting customers with a smile and a happy tone of voice and attitude can set a positive atmosphere. That's what brings customers back. Some even begin to feel like Family." Arts and Craft Center hours are Tuesday through Thursday from 10 a.m.-6 p.m., Friday from 9 a.m.-5 p.m. and Saturday from 9 a.m. to 5 p.m. The center is closed on Monday and Sunday. For more information call 531-1980 or visit <https://polk.armymwr.com>.



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Guardian

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Briefs

'No-drone' zone

The Joint Readiness Training Center and Fort Polk is designated as a "no-drone" zone. The policy prohibits the use of unmanned aircraft systems (UAS) on JRTC and Fort Polk and includes, but is not limited to, remote controlled aircraft, helicopters, quadcopters, drones, kites and model rockets. Violators are subject to confiscation of the drone and more.

SHARP run

Throughout the Army, April is designated as Sexual Assault Awareness and Prevention Month. In honor of the designation, the Joint Readiness Training Center and Fort Polk hosts a Torch Run, Tuesday. Activities begin at 6:30 a.m. at Fort Polk's Mountain Field. Traffic control points will be set up along the route and motorists are advised to drive with caution. Activities in support of sexual assault awareness and prevention will be held throughout the month. See pages 6 and 7 of today's Guardian for more information.

Community forum

A Community Information Forum is held Wednesday from 10-11 a.m. in at Army Community Service, bldg 920. Installation directorates will brief followed by a question and answer period. Call 531-1392 for more information.

Box tour

The Joint Readiness Training Center and Fort Polk, along with Operations Group, host "Return to Tigerland," a tour of the JRTC training area, April 28 from 8:30 a.m.-1:30 p.m. The tour is open to Fort Polk residents, the local community and their guests. RSVP by April 19 at www.eventbrite.com/e/jrtc-return-to-tigerland-and-box-tour-tickets-42724666628. For more information visit www.facebook.com/jrtcoperationsgrp, call (337) 424-0692 or email usarmy.polk.forscom.mbx.jrtc-opsgrp-box-tour@mail.mil.

Reserve briefing

Soldiers within six months of ending their term of service (ETS) must attend a mandatory Reserve component career counselor brief.

Briefs are held Tuesdays at 1 p.m. in bldg 250 (In/Out Processing). The brief outlines Soldiers' options with the Army National Guard and Army Reserves upon ETS. For more information call 531-1850/0352.

2018 AER campaign in full swing

By **CHUCK CANNON**
Guardian editor

FORT POLK, La. — Often, emergencies arise that catch people off guard, whether you've just joined the military or you are a seasoned veteran. Medical bills, funeral expenses, vehicle repair or travel relocation expenses are just a few examples of situations that can cause a family financial distress.

Army Emergency Relief helps Soldiers weather these storms. The 2018 AER campaign runs until June 15. Fort Polk's goal is \$150,000.

AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of its Own." AER financial assistance is conducted within the Army structure by mission commanders and garrison commanders through AER sections located at U.S. Army installations worldwide.

Since 1942, AER has provided assistance to 3.7



ARMY EMERGENCY RELIEF

The mission of AER is to provide financial assistance to Soldiers, Retirees, and their Families — "Helping the Army Take Care of It's Own."

million Army team members to the tune of \$1.8 billion. In 2017, Fort Polk Soldiers, retirees and their Families received more than \$700,000 in AER loans and grants, while the 2017 AER campaign fund drive raised \$145,279.72.

AER can help Soldiers and retirees with the following: Rent or mortgage; utilities and deposits; food; dental or medical expenses; emergency travel; travel expenses for relocation (PCS); funeral expenses; vehicle repair or replacement; cranial helmets; essential furniture; car seats; repair or replacement for basic appliances; and minor home repairs

AER approves 99 percent of financial assistance requests. The majority of requests that are not approved are unauthorized based on Army regulation.

AER loans are interest free, and some assistance is provided as a grant, meaning you do not have to repay the money.

For more information about AER call the Fort Polk AER office at 531-1957/1958 or visit the AER website at www.aerhq.org.

SFL-TAP host employer days, workshops

SFL-TAP

FORT POLK, La. — The Soldier For Life-Transition Assistance Program, bldg 4275, 7438 California Ave. at Polk Army Airfield, hosts events for Soldiers 24 months from retirement or 18 months from ETS.

The SFL-TAP hosts transition workshops Monday through April 6. The workshops consist of transition overview, MOS crosswalk, Department of Labor employment workshop, financial planning and Veterans Administration benefits briefing, and prepares transitioning Soldiers with education, training and counseling needed to be career ready when they leave active duty. Soldiers can also schedule an appointment with a counselor.

Upcoming employer days include:

- **Thursday** — Boise Cascade, Texas State Troopers and Performance Food Group, from 8:30 a.m.-noon.

Upcoming events include:

- **Career Skills Program Briefing** — Informational briefing April 9 from 1:30-2:30 p.m. Soldiers ETSing or retiring from the Army with an honorable discharge may be eligible to complete technical training while still on active duty.

- **CENLA career fair**, May 16, from 9 a.m.-2



p.m., Alexandria Riverfront Center.

- **Hiring and education event**, July 25, from 1-4 p.m., at the Berry Mission Training Center, and July 26, from 10 a.m.-1:30 p.m. at ViperGym.

For more information or to register for events call 531-1591, visit the SFL-TAP office or our Facebook page at www.facebook.com/Fort-PolkSFLTAP.

Future vertical lift team aims to elevate Soldiers

By C. TODD LOPEZ
Army News Service

WASHINGTON — Historically, it has taken more than a decade to bring a new aircraft into the Army's inventory. But the Army can't wait that long to replace its fleet of rotary-wing aircraft, said Brig. Gen. Walter Rugen. So now, the Army plans to deliver a whole family of new vertical-lift aircraft in less than 10 years.

Rugen, a rotary-wing pilot with more than 2,200 hours of flight time, serves as deputy commander for support with the 7th Infantry Division at Joint Base Lewis-McChord, Washington. He is also now dual-hatted as the head of the Army's newly-created Future Vertical Lift Cross-Functional Team.

The team is one of eight created to expedite the Army's pursuit of six modernization priorities. Those priorities, first laid out in October by the Army's Chief of Staff Gen. Mark Milley, are air and missile defense; long-range precision fires; a next-generation combat vehicle; future vertical lift; the Army's network; and Soldier lethality.

The Future Vertical Lift Cross-Functional Team, or FVL CFT, is focused on replacing legacy Army aircraft such as the CH-47 Chinook, the AH-64 Apache and the Black Hawk with a new family of aircraft that share a common architecture. New FVL aircraft must "increase our reach, our lethality, our sustainability, protection, or survivability and maintainability," Rugen said.

"This is going to be something that we are opening to rotorcraft, not necessary just helicopters," Rugen explained. "It'll be vertical-lift rotorcraft, but maybe some things that are different, more compound, advanced designs."

FVL will also be "clean-sheet" designed, Rugen said — that is, completely new.

Rugen said the goal of the CFT is to deliver that new family of aircraft to the Army in record time, on budget and within the confines of existing acquisition law. Achieving that goal will require a keen understanding of acquisition regulations, direct access to the senior-most decision makers in the Army, and a full understanding of the aircraft and capabilities that peer adversaries could potentially yield.

Time is of the essence, Rugen said, and the FVL CFT must overcome where other acquisition efforts

have failed. The standard for delivering an aircraft is 15 years, though certainly some programs have taken longer. He said he's got to beat that — by a lot.

The new cross-functional teams will be able to circumvent bureaucracy that has hindered progress in earlier programs. CFTs are plugged in at the very top to the undersecretary of the Army and the vice chief of staff of the Army, and cut across functional communities like acquisition, resourcing, science and technology and operations.

"We have to crush the bureaucracy," Rugen said. "The threat is going to compel us to succeed, and we have some great strategies on cutting through some of the bureaucracy created by the current acquisition process."

Rugen said he wants to get requirements for FVL hammered out this year, which would be way ahead of schedule. "Requirements generation that typically took two to three years, we're going to take three to four months. That's an example."

Requirements generation may be tough for a program as big as FVL. But what may be tougher is sticking to those requirements, especially if program managers become tempted by new, emerging technologies, where last-minute decisions to include those technologies could mean program delays. There's plenty of examples of that, Rugen said.

"We have learned from our past program failures," he said. "When you think about Comanche, when you think about Armed Reconnaissance Helicopter and Armed Aerial Scout, we're informed by that. We have really stated across the Army aviation community that we are going to pick a requirement and stick with it."

"We're not going to take two years to write a contract. We're going to use other authorities and things that are 100 percent within the spirit and intent of the laws and policies that are out there, but allow us to go much faster."

Rugen added that the FVL CFT will also "do early and often prototyping," and look at things that are already available that might be easily adapted to the Army's needs.

"We are going to buy, try and decide things that are already on the market," he said. "And in this way I think we are going to use what industry has already produced and get it into Soldiers' hands much



Chief Warrant Officer 4 DANIEL MCCOLLINTON / ARMY NEWS SERVICE

An air weapons team of two AH-64D Apaches from the 1st "Attack" Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, come in for a landing at Camp Taji, Iraq, after completing a reconnaissance mission in the skies over Baghdad Nov. 6.

quicker than in the past."

Rugen said that FVL CFT members have already been doing maneuverability and agility testing on future vertical lift technology demonstrators in California. He said with the FVL family of aircraft, the Army wants a common, open architecture that is resilient against cyber intrusion, but at the same time allows for rapid upgrades when necessary.

And it goes beyond just the Army, he said. There's joint interest in FVL, and that open architecture will allow other services to benefit from the efficiencies of commonality between their own aircraft, and with aircraft flown by sister services.

"The Air Force part and the Marine Corps part can go on an Army helicopter," Rugen said. "And Army mechanics can fix a Marine Corps variant, potentially. The commonality is a little bit deeper than just the parts. It's also some of the fundamental things we do."

Rugen also said the CFT envisions that FVL might even fly itself, if need be.

"We are going to build these air vehicles so they are optionally manned," Rugen said. "We are going to do that through digital flight controls and fully coupling them, so if we need to be unmanned with the rotorcraft, we can."

Rugen said part of the FVL CFT's domain will be advanced un-

manned aircraft systems, or AUAS, that can team with FVL and do the "dull" and "dangerous" work, such as conducting long-term persistent surveillance, or operating in a chemical, biological, radiological, nuclear and high yield explosive environment.

"That advanced UAS is going to help us penetrate contested airspace in conjunction and in teaming with our lethal, capable future vertical lift rotorcraft," Rugen said.

Keeping his team on track, and delivering FVL to the Army on time will require plenty of discipline, Rugen said.

"As leaders, we need to effectively communicate the risk to the force, if we drift, if we become ill-disciplined," Rugen said. "We have some pretty compelling problems out there, with the peer and near-peer threats we see."

Looking at what's on the horizon in terms of future combat should be enough to keep everybody on track to deliver a future vertical-lift capability, Rugen said.

"Our warfighter needs them," Rugen said. "I go back to the degraded and contested environments we talk about, the anti-access/area-denial, the megacities, and these very complex spaces. And I think that's going to be a kind of clarion call to everyone to say, hey, stay focused, because we have to deliver ... we are not going to yield the air domain."

'It has been a long trip'

Vietnam vet gets overdue welcome, correction to record

By **JEAN DUBIEL**
Guardian staff writer

FORT POLK, La. — Bayne-Jones Army Community Hospital held a special welcome home ceremony March 23 for Vietnam veteran Sgt. Kibbie Pillette, a former Special Forces medic who was wounded in the line of duty. Pillette was at the hospital for a medical evaluation board by order of the Supreme Court, with support from the Army Board for Correction of Military Records, to remedy an erroneous discharge status.

"It's not very often that we get to honor a Vietnam veteran, especially a combat medic — one of our own," said Col. Marla J. Ferguson, BJACH commander. "I am so honored and grateful that we could do this for you this week, and know the rest of the staff feels the same way. I hope you consider this your 'official' welcome home ceremony and that you know that you are truly are a Soldier for life."

Joint Readiness Training Center and Fort Polk commanding general, Brig. Gen. Patrick D. Frank, also attended the ceremony and presented Pillette with a commemorative 50th anniversary Vietnam War lapel pin. Frank shared a few remarks.

"Sir, when I read your bio, I see a warrior," said Frank. "All the Soldiers in this room stand on your shoulders. You are one of the giants out there. We are the best Army in the world because of veterans like you, and I thank you very much, sir."

During the ceremony, Pillette shared his experiences of war, injury, addiction, post-traumatic stress disorder, family strength, the dedication of brothers-in-arms, recovery and redemption.

Pillette enlisted in the Army in 1963, went through basic and advanced individual training at Tiger Land here at Fort Polk; then to Fort Benning, Georgia for airborne training; Fort Bragg, North Carolina for Special Forces training; and was finally assigned to the 5th Special Forces Group as a medic for A-team 105. Once his team arrived in Vietnam, it was tasked with reconnaissance operations for the 101st Airborne Division.

"We were on a seven-day operation looking for the (enemy) base camp. On day three, I was wounded," said Pillette. "I was shot through the mouth and in the back, and we still had four days to go before we would be picked up. I had to have a tracheotomy, but I was the medic. I had to explain to (another Soldier) how to do it, and he made the incision and put the bamboo shoot in so I could breathe."

When Pillette said he had to "explain" the procedure to another Soldier, remember that he had been shot in the mouth, damaging the jaw and tongue, the bullet exiting out of his cheek, and speech was impossible. His explanations to the other Soldier, a weapons sergeant whom he remembers as "Sgt. Willie," were hand-written.

During those four challenging days, Pillette had to administer his own morphine injections in an effort to stay alive.

"I put myself on morphine, using the (injection) tubes that you just push into your leg, and that's how I managed to deal with the pain. Then (the medical team) did an initial surgery in Saigon (Vietnam), and I imagine that's where they cut off a third of my tongue — the bullet had gone through the bottom of my mouth, in one side and out the other. I don't think they paid any attention to the shot in my back because of all the (facial damage)."

Pillette said he doesn't remember a lot of what happened after he arrived in Saigon, but can recount certain events based on his reading of the official record.

"After my surgery, I was air lifted to Okinawa (Japan) and spent about 15 days or so there, and once the wound had healed enough that I could take the pressurization of an aircraft, they flew me to the U.S. I ended up at Fort Sam Houston in San Antonio. According to the records, I got there in January. They did a number of surgeries, but I was suffering from PTSD and I was a morphine addict, so I don't remember a lot of that time. The one thing I do remember is that I was in restraints all the time — I guess because I would get very violent."

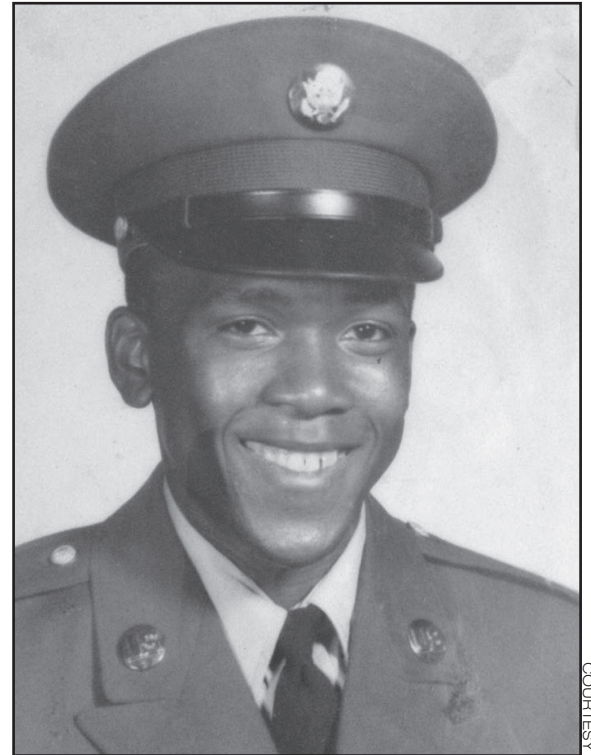
Marrissa Lopez, the Physical Evaluation Board Liaison Officer facilitating the medical evaluation for Pillette at BJACH, pointed out that his morphine addiction was not his choice, but the result of the hospital's decision to give him daily doses.

"The addiction came from the military, from continuously giving him morphine at Brooks Army Medical Center and at the VA Hospital, because they had him tied down and locked in a back room," said Lopez. "They did this because they didn't know how to deal with it (PTSD). He was not an addict — they made him an addict."

Pillette said his end of time in service date was supposed to be June 7 of that year, 1966.

"But undoubtedly nobody knew that. It was not until July 22 that they had me sign an affidavit stating I would remain in the Army to complete my medical treatment, then go to a physical evaluation board. On Sept. 8 they did a (medical evaluation), listing all the things that were wrong with me, then on Sept. 21 they called my parents and told them to come get me because they were putting me out. When they (Pillette's parents) picked me up, they were told to take me to the VA Hospital in New Orleans, which they did. I stayed in that hospital from September to December, and after that, the VA gave me a 50 percent disability rate and I was an outpatient for the next two years. I went to speech therapy, but it was very difficult because I was battling the morphine addiction," he said. "Had it not been for my mother and the VA I probably wouldn't be here today."

Though he has few memories of that time



Pillette



Pillette (left) and Sgt. Willie, the man who had to perform a tracheotomy on Pillette using a section of bamboo in the middle of a Vietnam jungle.

in his life, he remembers they were dark days and his mother had to be strong and persistent to help him through.

"The drug addiction was terrible. I ran off for a while and stayed in the streets until my family came and got me, and they locked me up (at home)," he said. "It took me about five years to get straight."

Pillette said he managed to go back to college and started having a life again, but he was still plagued with memory loss. He knew he had been in the Army and that he was wounded, but he could not remember any details. He tried working offshore for a time, but it didn't last because of his vivid nightmares. Even at home, his sleeping arrangement had

Please see Vietnam, page 6

Sexual Assault Awareness, Prevention Month observed in April

SEXUALASSAULT.ARMY.MIL

FORT POLK, La. — Sexual Assault Awareness and Prevention Month (SAAPM) is recognized in April by both civilian and military communities. The Department of Defense observes SAAPM by focusing on creating the appropriate culture to eliminate sexual assault and requiring a personal commitment from all service members at every level. Everyone has a part in combating sexual assault.

Intervene, Act and Motivate (I. A.M.) STRONG is the Army's campaign to combat sexual harassment and sexual assault by engaging Soldiers in preventing sexual assault before they occur.

Grounded by a shared belief in Army Values, Soldiers are a band of brothers and sisters, placing mission first, never accepting defeat, never quitting and never leaving a fallen comrade. The interdependence and shared respect among comrades frames service members as a team and an Army — a team that finds sexual harassment and sexual assault reprehensible and beyond toleration. Those who commit these acts hurt other

team members and wound the Army. These criminal acts are cowardly and damaging to the very moral fiber that gives the Army its innermost strength. They are a betrayal of the trust inherent in serving in the Profession of Arms.

Sexual assault and sexual harassment are not the same, although they are related to each other.

Sexual harassment is a form of gender discrimination that involves unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature. For more information on sexual harassment, see Army Regulation 600-20.

There are two types of sexual harassment:

1. Quid pro quo sexual harassment refers to conditions placed on a person's career or terms of employment in return for sexual favors. It involves threats of adverse actions if the victim does not submit or promises of favorable actions if the person does submit.

2. Hostile environment sexual harassment occurs when a person is subjected to offensive, unwanted and unsolicited comments and behavior of a sexual nature that interferes with that person's work performance or creates an intimidat-

ing, hostile or offensive working environment.

Sexual assault refers specifically to rape, forcible sodomy (oral or anal sex), and other unwanted sexual contact that is aggravated, abusive, or wrongful (including unwanted and inappropriate sexual contact) or attempts to commits these acts.

Sexual assault must involve physical contact. While sexual harassment can involve physical contact, it can also refer to verbal or other forms of gender discrimination of a sexual nature. Sexual assault is a crime punishable by the Uniform Code of Military Justice.

Military members usually have two options on how to report the crime.

- Unrestricted reports allow the victim to participate in the military criminal justice process.

- Restricted reports are kept confidential, and command and law enforcement are not notified. A victim can convert a restricted report into an unrestricted report at any time.

Please note that when the victim reports the crime to someone in the chain of command, a restricted report may no longer be an option. If you

Please see **SAAPM**, page 7

Vietnam

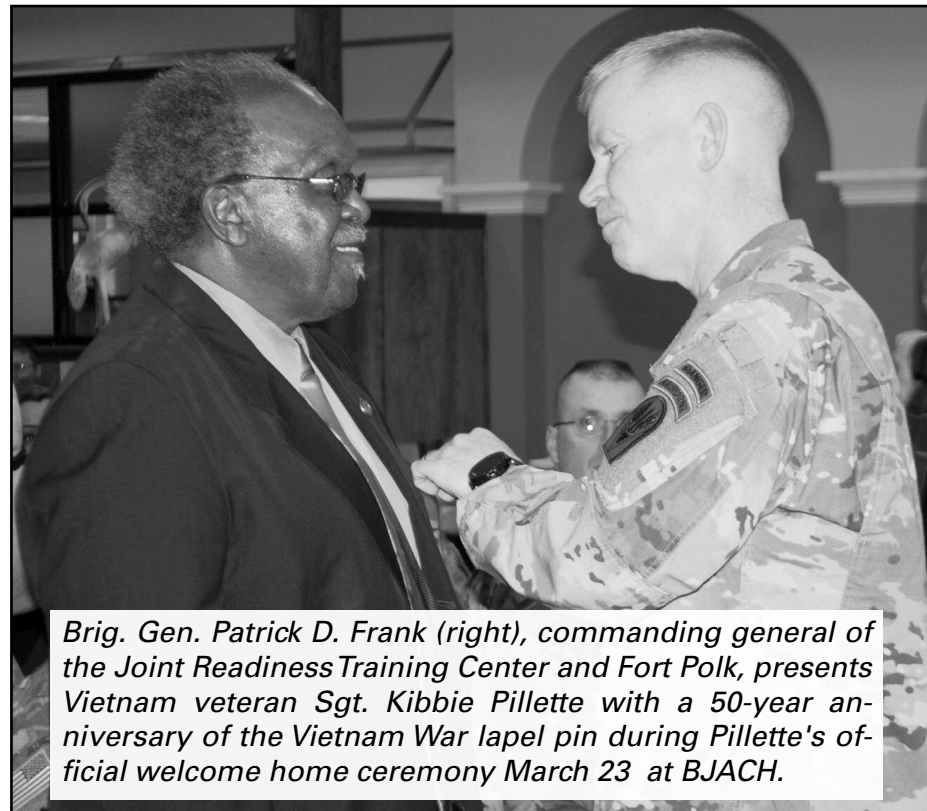
Continued from page 5

to be modified because he had the potential to harm his wife while sleeping.

"I couldn't keep jobs because I have nightmares. Even at home, my wife sleeps in one room and I sleep in another because of it. They lock me up at night. We've made all these adjustments over the years and it's worked. My kids understand, too. I can't eat much; I live mostly on soft foods. Thankfully I have a good wife who prepares my meals in a way that I can eat them. I suffer from pain, I was shot in the shoulder (back) but never received treatment for it — but I survived," he said. "I am fortunate to have the wife and kids that I have. This has been a tremendous adjustment for them, too."

Then one day, his brothers-in-arms came calling.

"Seven of the guys that I graduated from the Special Forces course with back in the 60s were looking for me after Hurricane Katrina had hit New Orleans. They remembered that I was from Louisiana, so they wanted to find me and see if I needed any help," he said, adding that it took them two years to finally track him down. "They found my oldest son's name on Facebook, because he has the same name, and through him they found me. I ended up at a reunion in El Paso for a guy that was dying of Agent Orange cancer, and the guys told me that they had visited me at the hospital in Saigon, but I was out of it (from the morphine) and restrained. Then they visited me again in San Antonio, but I don't remember any of it."



Brig. Gen. Patrick D. Frank (right), commanding general of the Joint Readiness Training Center and Fort Polk, presents Vietnam veteran Sgt. Kibbie Pillette with a 50-year anniversary of the Vietnam War lapel pin during Pillette's official welcome home ceremony March 23 at BJACH.

They asked if he was medically retired from the military due to his injuries, and when he explained that the Army simply released him and sent him to the VA, his old Army buddies told him that was not right and that his situation needed correction.

"So they gave me the applications I needed, I filed with the (Army Board of Medical Records Correction), and the board denied it. They said I didn't have enough evidence — but they were the ones with all my medical records. So I kept fighting it, kept appealing until they told me I couldn't appeal any-

more," Pillette said. "When they did that, I talked to a Special Forces organization in Washington D.C., and (a man there) explained that I needed to sue them. So I did, and the case went all the way up to appellate court. It ended up at the Supreme Court, they saw the problem, and then they contacted the Army and now, here I am — it has been a long trip."

Pillette said he hopes his story will inspire other veterans to review their records and, if they need it, get the help they are entitled to.

"I am grateful to finally have this opportunity for the Army to make

up for what they did — and it wasn't really the Army, it was just the people in the Army at the time," Pillette said.

"There are a lot of other veterans out there like me. If I could fall through the cracks, how many others have also fallen through? A lot of them are out there and they don't know they have this right."

Those who suffer with PTSD like he does are especially vulnerable, he said.

"The combat (experience) is something you never lose, you just bury it in your mind. But when you do that, it can wipe out a lot of the present at the same time. So you exist, but that's it. Sometimes I'll just float away. I can be looking right at someone and suddenly my mind just drifts away," said Pillette. "I know there are a lot of others out there suffering from the same thing right now. A lot of them are walking time bombs. You know, we have trained better than any Soldiers in the world, and that knowledge is still in there. So what type of trigger will it take to set them off? War is a terrible thing. The casualties are what we have to take care of. So I'm happy to have this opportunity to tell my story, and maybe someone will see it and say, 'Hey! That's what happened to me!' And then maybe they can get the help they need."

If you or someone you know is a veteran of the Vietnam war and needs a review of their medical case, visit <http://arba.army.pentagon.mil>, or type ABCMR into your favorite Internet search engine.

are in the individual's chain of command, you may have to report the matter.

Sexual assault affects all members of the Army Family:

It is not just a women's issue and it does not only happen to women. In fact, although the percentage of females reporting sexual assault is higher, the raw number of male victims has at times been greater. Data from the Adverse Childhood Experiences Survey, conducted by the Centers for Disease Control and Prevention and Kaiser Permanente states that about one in six men report being sexually abused during childhood. This means that more than 8,000 men enter the Army every year having already been sexually abused.

The Department of Defense Annual Report on Sexual Assault in the Military estimates that about 6,300 men experienced sexual assault in fiscal year 2016.

Historically, more men experience sexual assault in the military than women, however, women report the assaults at a far higher rate. Women are almost two and a half times more likely to report their assault. While fiscal year 2016 was the first year since data recording began that less men are estimated to have experienced an assault than women, women still report at much higher rates – 43 percent of women report, while only 17 percent of men report the sexual assault.

Some men who experience sexualized violence might never consider making a report because they do not perceive the sexual nature of the incident.

Men are far more likely to consider the sexual assault as hazing, bullying, physical abuse or an act with the intent to humiliate, rather than sexual harassment or sexual assault, contributing to the low reporting rate by men. Recent DoD reports showed 27 percent of men, versus just 9 percent of women characterized the sexual assault incident as hazing, and 39 percent of men characterized the incident as bullying compared to 24 percent of women. Men who are sexually assaulted in the military are much more likely than women to be assaulted at their duty station, during work hours, and much more likely to have experienced sexual harassment prior to the assault.

There are many common myths around men and sexual assault, and it is important to remember:

- Sexual orientation is neither the cause nor the outcome of sexual assault
- Arousal or ejaculation does not equal consent; it is a physical, bodi-

ly reaction and does not mean you wanted the sexual contact

- Women can sexually assault men
- Even if you initially liked the attention you were getting, when it crosses the line or becomes nonconsensual or exploitive, it is assault and not your fault
- Men can be just as traumatized as women; "being a man" does not mean you should be expected to just brush it off or forget about it

• Having been sexually assaulted or abused does not make you any less of a man

The Army is committed to preventing, responding to, and eliminating sexual assault and sexual harassment.

This issue affects the readiness of unit commands and impacts all members of the Army Family. Men and women in the military experience sexual assault and sexual harassment, but until recently, many

programs and trainings have been focused more towards responding to incidents that happen to women. To successfully meet the needs of all members of the Army Family, the Army is taking a deeper focus on addressing and preventing the sexual assault of men.

Resources for military men who have experienced sexual assault:

- DoD Safe Helpline is confidential, secure and available 24 hours per day, seven days per week, worldwide. Call (877) 995-5247 or talk with a professional immediately through a live, secure chat. Highly trained staff will listen to you, provide support and discuss your short-term and long-term options for seeking assistance.

- Safe HelpRoom Sessions for Military Men are held every Sunday from noon-2 p.m. for military men that have experienced sexual assault. Safe HelpRoom is an online community of sexual assault survivors in the military that meet to support each other in taking next steps after a sexual assault. The Sunday sessions are specifically for men who have experienced a sexual assault and provide a safe, confidential platform for men to share, encourage and talk with others that have similar experiences.

- RAINN (Rape, Abuse and Incest National Network) operates the DoD Safe Helpline and the National Sexual Assault Hotline (800) 656-4673. RAINN is the nation's largest anti-sexual violence organization providing programs to prevent sexual violence and support victims.

Installation activities highlight awareness

GUARDIAN STAFF

FORT POLK, La. — To commemorate April as Sexual Assault and Awareness Prevention Month, both the installation and Fort Polk garrison are hosting a variety of activities.

- Tuesday: Installation torch run. Begins at 6:30 a.m. at Mountain Field. Motorists are urged to drive with caution.
- Choreographed flash mob to promote Sexual Harassment and Assault Response (SHARP) awareness. Everyone is welcome to participate. Rehearsals will be held Tuesdays and Thursdays from noon-1 p.m. in the physical therapy area of Bayne-Jones Army Community Hospital. For more information call 531-3419.
- Wednesday: Garrison SAAPM proclamation signing, 1:30 p.m. Bayou Theater.
- SHARP (Sexual Harassment and Assault Re-

sponse Program) garrison work force face to face (F2F) training Wednesday and Thursday. Two sessions: 9 a.m. and 1:30 p.m. at Bayou Theater. On Thursday, SHARP annual leaders engagement training (for supervisors in the work force), is also held in two sessions: 9 a.m. and 1:30 p.m. Bayou Theater. Please bring CAC cards to this mandatory training.

- April 9-13: Shine the Light on Sexual Assault. Turn on your headlights between 8 a.m. and 5 p.m.
- April 23-26: Bystander intervention training for Soldiers, Family members and civilians. Times to be announced.

- April 26: Garrison denim day (and 5th Aviation Day) Fort Polk units are hosting individual denim days.

Denim Day grew out of a 1998 Italian Supreme Court decision that overturned a rape conviction. The women of Par-

liament, outraged by the court decision, wore jeans to work the following day as a protest. The movement has grown internationally.

FORT POLK SEXUAL ASSAULT HOTLINE
(800) 531-1848

No safe place: Practice situational awareness, survive active shooter events

By JEAN DUBIEL
Guardian staff writer

FORT POLK, La. — Several active shooter events over the past year may have caused you to wonder: What are you supposed to do if an active shooter enters your workspace, church, restaurant or school?

Leo Stolfi, deputy director of the Directorate of Emergency Services, said safety begins with paying attention to the people and features in your immediate area.

"People aren't aware of their surroundings. They're too busy looking at their phones, not checking the periphery, and subtle cues that someone may give off will go totally unnoticed," said Stolfi. "It's not being paranoid, it's just being aware."

One way to check on your level of awareness is by using "Cooper's colors," a color code of threat level awareness similar to force protection condition levels for installations. The code is named for Lt. Col. Jeff Cooper, a Marine Corps combat pistol instructor who developed the four-color awareness system. The colors are:

- **Condition white:** Relaxed and completely unaware of surroundings and what's going on. It is likened to a state of sleep or unconsciousness, but refers to any time your guard is completely down, often in the home or some other environment where you feel safe.

- **Condition yellow:** You are relaxed but aware of who and what is around you. You pay attention to the sights and sounds in your area, see entry and exit points and loosely keep track of anyone behind you. "Cooper says that everyone should be in yellow, all the time," said Stolfi. "You understand your environment, you know where the exits are, you know what you would do in a couple of possible situations and run through those scenarios in your head. That way, if something does happen, you aren't completely off guard."

- **Condition orange:** You have identified something of interest that may or may not prove to be threat. Your "radar" is concentrated on the possible threat until you are satisfied no threat exists. You are focused on a specific threat but don't drop your general awareness — a bad guy in front of you may be a distraction for one behind you.

- **Condition red:** You have observed a threat and are prepared to take action, be it run away, find a place to hide or fight back (the three responses to an active shooter).

Stolfi said when you enter a new space, such as a theater, restaurant, school, church or other public setting, you should walk yourself through an emergency situation mentally. Do you know

where the exits are? Which is closest to you? Would you need to pick up a chair or something to break a window to get out? What floor are you on? Could you make a jump if you needed to? What about the people with you? The practice doesn't just apply to active shooter scenarios. What if a fight starts and moves into your vicinity? What if there is a fire?

Stolfi said it also important to observe the people around you. "An attacker gives 'tells' (clues) — body language, a look to size you up to see if you are a threat," he said. "Watch for these and have a mental plan in place. Then you can make that leap to action if you need to, as opposed to freezing and not knowing what to do," he said.

Watching people does not only apply to strangers. Many active shooter events stem from insider threats. "This is someone who already knows the building, the layout and his target. In a workplace environment, that employee who acts rashly, has erratic outbursts, is depressed or prone to violent, angry behavior — these are the people you need to look at."

People are often reluctant to report odd behavior, but more often it is simply a matter of inattention, said Stolfi.

"People need to be more situationally aware of their coworkers, and call the police or their supervisor if they think someone is about to (lose it)," he said. "And it's not just guns (that they may use to harm others), it can be knives, explosives or other weapons."

People usually show signs of intended violence, said Stolfi.

"The pathway to violence always starts with a perceived wrong. The individual probably has (a history of) mental problems, and they internalize that perceived wrong, later acting on that perception."

When a potential attacker begins planning and researching an attack, there is a possibility of "leakage." Leakage is the communication to a third party of intent to do harm to a target. The means of communication includes planned or spontaneous utterances, letters, diaries, journals, emails, text messages, voicemails, blogs, tweets, Internet posts, video posts or any other form of communication. It is a warning behavior that Stolfi said must be acted upon.

"It's during the leakage phase that the individual needs to be stopped, before he ever gets to act," he said. "But we're too busy texting and playing on the phones — we don't talk face-to-face anymore, and people are just not aware of their surroundings. In 75 percent of the mass casualty assailant attacks that have happened, somebody else knew about the plan prior to the event, but didn't tell anyone. In 54 percent of the last 23 attacks, two or more people knew about it before it happened."

If you find yourself in an active shooter situa-

tion, remember the three options: Run, hide or fight. "The No. 1 thing is being alert to the fact that this is do or die. The assailant's only job is to kill. If you are trapped in a room and it comes down to you or him, then you attack him," said Stolfi. "It will often take five to 10 minutes before law enforcement arrives at the scene, so people need to take their safety into their own hands. Be aware of your surroundings, take action to save yourself, and follow the orders of law enforcement when they get there."

When law enforcement arrives at the scene, keep in mind that they don't know who the shooter is, therefore everyone is suspect. "Follow their orders, keep your hands free, and know that they are going to bypass any injured or dead people," said Stolfi. "Their job is to take out the assailant."

In many active shooter incidents in the news, you'll often see footage of people exiting the building in single file with their hands up or over their heads. Some may think the police are overreaching in treating them as suspects, but as the recent event at Parkland High School in Florida demonstrated, the suspect may be hiding among the survivors.

"In Florida, (the shooter) dumped his weapons and blended in with the other students," Stolfi said.

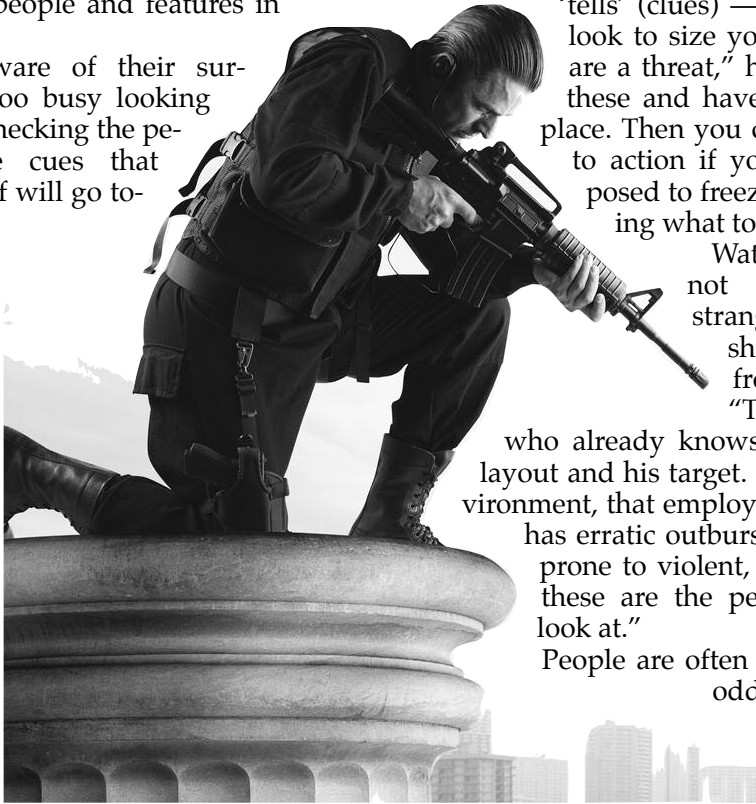
At Fort Polk, DES conducts active shooter battle drills daily to offer the best possible response time and action. "This is a great drill which Chief (Bobby) Lungrin (DES police chief) put together. The installation is lucky to have people like Lungrin, Mark Leslie (Chief, Plans and Operations, Directorate of Plans, Training, Mobilization and Security), Greg Funderburk (DES security chief), and Bill Nowlin (DES fire chief). These are the best tactical first-responding experts and anti-terrorism force protection experts — I would put them up against anybody in IMCOM," said Stolfi. "But, all those guys are secondary to your own efforts."

North Polk and Parkway elementary schools recently went through security training, not only for active shooter incidents but also for general security awareness.

"Our guys (DES police) have walked the schools (staff) through several scenarios, and looked at their security arrangements and code words," said Stolfi. "They did three iterations with them, gave them an after-action review, and touched on points they need to refine."

This is a service offered by the DES to any organization on post that wants the instruction. For more information on getting your employees trained, call the DES and they can set it up or review your current safety plan. They can be reached at 531-COPS (2677). Other training resources can be found online at www.training.fema.gov/is/crslist or www.dhs.gov/activeshooter. You can also get information about the Department of Homeland Security Active Shooter Preparedness Program workshop series by sending an email to ASworkshop@hq.dhs.gov.

No matter how much training you may or may not have, situational awareness is the best way to be prepared. "Put the phone down, be aware of your surroundings, know and understand who is a potential threat and who potential targets are in your organization," said Stolfi.



Community

Briefs

Spring break

Spring break continues for Vernon Parish schools Monday and Tuesday. Students return to class Wednesday. The following school lunch menu is for Vernon Parish schools for Wednesday through April 6. Meals are served with salad bar and choice of milk:

- **Wednesday:** Chicken nuggets, macaroni and cheese, green beans, pear halves, whole grain roll.
- **Thursday:** Taco salad with whole grain chips, Mexicana corn, taco salad cup, fruit.
- **April 6:** Sloppy Joe with whole wheat bun, potato rounds, green Lima beans, fruit.

Easter services

Glory Chapel, 1168 Glory Loop, hosts an Easter Sunrise Service, Sunday at 7 a.m. Breakfast will follow service. Call 531-2669 for more information.

BJACH hours

Bayne-Jones Army Community Hospital clinics, pharmacy, lab and radiology are open for normal operating hours today and Monday. The emergency room and wards are open 24 hours a day, seven days a week.

Sports opportunities

The Fort Polk Intramural Sports Office has the following activities slated for April:

- Ultimate Frisbee tournament, Monday, 6 p.m., Soldiers Sports Complex, rosters consist of no more than 10 and deadline for turn in is today at 4:30 p.m.
- Army Ten Miler qualifier, April 6, 6:30 a.m., trail across from Bayne-Jones Army Community Hospital.
- Company level softball season kicks off, April 10, 6 p.m., Soldiers Sports Complex.
- Kickball tournament, April 24, 6 p.m., Soldiers Sports Complex.
- Nine-hole golf scramble, April 27, 11:30 a.m., Warrior Hills Golf Course.

For more information on these and other intramural sports activities call 531-2056.

Participants needed

Are you interested in participating in a Flash Mob? A flash mob is a group of people (all ages and genders welcome) gradually emerging in a crowded area and dancing in sync. The routine is choreographed and practices are held to help everyone learn the moves. No dance experience or rhythm is required; just bring an upbeat attitude. Rehearsals are scheduled for several

Please see **Briefs**, page 14

Kids take part in Strongest Youth Competition

GUARDIAN STAFF

FORT POLK, La. — Fort Polk Families gathered at Perez Field March 24 to cheer their children on as they competed to find the strongest Fort Polk youth in the Fort Polk Strongest Youth Competition.

Kids were divided according to age: 7-8 years-old, 9-10 years-old, 11-12 years old and 13 and older.

Events included:

- Tire flip — Competitors were asked to flip a tire (no rolling) from start to finish.

The event was timed and youth were finished

when the tire crossed the finish line.

- Flexed arm hang — Competitors held themselves in the chin up position (chin above the bar) for as long as possible.

- Log toss — Competitors tossed a landscape timber for distance.

- Row — Competitors sat on the ground with their feet anchored against two cinder blocks and pulled a weighted sled from 25 feet away using a rope.

- Sand bag stack — Competitors picked up five sand bags, one at a time, and placed them on top of a bench then returned the bags to the ground.



Kids participating in the Fort Polk Strongest Youth Competition at Perez Field, held March 23, warm up before the events begin.



Isabelle Mateo, 9, puts everything she has into the log throwing competition as Child and Youth Services staff look on.



Jaxson Horne, 7, pulls the weighted rope with all his might.

Please see **Youth**, page 10

Youth

Continued from page 9



Christian Chamberlain, 7, races against time to lift sand bags at the Strongest Youth Competition.



Yarielis Cedeno, 11, gives a smile while making the chin up competition look easy.



Aubrey Bazan, 8, works hard to pull the rope as hard as she can during the weighted row pull event.



Gabriella Williams, 7, flips a tire that's almost as big as she is.



Landan Willson, 15, uses the strength in his legs and arms to flip a tire to the finish line.

Reaching THE Least THE Last THE Lost

SUNDAYS
SUN SCHOOL 9:45AM
MORNING WORSHIP 11:30AM

MID WEEK
WORSHIP & WORD EXPLOSION
WED 6:30PM

Agape Evangelistic Ministries

SUPT. RONALD JONES & LADY WALTIA JONES

Bravo Company claims 115th CSH 'Commander's bed pan'

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — March 23 was a day of fun, food and festivities for the Soldiers of the 115th Combat Support Hospital as the unit celebrated the start of spring by spending the day outdoors in friendly sports competition.

Master Sgt. Kevin Bross, operations NCOIC for the 115th CSH, said the "fun day" was a way for the unit to repay its Soldiers for their hard work.

"In the Army we do a lot, and we ask our Soldiers to do a lot," Bross said. "Recently, we have been running pretty hard, getting prepped with readiness, prepared at all times, so were always go, go, go."

Bross said each quarter the 115th CSH tries to have a day where, "we pull it back a little bit."

"During sports day the focus is on esprit de corps," he said. "We go out and do a round robin sports event, and then award a commander's trophy for the quarter to the company that did the best. So, it's just a day to come together, play a little sports, have a little meal, have a little junior versus the seniors kickball at the end to wrap it up, then call it a day."

The day's events included kickball, dodge ball and a functional fitness relay that began with 10 burpees, a short sprint, water can carry, obstacle jump, sled drag, then run back and tag the next partner who did the same activities.

For the second quarter in a row, Bravo Company earned the bragging rights, and took home the commander's trophy.

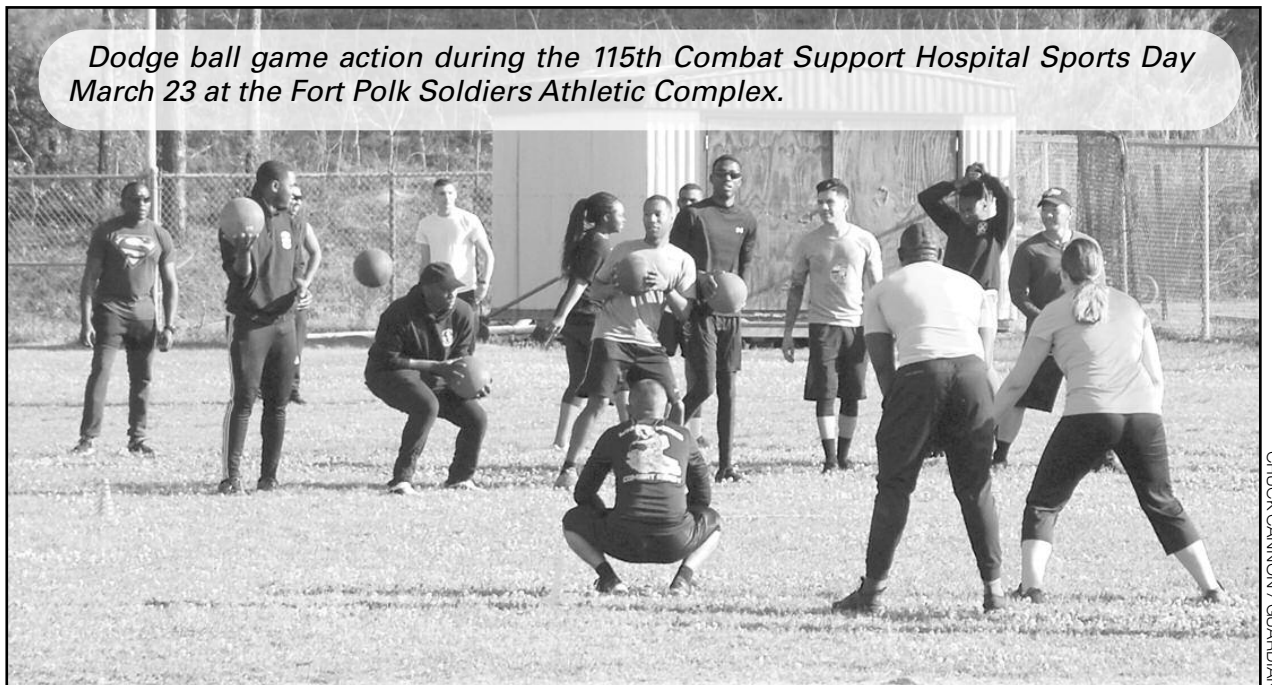
"The trophy is the 'Commander's Bedpan' since we are a CSH," Bross said.

The day of fun was a type of culminating event for the 115th CSH outgoing commander, Col. David W. Wolken. Col. Lee A. Burnett replaced Wolken during a change of command ceremony March 29.

"He (Wolken) was there all day and talked to the Soldiers, so before he left, we got to let our hair down and have a good time," Bross said.

The day's activities also were a chance for the entire unit to compete for the first time in several months.

"We do a lot of field problems and missions,



Dodge ball game action during the 115th Combat Support Hospital Sports Day March 23 at the Fort Polk Soldiers Athletic Complex.

CHUCK CANNON / GUARDIAN

we're short on manning, so we're always pushing our Soldiers hard," Bross said. "With the re-deployment of the 485th Medical Detachment in January, we now have all of our Soldiers back at Fort Polk."

One of those Soldiers was Pfc. Logan Stewart, B Company. He said the day was "a lot of fun."

"I saw a lot of camaraderie that I haven't seen for a while," he said.

Stewart said the 115th CSH sergeant major issued a challenge to the unit's Soldiers.

"There was a lot of trash talking going on," Stewart said. "The sergeant major said if you weren't trash talking, you weren't playing right. We were told to go out and have a lot of fun, and I believe that's what we did."

Following the sporting events, the 115th CSH's Soldiers dined on hamburgers and hot dogs before calling it a day.

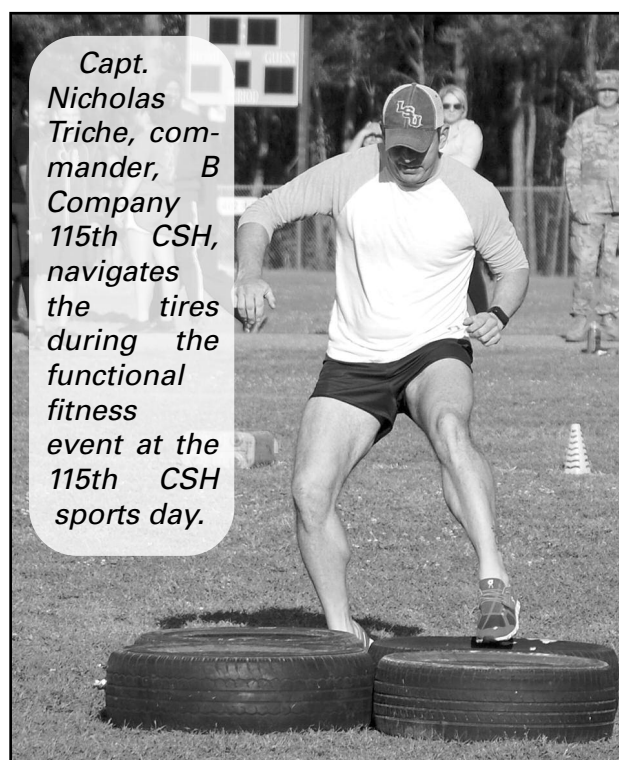
Stewart said he looks forward to the unit sports days.

"It gets us involved in things other than the motor pool or the CSH operations," he said. "We actually get to go out and get to know the Soldiers in our unit better."

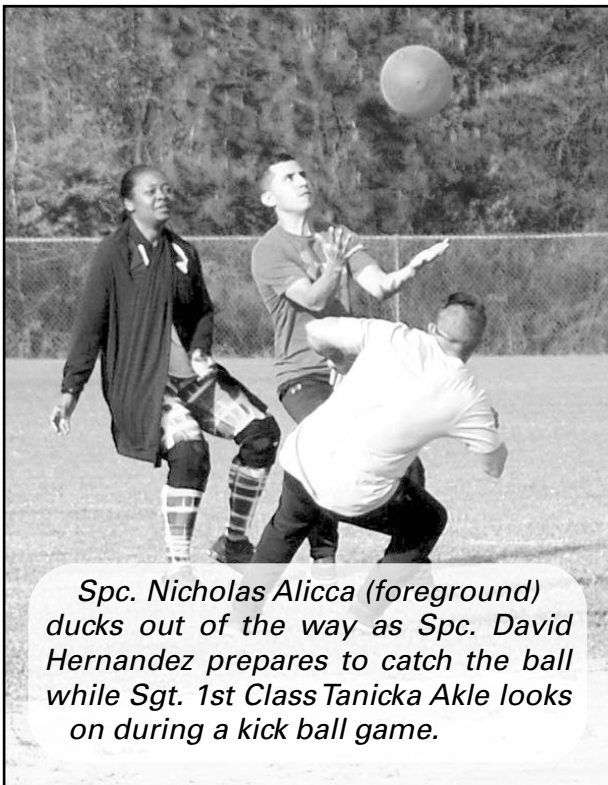


Above: Spc. Patricia Fuentes, 115th CSH, takes her turn at kick ball as her teammates look on.

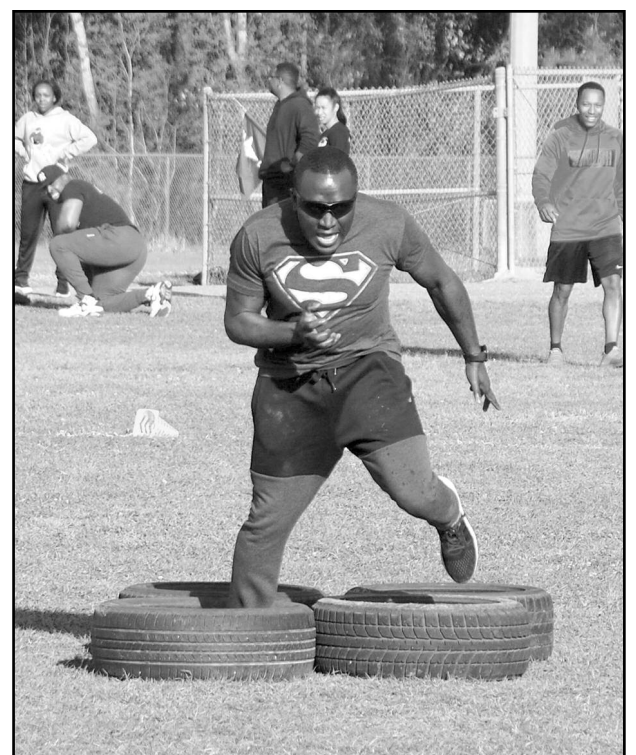
Below: First Sgt. Oyeyemi "Superman" Akireton, B Company, 115th CSH, tackles the tires during the functional fitness event at the 115th CSH sports day March 23.



Capt. Nicholas Triche, commander, B Company 115th CSH, navigates the tires during the functional fitness event at the 115th CSH sports day.



Spc. Nicholas Alicca (foreground) ducks out of the way as Spc. David Hernandez prepares to catch the ball while Sgt. 1st Class Tanicka Akle looks on during a kick ball game.



North Polk Elementary School gets 'eggcited'



Fort Polk firemen throw decorative egg cradling creations at North Polk Elementary's annual Egg Drop held March 23. The school celebrated spring with a combination of events including the egg drop, an Easter egg hunt and Family picnic.



North Polk Elementary School parents and students find spots on the playground to settle in for a nice picnic in the sun March 23.

ANGIE THORNE / GUARDIAN



Jaylee Wood, 5, is excited about hopping about while hunting for eggs.



Leato Mandein (right) and her son Felix, 5, found a shady spot under a pine tree to eat their lunch.



Several North Polk Elementary students participate in an Easter egg hunt March 23.



Aidan Johnson, 5, found a couple of eggs at the NPE Easter egg hunt.

History observance highlights women who fight discrimination

By **ANGIE THORNE**

Guardian staff writer

*"You may write me down in history,
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise."*

FORT POLK, La. — This is the opening stanza in the poem, "Still I Rise," by Maya Angelou, read by Miss Junior Louisiana, Alexa Catlett, at the Women's History Month Observance held March 22 at the Viper Gym.

March is Women's History Month and as the poem exemplifies, this year's theme focuses on honoring women who fight discrimination — those who continue to rise and fight for equality no matter how many times they have been knocked down.

Guest speaker, Col. Marla J. Ferguson, Bayne-Jones Army Community Hospital commander, said she was proud to be a member of an organization (Army) and profession (medicine) that values the service of women.

"There are people that developed and mentored me and didn't see me as anything other than a Soldier, who wanted me to succeed along the way. That's pretty remarkable," she said.

Ferguson said it didn't escape her attention that she is here thanks to all the women who came before her. She said she continues to strive for success because of those women who are making their mark each day.

"Women have made countless contributions to our nation's history, some paying the ultimate price or earning awards for fighting in battles and showing their heroism. Many also served as spies, alerting Soldiers to enemy movement and carrying messages," she said. "Though they weren't in uniform, they faced many of the same dangers as male Soldiers."

"Paths forged by those who came before us have provided ... more opportunities and leadership responsibilities."

Col. MARLA J. FERGUSON
Commander, Bayne-Jones Army
Community Hospital

From the very beginning of this nation's history, women have continued to prove themselves again and again while serving in the military — fighting the battle of discrimination as well as war, according to Ferguson.

Ferguson recounted stories of women taking up arms and fighting for what they believed in beginning with Margaret Corbin, who fought beside her husband as he manned a cannon during the attack on Fort Mifflin, New York, 1776; Harriett Tubman, known for her work in the Underground Railroad but who also served as a Union spy during the Civil war; the more than 25,000 American women who volunteered to serve in the military during World War I; and the more than 150,000 women who served in the Women's Army Corps in World War II, the first women, other than nurses, to serve in the United States Army.



Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general, presents Col. Marla J. Ferguson, Bayne-Jones Army Community Hospital commander, with a certificate of appreciation for being the guest speaker at Fort Polk's Women's History Month Observance March 22.

Ferguson said it was once unthinkable for women to spend time at border locations, fly a fighter planes, spend time at sea on a military ship or submarine, lead a tactical patrol, jump from an Army plane or command a hospital. However, in more recent conflicts, women have achieved all of this and more.

That list includes female heroes such as Sgt. Lee Ann Custer, a military police officer in the Kentucky National Guard who became the first female Soldier to be awarded the Silver Star in modern times; Spc. Monica Brown, a medic in Afghanistan in 2007, is the second woman to receive the Silver Star; and Gen. Anne Dunwoody, the first female four star general in the U.S. Army.

Common threads run through these stories, as well as the stories of all female veterans, according to Ferguson.

"They have a willingness to put the needs of their country and fellow countrymen above their own, and their self sacrifice and determination ensures that our country not only survives but thrives," she said.

Women have smashed the glass ceiling in the military and now serve in all military specialties regardless of the branch of service, said Ferguson.

"Today, more than 174,000 women serve in the Army's total force. They serve in every career field and are critical members of the Army team. Nothing is gender specific," she said. "Today's Army is working hard to ensure female Soldiers are assigned to positions that provide a full and challenging career, as well as promotion opportunities so they can reach their highest potential."

Juanita Harville said she attended the observance because she thinks it's important to keep women empowered and informed. "We must continue to seek out things that we can do to bet-

ter ourselves. Listening and learning from an event like this is just one way we can continue to grow," she said.

Sheila Anthony, BJACH health promotions and a vendor at the observance, said she is glad there are events like this to honor women.

"We get to hear about the strides we have made for our country and beyond. I always enjoy hearing about the different historical figures that have paved the way for women today," said Anthony.

Capt. Jimmie Watson, Charlie Company, 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division, said gender is a nonissue for him.

"Honestly, half my Soldiers are female. Given the same chances, they have the ability to succeed," he said. "I guess I feel that way because I had some wonderful female mentors as I rose through the ranks. Equal is simply the way it should be."

History has shown that the contributions achieved by women have only made the Army stronger, said Ferguson.

"Paths forged by those who came before us have provided today's young female service members with more opportunities and leadership responsibilities," she said.

"Right now, there are young women eager to serve whose energy, talent and leadership will one day shape the future of our country's military."

"As we commemorate Women's History Month, we recognize the triumphs and trials, the integration and determination and persistence of so many women who have made our Army a world class fighting force. Thank you for joining me today to celebrate the past and for working every day to create an even better future for this nation's women and, hopefully, the rest of the world."

Net Zero Waste teams with Fort Polk to improve recycling

NET ZERO WASTE

FORT POLK, La. — The “Recycle this, Not that” campaign aims to reduce contamination when turning in recyclables at the Joint Readiness Training Center and Fort Polk Recycling Center. Net Zero Waste will launch a marketing campaign in April to improve recycling across the installation through the “Recycle this, Not that” public service and educational campaign.

At the heart of the campaign is an effort to educate both military and civilian personnel about the curbside recycling program and the tremendous impact each person has on the Quality Recycling Program’s success. The curbside recycling program operates throughout the garrison offices, picking up paper, No. 1 plastics and aluminum cans.

A social media, installation-wide advertising, and public service announcement campaign visible at high-traffic locations across the installation and local media outlets will depict every day products and activities to remind audiences about the materials that are accepted at the JRTC and Fort Polk Recycling Center and curbside pick-up.

The ultimate goal of the campaign is to continue building the culture of recycling across Fort Polk,

making the installation stronger, and increasing the quantity and quality of materials recycled at the QRP.

In addition to the PSAs, Fort Polk Soldiers and employees will see an informational card reminding them about recycling basics.

The campaign posters, informational cards and PSAs are designed to facilitate community awareness, support education efforts for current recyclers, re-engage former recyclers and attract newcomers into the program by stressing the ease and importance of recycling at Fort Polk.

“Fort Polk does a great job of recycling and making efforts visible” Sgt. 1st Class Jeremiah Moore, Operations Group Task Force 5 said. “It’s easy to find recyclable bins — they are in high traffic areas — and in the 15 years I’ve been in the military, recycling hasn’t been as easy as it is here.”

The Recycle this, Not that! Campaign is a great way to reach the community directly and highlight how easy it is to recycle properly.

The message of the campaign is simple, by making recycling part of their every day routine, each individual can have a tremendous impact on the success of the program, just like brushing your teeth or get-



ting your mail. When people recycle, they help meet the Army’s sustainability mission, the environment is protected and the community prospers, both health-wise and financially.

Fort Polk’s leaders are passionate about the environment and love outdoor activities. With continuous outreach and education, the installation only becomes stronger through community efforts like recycling. Everyone at Fort Polk is encouraged to participate and take part of a large issue that affects installations everywhere.

For more information on the latest “Recycle This, Not That” campaign, follow Net Zero Waste on Facebook at www.facebook.com/NetZeroWastePolk/.

The Fort Polk Net Zero Waste’s mission is to reduce, reuse, and improve recycling processes across the garrison cantonment area and engage the community to adapt sustainable practices that create zero waste to area landfills.

For more information contact Net Zero Waste at 531-1105 or visit www.facebook.com/NetZeroWastePolk/.

Dietary guidelines recommend proteins, veggies, fruits

HEALTH.GOV

WASHINGTON — March is National Nutrition Month and the 2015-2020 Dietary Guidelines for Americans recommends making small changes to eating patterns to include healthier ingredients while cooking at home.

Choosing a variety of healthful foods across and within all food groups helps reduce the risk of preventable, lifestyle-related chronic diseases including cardiovascular disease, type 2 diabetes and obesity.

“Evidence shows that making dietary and lifestyle changes can prevent diseases before they occur,” said Angel Planells, registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson. “During National Nutrition Month and beyond, make small, healthier food

choices — one forkful at a time.”

The following foods are recommended for a healthier lifestyle:

- Vegetables, including dark green, red and orange, beans, peas and others
- Fruits, especially whole fruits
- Whole grains
- Fat-free or low-fat dairy including milk, yogurt, cheese and fortified soy beverages

- Protein foods including seafood, lean meats, poultry, nuts, soy products, beans and peas
- Oils including canola, corn, olive, peanut, sunflower and soy

To find a personalized plan that works best, it is suggested consulting a registered dietitian nutritionist. RDs can provide sound, easy-to-follow nutrition advice to meet your lifestyle, preferences and health-related needs.



Briefs

Continued from page 9

times in the hospital class rooms and the routine will be videotaped so volunteers can practice as much as they would like on their own. Call Cathy Price at 531-3419 for more information.

Exercise classes

The following exercise classes are held on Fort Polk:

- Stroller Strong with Susie, 9:30-10:30 a.m., Fridays, Wheelock Fitness Center. Full body workouts incorporate cardio and weight training. Children must remain in stroller.
- Functional Fitness with Heather, 10-11 a.m., Tuesdays, Home of Heroes Functional Fitness Center.

A coached fitness class to improve skills in

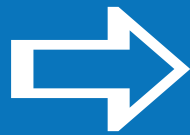
cardiovascular conditioning and functional strength training.

For more information on these and other Fort Polk fitness classes call 531-6795.

Red Cross program

The 2018 American Red Cross summer youth volunteer program is held June 4-Aug. 10. The program is open to youth ages 13-17. Participants gain experience and develop professional skills. Applicants must have a valid military dependent ID. The deadline to apply is May 11. Applications are available in bldg 220, 1778 Third St. The program is sponsored by Bayne-Jones Army Community Hospital. Call 531-4783 or email ava.carter@redcross.org for more information.

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UNITED THEOLOGICAL SEMINARY AND BIBLE COLLEGE

2018 Fall Registration

The Leesville Extension of the United Theological Seminary and Bible College will be holding their registration for the Fall Semester 2018 in **August 2018**, starting at **6:30-8:00pm** at the New Willow Baptist Church, **443 Red Town Road, Leesville, LA. 71446**. Class will begin in **August 2018** at the New Willow BC., 443 Red Town Road, Leesville, LA., 6:30 pm. United Theological Seminary is an Accreditation School. We are offering the Bachelor of Theology Degree and a Master of Theology Degree. We are VA approved and we are approved to work with person in the Rehabilitation program.

For further information please call the registrar office at 337-239-4949.




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<p>UTS MAIN CAMPUS 905 Texas Avenue Monroe, LA 71201 President: Dr. Robby D. Williams E-mail: utsb@comcast.net unitedtheologicalseminarymonroe.org 318-323-6720</p>	<p>UTS LEESVILLE EXTENSION 443 Red Town Road Leesville, LA 71446 Director: Rev. (Dr.) Harrison Fields, Sr Dean: Rev. James L. Gaither, Jr. M.Th. Rev. (Dr.) Carl Armstead, Instructor Registrar: Janice L. Gaither 337-239-4949</p>
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Clothes giveaway

A free clothing giveaway takes place April 7 from 9 a.m.-2 p.m. at the New Life Outreach Center, 1611 Boone St., Leesville, across the street from Lowe's. For more information call (337) 208-4935.

Society meeting

The Vernon Historical and Genealogical Society hosts its monthly meeting April 7 in the meeting room of the Vernon Parish Library, 1401 Nolan Trace, Leesville.

The guest speaker is Nelta Nolen. Nolen's presentation focuses on how to use Pinterest in genealogy. Participants are encouraged to bring their genealogy and ask questions if they need assistance.

The meeting begins at 12:30 p.m. For more information, call (337) 239-0537.

Spring concert

The public is invited to enjoy the second annual Hallelujah Tribute concert, featuring the music of Paul Simon. The music features a selection of his songs performed by Olivia and Nicholas Ford with accompaniment by Michael Sterne, H.B. Smith, Bud Albright and Dale Lingenfelter. The tribute is held at the Congregation Gemiluth Chassodim Jewish Temple, 2021 Turner St., Alexandria, April 14 at 7 p.m. For more information visit themuseum.org/hallelujah.

BOSS event

Better Opportunities for Single Soldiers hosts a March Madness basketball tournament Saturday at 10 a.m. at the Viper Gym, 2278 Ala-



bama Ave., bldg 2276. Compete for prizes and unit funds. There will be a concession stand with refreshments. The teams consist of five players each. The tournament is single elimination. First-place winners take home \$300. Second-place winners take home \$200. Third-place winners take home \$100. Sign up at the Home of Heroes Recreation Center or with your BOSS representative. For more information call 531-1948.

Bass tournament

Fish the first Saturday of each month from safelight to 3 p.m. as the Directorate of Family Morale, Welfare and Recreation hosts a fishing tournament at Fort Polk's Toledo Bend Recreation Site. The next tournament is held April 7. Cost is \$40 per boat, two people per boat. Payout is 80 percent of the entry fees. The tournament requires a minimum of five boats.

Patrons can also participate in the Big Bass Contest. Entry is \$5 per person. For more information call (888) 718-9088.



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Don your kilt and head to Minden for Tartan Festival

TARTAN FESTIVAL

MINDEN, La. — Listen to authentic bagpipe music, discover clans, kilts and enjoy a day filled with Scottish fun at Minden's Tartan Festival held April 6. Don't forget to wear your kilt. All Scottish, Irish, Welsh or other Celtic attire is encouraged.

It might seem hard to believe, but Louisiana has a Scottish population. The Tartan Festival celebrates that heritage. The festival is based on Tartan Day, a nationally recognized event held each year on April 6.

National Tartan Day is the United States observance commemorating the Scottish Declaration of Independence — on which the American Declaration of Independence was modeled. It also recognizes the achievements of Americans of Scottish descent.

Tartan is another name for the woven plaid cloth associated with a particular Scottish clan.

The Tartan Fest doesn't have organized Highland Scottish games. What it does have is an opportunity for the audience to observe professional Scottish athletes demonstrate events such as the sheath toss or heavy throw.

Audience members can visit with the athletes, ask questions and participate in the events themselves.

Even if you can't dance a jig, enjoy watching The Jackson Irish Dancers, a traditional Irish dance troupe, as well as watching the hips of the Port Belly Project sway as they perform a tribal fusion belly dance.

The Scottish Society O' the Louisiana Highlands will also feature workshops such as speaking the Gaelic language; Weird Sisters — Scottish witches; wool spinning; waulking — Scottish folk songs traditionally sung in Gaelic; and was King Arthur a Scot?

If you love your four-legged, furry best friend, you'll love this festival. Pets are allowed as long as they are on a leash and while there you can enjoy or participate in the dog show.

The meet and greet is at 10:30 a.m. where folks can learn about the different breeds and register for the show. The Scottish breeds only show is at 11 a.m. and the non-Scottish breeds show is at 11:20 a.m.

All dogs must have a rabies tag or proof of vaccination.

You can also enjoy a fine example of Highland cattle herding.

These demonstrations take place at 1 and 2 p.m. Another display focuses on the Red River smiths as they perform a presentation of their blacksmithing skills.



If your interest lies in the warrior side of the Scottish traditions, you won't want to miss the broadsword demonstration beginning at 11 a.m. and continuing throughout the day.

There will also be a Kirking of the Tartans held on the festival grounds at 2 p.m., immediately following the Grand March of Clans.

The brief ceremony symbolizes the persistence and strong independence of Scottish forebears as clan tartans are publicly displayed.

Red River Pipes and Drums is a marching band that plays a wide variety of tunes in the Scottish tradition for you to enjoy.

A wide variety of live musical performances with artists such as Smithfield Fair — a trio that sings Celtic-based songs; The Rogues — they created a new genre of Celtic music with pipes and driving percussion; and Dan Phillips — an Irish crooner and more.

Admission is \$7 per adult and \$3 per child 6-12 years old. Children und 5 get in free. Hours of operation are from 10 a.m.-6 p.m.

The festival is situated on a working farm with rough terrain, and parking is not always in close proximity to the entrance gate. Patrons should take this into consideration.

Minden is about two hours and 45 minutes from Fort Polk traveling on U.S. Hwy 171.

For more information visit <http://scottishsociety.wixsite.com/tartan-festival/about1>.

Learn Scottish words

Want to inject a little Scottish into your life? Other than buying a kilt, the easiest way is to learn a bit of the language. Here are a few words found at <http://scotlandwelcomesyou.com>:

- Aboot — about
- Ain — own
- Auld — old
- Aye — yes
 - Bairn — baby
 - Bonnie — beautiful
 - Crabbit — bad tempered
 - Dae — do
 - Didnae — didn't
 - Feart — afraid
 - Goonie — nightgown
 - Hae — have
 - Hoose — house
 - Ken — know
 - Mair — more
 - Merrit — married
 - Manky — dirty
 - Moose — mouse
 - Naw — no
 - Noo — now
 - Oot — out
 - Peely Wally — pale
 - Riddy — embarrassed
 - Scullery — kitchen
 - Sleekit — sly
 - Tattie — potato
 - Telt — told
 - Totie — very small
 - Wean — child
 - Willnae — will not
 - Windae — window
 - Ye — you
 - Yin — one





Have fun trying tasty Louisiana cuisine at Scott Boudin Festival

By **ANGIE THORNE**
Guardian staff writer

SCOTT, La. — Boudin is a sausage-like link filled with herbs, seasonings, pork, liver and white rice. Of course, that's just a basic recipe. Like many foods found in Louisiana, the flavor and recipe changes with each person making the savory treat. Boudin can be filled with everything from crawfish and alligator to shrimp and crab.

The imagination and flavor palate are the only real boundaries when it comes to recipes, however, the more exotic flavors aren't as easy to find as the pork-based version. The point is, it's all good eating.

So, why not celebrate this finger-licking, down home-food with a festival?

The town of Scott, the Boudin Capital of the World, has done just that.

If you would like to help celebrate all things boudin with good music, arts and crafts and happy bellies, you won't want to miss the Scott Boudin Festival April 6-8. The festival takes place

on Lions Club Road in Scott, directly in front of city hall. The road is closed to all traffic for the duration of the festival.

The 2018 line-up for the festival includes Kevin Naquin from 6-7:30 p.m., Chee Weez from 8-10 p.m. and Keith Frank & the Soileau Zydeco Band from 10:30-12:30 p.m. April 6.

The entertainment lasts all day April 7 with Valarie Vocals kicking things off on the main stage from 10-10:30 a.m. and ends with Chris Ardoin from 10:30 p.m.-12:30 a.m. with a variety of live performance between.

Admission for April 6-7 is \$5 per person with children under 6 getting in free. Family day is April 8 — admission is free for everyone. The line-up for April 8 includes Bobby Page & The Swamp Pop Express performing from 11:30 a.m.-1:30 p.m., Geno Delafosse & French Rockin Boogie from 2-4 p.m. and Lil Nate from 4:30-6:30 p.m.

Scott is about two hours southeast of Fort Polk. Take U.S. Hwy 171 to I-10, then head east on I-10 to Scott (exit 97).

For more information visit www.scottboudin-festival.com.

Enjoy Spring Herb Day

KENT PLANTATION HOUSE

ALEXANDRIA, La. — Do you want to use your own home-grown herbs in your cooking? Are you interested in sprucing up your surroundings with potted flowering plants, but unsure where to start?

Kent Plantation House, 3601 Bayou Rapides Road, Alexandria, hosts its Spring Herb Day April 7 from 8 a.m.-1 p.m. Herb day boasts an amazing selection of quality, locally grown herbs and flowers.

For those with questions about how to best care for and use their new plants, there will be experts on hand to help select the right vegetation.

There will also be plenty of local vendors featuring both handmade and garden related arts and craft items.

Finally, those in attendance can check out the yard sale located in the Visitors Hall.

Admission for adults is \$11 per person; seniors (65 and above), \$9 per person; military and AAA members, \$9 per person; children ages 6-12, \$3.50 per child and children under 6 get in free.

The plantation opens from 9 a.m.-5 p.m. Monday through Saturday. Tours take place on the hour from 9 a.m.-3 p.m. For more information call (318) 487-5998.



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