



Fort Polk Guardian

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'Lt. Dan' brings his band to JRTC, Fort Polk

GUARDIAN STAFF

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk and local communities are in for a treat Saturday as Gary Sinise, known for his portrayal of "Lt. Dan" in the Hollywood blockbuster "Forrest Gump," brings his Lt. Dan Band to Headquarters Field for what the popular entertainer's website calls an evening of "honor, gratitude and rock and roll."

The concert is slated to begin at 6:30 p.m. and gates open at 5:30 p.m., but Fort Polk's Directorate of Emergency Services advises visitors to arrive early.

Those with Department of Defense ID cards can access Fort Polk from any gate and will be directed to the nearest shuttle bus parking lot. Parking for shuttles is located at the Main Post Exchange, Commissary, Education Center, Bayne-Jones Army Community Hospital and Mission Training Center parking lots.

Non DoD ID card holders must stop at the visitor's control center near the Entrance Road gate to obtain a pass.

To avoid long wait times for clearance to enter the installation, non DoD affiliated guests are encouraged to visit the visitor control center today to register for a pass.

In addition to "Forrest Gump," Sinise has lent his acting talents to movies such as "Apollo 13," along with the Stephen King mini-series "The Stand."

In 2003, as Sinise began what has turned out to be an extraordinary commitment to the United Service Organizations, it became clear that early jam sessions with musician and friend Kima Williams had laid the foundation for what would become The Lt. Dan Band.

Following one of his many trips overseas to visit servicemen and women, Sinise asked the USO if they would allow him to take a band with him on a tour.

The USO agreed, the band began rehearsing and in February of 2004, The Lt. Dan Band hit the road on their first overseas USO tour to Korea, Singapore and Diego Garcia. Sinise and the band have played an average of 30-40 shows per year



Gary Sinise and the Lt. Dan Band

with a good 75 percent of those shows for USO, charities or benefits.

For those familiar with the Forrest Gump movie, the band's name is no surprise. Sinise played the character of "Lieutenant Dan," a role for which he earned an Oscar nomination for best supporting actor.

As he began visiting troops around the world, people — even little kids — who didn't know him as Gary Sinise, would recognize him as Lt. Dan.

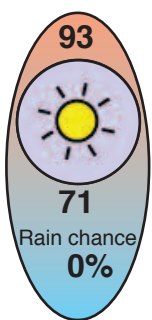
Those in the military seemed to identify strongly with the character, making the name for the band an easy choice.

Fort Polk's show on Saturday highlights the musical diversity of the band, as well as the passion and energy each member brings to the stage. The bottom line: Have fun and rock the house.

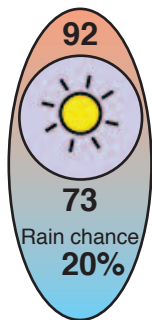


Sinise as Lt. Dan in 'Forrest Gump'

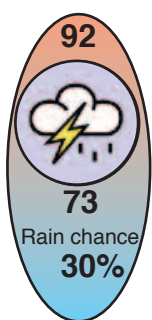
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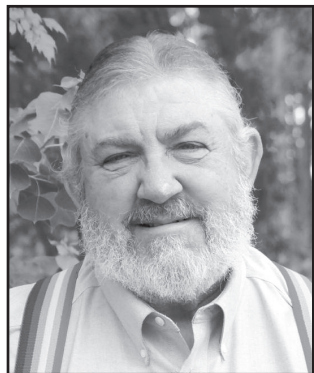
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Viewpoint

Flag Day honors United States' colors

By **CHUCK CANNON**
Guardian editor

FORT POLK, La. — One of my favorite current television shows is "The Big Bang Theory." The main character is Sheldon Cooper, a nerdy, genius who, among his many quirks, has a fixation on flags, so much so that he hosts an on-line



Cannon

program called "Sheldon Cooper Presents Fun with Flags." Cooper would probably be especially excited this time of year as Thursday — June 14 — is Flag Day in the United States, the day we celebrate our national colors.

Throughout its 240-year life, the colors have been called the Stars and Stripes, Old Glory and the Star-Spangled Banner.

On June 14, 1777, the Second Continental Congress passed the Flag Resolution that called for the flag to be 13 alternating red and white stripes, with the union consisting of

13 white stars on a blue field.

Early flags took different forms, with the most popular the "Betsy Ross Flag," consisting of the 13 alternating stripes and the 13 white stars in a circle on the blue union.

Over the years, the number of stars on the flag have increased to reflect the number of states in the U.S. Today the flag contains 50 stars.

For the majority of us who serve — or have served — in the military, the flag is a symbol of why we served and is often placed next to the graves of veterans and at war memorials.

To that end, the United States Flag Code was adopted to provide guidelines for the use, display and disposal of the flag.

Some specific rules concerning the flag include:

- The flag should never be dipped to any person or thing, unless it is the ensign responding to a salute from a ship of a foreign nation.
- The flag should never be allowed to touch the ground.
- If the flag is flown at night, it must be illuminated.
- If the flag's edges become tattered through wear, the flag should be repaired or replaced.
- When a flag is so tattered that it can no longer serve as a symbol of

the U.S., it should be destroyed in a dignified manner, preferably by burning.

The Flag Code prohibits using the flag for "advertising purposes" and states it "should not be embroidered, printed or otherwise impressed on articles such as cushions, handkerchiefs, napkins, boxes or anything intended to be discarded after temporary use."

The code also states the flag should never be used as wearing apparel, bedding or drapery, and no part of the flag should ever be used

as a costume or athletic uniform. Also, the flag should never

be carried flat or horizontally, but always aloft and free.

Most of these later prohibitions are typically ignored, especially at sporting events. However, even though the Flag Code is U.S. federal law, there is no penalty for private citizens or groups failing to comply with the code.

Respect for the flag, therefore, is left up to the individual.

My first "experience" with Old Glory occurred in 1972 when I went to Washington, D.C. on a 4-H Junior Leadership seminar. One of our

Commentary

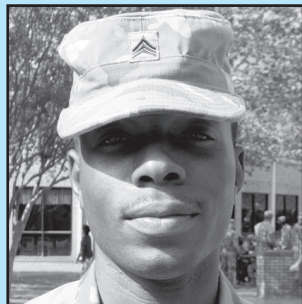
Please see **Flag**, page 7

In our view

Guardian staff asked Fort Polk residents, "What is your ideal vacation?" Here are their responses:



Spc. Austin Black: "A trip to Dubai with my girlfriend. I'd like to see the different buildings and architecture, and look at the scenery."



Sgt. Raymond Cooley: "A trip to Atlantis, Bahamas, with my wife and daughter. It looks like an outstanding place for my family to enjoy."



Pfc. Alex Kosowicz: "I'd like to take my family on a safari in Australia. I've travelled the world, but never there."



Spc. Rakwon Williams: "A cruise to the Bahamas with my wife. We've never been on a cruise and we both like the water."



Guardian

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Briefs

Road work

The Directorate of Public Works announces the following road work and closures during June and July:

- Monday through June 25 — Texas Avenue from Pennsylvania Avenue to the 317th Engineer Battalion motor pool, bldg 2002, is closed to traffic.

- June 26-July 17 — Texas Avenue from the 317th Engineer Battalion motor pool, bldg 2002, to Louisiana Avenue. Road closures begin each day at 8 a.m. Motorists are required to use alternate routes during closure and pedestrians should avoid the area. There will also be pothole and asphalt repairs in June at the following locations:

- June 21, 6:30 a.m.-6:30 p.m., Louisiana Avenue immediately east of the Kansas City Southern railroad overpass. Although the traffic flow will be maintained during the repair, motorists are urged to use alternate routes.

- June 22, 7:30 a.m.-2 p.m., bldg 400 service entrance driveway. The area is closed for the duration of the repair.

- June 28, 6:30 a.m.-4:30 p.m., east shoulder on North Fort Entrance Road near bldg 7841. Although the traffic flow will be maintained during the repair, motorists are urged to use alternate routes.

The work area will be barricaded, marked with appropriate road construction signage and traffic cones, with flaggers to maintain traffic flow.

For more information call 531-0438/2421.

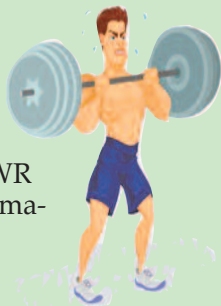
Intramural sports

The following activities are scheduled by Fort Polk's Directorate of Family Morale, Welfare and Recreation's Intramural Sports Office:

- Battalion level softball tournament, June 25, 6 p.m. Soldier Athletic Complex.

Open to active-duty only. Teams must consist of 10-15 players from within the same battalion.

- Powerlifting competition, 9:30 a.m., July 14, Home of Heroes Functional Fitness Center. This is an intramural co-ed competition. Lifters may register prior to the event at the Intramural Sports Office or at the Home of Heroes Functional Fitness Center. Intramural Sports events are open to all authorized DFMWR patrons. For more information call the Intramural Sports Office at 531-2056.



CHUCK CANNON / GUARDIAN

Col. Jarrett A. Thomas II, commander, U.S. Army Garrison Fort Polk, and Rosepine Mayor Donna Duvall sign an intergovernmental support agreement for custodial services at a Rosepine Town Council meeting June 5.

Polk, Rosepine sign IGSA for custodial services

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — U.S. Army Garrison Fort Polk and the town of Rosepine have entered an agreement providing custodial services for the installation.

Col. Jarrett A. Thomas II, garrison commander, and Rosepine Mayor Donna Duvall signed a five-year intergovernmental support agreement (IGSA) awarding a custodial contract, part of the Army's Public-Public Partnership program, during a specially-called town council meeting June 5.

"We are fortunate and privileged to have this," a smiling Duvall told those who filled the Rosepine City Hall meeting room for the signing. "It's good for both the town of Rosepine and its people."

The contract, worth \$1.71 million a year over the five-year life of the agreement, provides custodial care to more than 100 facilities — or about 1 million square feet of space — on Fort Polk, said Nathan Jernigan, chief, Operations and Maintenance Division, Fort Polk Directorate of Public Works.

"Our current contract is about \$2.4 million a year, so this is a significant savings for Fort Polk," Jernigan said. "Of equal importance is the integration of Fort Polk with the local community."

Thomas lauded the opportunity for Fort Polk to extend its partnership with a community partner.

"This is a win-win for Fort Polk and the people and town of Rosepine," Thomas said. "We have great relationships with Rosepine, Leesville,

DeRidder and other local communities and IGSA's such as this allow us to make them even better."

Thomas said the IGSA with Rosepine builds on a similar agreement for grass-cutting services on Fort Polk signed with the city of Leesville on March 8.

"This allows members of the local community to work on Fort Polk and help serve our Soldiers, and we really appreciate that," he said.

Thomas said Fort Polk's facilities take a lot of work to maintain.

"They'll be able to do things like trash pickup and cleaning of latrines," he said. "If we didn't have a contract like this, we would need Soldier. But, Soldiers need to train to accomplish the Army mission."

The contract was made possible by the fiscal year 2013 Defense Authorization Bill that authorized military installations and their host communities to enter into intergovernmental support agreements for base support services. As part of the Public-Public Partnership program, IGSA's allow the Army to solicit partnership proposals from the field and benchmark existing partnerships.

"This has been a great initiative by IMCOM (Installation Management Command)," Thomas said. "We'll find more opportunities as they come up."

Duvall said the agreement would allow the town of Rosepine to do much needed work on its infrastructure.

"We do not have many revenue streams so this is going to be a tremendous help, especially with our water system which needs a lot of work," she said. "It's been a blessing."

Army to field Squad Designated Marksman Rifle

By DEVON L. SUITS
Army News Service

WASHINGTON — The new Squad Designated Marksman Rifle, or SDM-R, is scheduled to be fielded at the brigade level starting in September, according to the Program Executive Office Soldier.

The new SDM-R is based on the Heckler and Koch G28E-110 Compact Semi-Automatic Sniper System, or CSASS, and will provide infantry, scout and engineer squads the capability to engage with accurate rifle fire at longer ranges, said Capt. Weston Goodrich, assistant program manager for Soldier Weapons, PEO Soldier.

The SDM-R improves lethality by increasing the effective range a force can engage with an enemy. The new rifle was on display in the Pentagon courtyard May 24-25, along with 50 other technologies designed to increase infantry squad lethality.

"The Army's current rifle technology is most effective below the 300-meter range; however, Soldiers are fully capable of fighting beyond that threshold," Goodrich said. Comparatively, snipers are typically used at 600 meters and beyond.

"The new rifle addresses the 300 to 600 meters range gap outlined in the 2015 U.S. Army Small Arms Capabilities-Based Assessment," Goodrich said.

"The Army is working to equip each squad with a predetermined amount of marksman rifles."

The rifle is capable of firing either M80A1 Enhanced Performance Rounds or XM1158 Advanced Armor Piercing Rounds and will be equipped with a different buttstock and barrel twist than the CSASS model with a base weight of about 9.9 pounds. The rifle will also be outfitted with the SIG Tango 6 variable 1x6 power scope.

In addition to the new squad rifle, the CSASS is slated to undergo production qualification testing and should be approved for limited user testing sometime in early 2019.

"The CSASS is smaller, lighter and more ergonomic, as the majority of the changes were requested

by the Soldiers themselves," said Victor Yarosh, who works on the program at Soldier Weapons. "The rifle is easier to shoot and has less recoil, all while shooting the same round as the M110. (Additionally,) the CSASS has increased accuracy, which equates to higher hit percentages at longer ranges."

As a replacement for the M110 — which is a



LT COL JOHN HALL / ARMY NEWS SERVICE

The new Squad Designated Marksman Rifle, or SDM-R, is scheduled to be fielded at the brigade level starting in September.

longer, heavier less ergonomic semi-automatic sniper rifle — the CSASS was developed to support snipers as they execute a broad spectrum of missions.

"An Army sniper is a kind of force enhancer because they execute a number of missions," Yarosh said.

"They provide a surveillance mission where they use their high-powered scope to observe activity downrange. A sniper can pin down an enemy force through sniper concealment and engagement to provide the right shots at the right time.

"They can also prevent an enemy force from moving out of cover, which allows our maneuver forces to exploit the enemy by moving into a better position and engage."

The CSASS will feature a new suppressor and muzzle brake that allows for rapid successive follow-on shots with a reduced chance of detection. Furthermore, the new rifle will have

higher power daytime optics, which will enhance a sniper's surveillance capability and positive hostile identification at longer ranges.

7.62 Lightweight Small Caliber Ammunition program

The Army is also working on a replacement for conventional brass ammunition casings to help reduce the load on personnel and weapon platforms and improve mobility, according to Todd Townsend with PEO Ammunition.

"We're currently working on drop-in replacement ammunition for the existing 7.62 family of weapons optimizing for the M240 family of machine guns," Townsend said. "Ounces are pounds. So if we can take a pound out of a Soldier's weight load, a Soldier could be more effective by carrying other important things."

Currently, the program is evaluating three casing concepts and comparing them to the weight of brass ammunition. The first one is a stainless steel metal injection molded case. The second is a brass case with a polymer body. And the last is stainless steel with a polymer body, Townsend said.

PEO Ammunition is slated to launch into the testing phase sometime in the coming months. Portions of the test data from the new rounds will be sent back to the developers to help improve the product.

"We're looking at doing a full-up qualification by fiscal year 2021," he said. "We are aiming for a fielding by FY22."

Program managers responsible for the new 7.62 ammunition program have partnered with the other services, including U.S. Special Operations Command, and forces in the United Kingdom.

"We're looking at other calibers as well. One of them is 50-caliber round," Townsend said. "We will continue to coordinate within all test areas to make sure that we don't do redundant or unnecessary testing. The Joint Light Weight Integrated Product Team ensures that all the services are all working toward one common goal of lightening a load."

Hugs abound for returning Soldiers of 3rd BCT, 10th Mtn Div

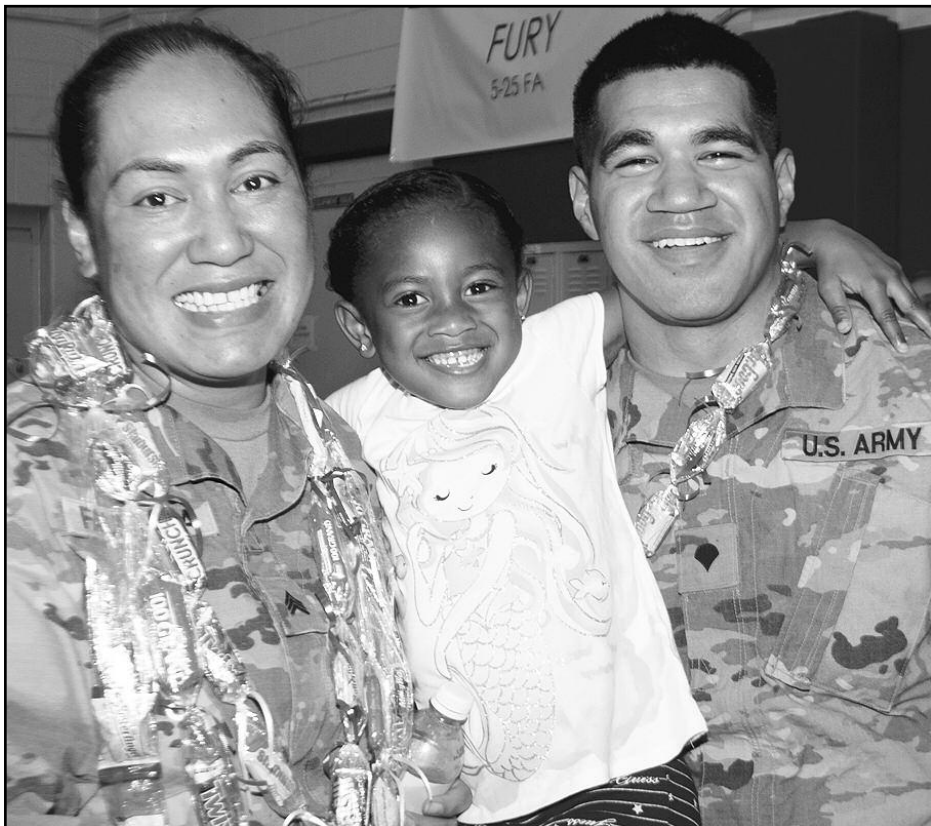


First Lt. William Raymond is surrounded by his welcoming family, (from left) dad Bill Raymond, nephew Rowen Bergsgaard, 19 months, sister Kelly Raymond, another sister Katie Raymond, and mom Mary Ellen Raymond at the Warrior Fitness Center May 31.



Above: Maj. Rich Juten is happy to hug his family, daughter Emma, 4, and spouse Stefanie, at the redeployment ceremony May 31 at Fort Polk's Warrior Fitness Facility.

JEAN DUBIEL / GUARDIAN

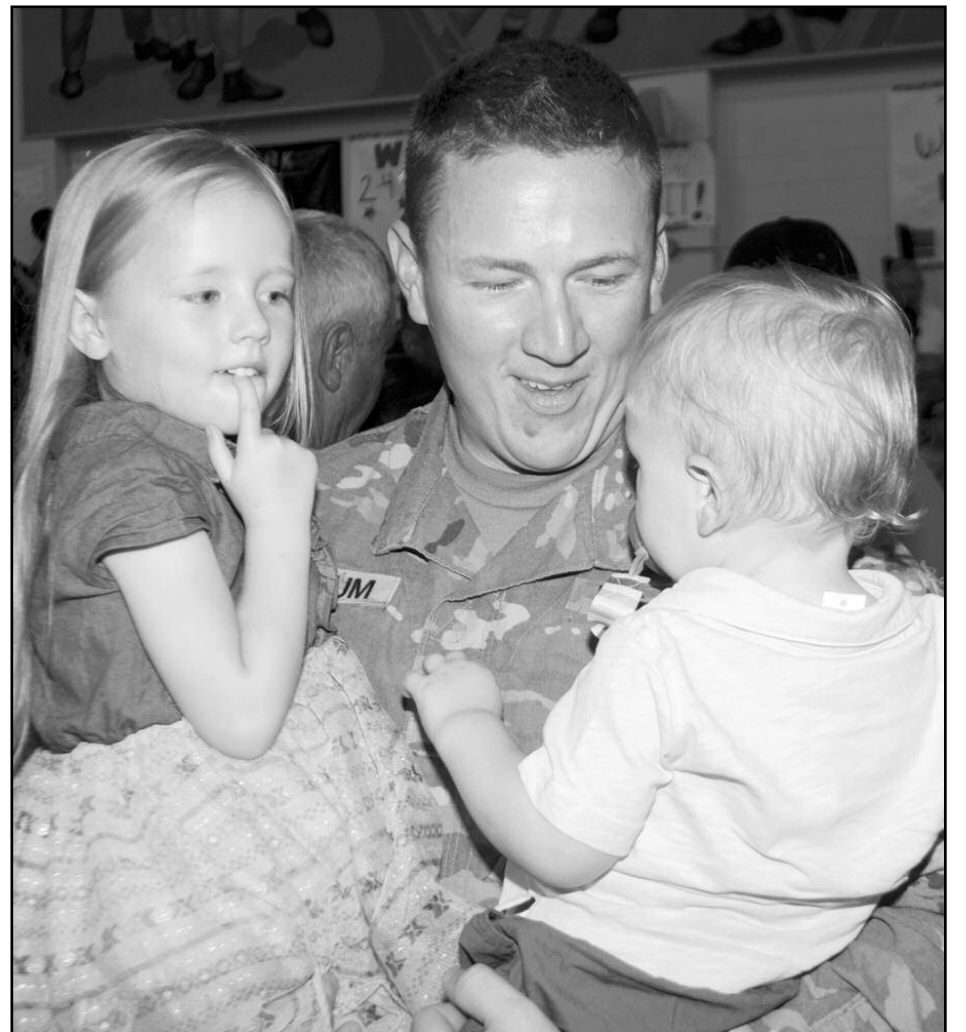


Below: Capt. Arrio Granum scoops up his children, Arrena (left), 4, and Kyson, 16 months.

Above: Sgt. Soloe Faumuina (left) and her battle buddy, Spc. Christopher Young, share a hug from Faumuina's niece, Mariah Hill, 4, at the redeployment ceremony May 31.



Right: Belinda Martin is happy to reunite with her grandson, Spc. Richard Hoyt III.



Happy Birthday Army: Flag, streamers mark history of organization

By **JEAN DUBIEL**
Guardian staff writer

FORT POLK, La. — On June 14, 1775, the Second Continental Congress formed the Continental Army as a means for the 13 unified American colonies to fight the forces of Britain. George Washington was unanimously elected Commander-In-Chief of the fledgling Army, leading the colonies to victory and independence.

This is why Soldiers gather at installations spanning the globe every June 14 — to cut a large cake (usually with sword or saber) and review the history of U.S. Army. At Fort Polk, this ceremony takes place June 14 at 10 a.m. at Fort Polk's Warrior Field.

One way to review the Army's history is to take a good look at its flag. The Army Flag is white and features a blue design originally used by the War Office in 1775. But the Army flag didn't become the organization's "official" flag until it was dedicated and unfurled to the general public June 14, 1956 at Independence Hall, Philadelphia, on the 181st Army birthday.

In the center of the flag is a Roman breastplate/shirt, called a cuirass, placed below a vertical unsheathed sword, point up, the pommel resting on the neck opening of the cuirass and a soft wool cap, called a Phrygian cap, supported on the sword point.

On the left side of the sword, a pike called an esparton juts out from the cuirass, and on the right, a musket with fixed bayonet.

To the left of the cuirass and esparton is a national flag of the

Revolutionary War period with cords and tassels, on a flagstaff with spearhead, above a cannon barrel, the muzzle end slanting upward behind the cuirass, in front of the drum, with two drumsticks and the fly end of the flag draped over the drumhead; below, but partly in front of the cannon barrel, is a pile of three cannon balls.

To the right of the cuirass and musket is the flag of the Department of the Army, with cords and tassels, on a flagstaff with spearhead, similarly arranged above a mortar on a carriage, the mortar facing inward and in front of the lower portion of the flag and obscuring the lower part of it; below the mortar are two bomb shells placed side by side.

Centered above the Phrygian cap is a rattlesnake holding in its mouth a scroll inscribed "This We'll Defend." Below it is a red banner that reads "United States Army," and below it, the number 1775.

Here is how the Institute of Heraldry describes the symbolism:

"The central element, the Roman cuirass, is a symbol of strength and defense. The sword, esparton, musket, bayonet, cannon, cannon balls, mortar and mortar bombs are representative of Army implements. The drum and drumsticks are symbols of public notification of the Army's purpose and intent to serve the nation and its people. The Phrygian cap, often called the Cap of Liberty, supported on the point of an unsheathed sword and the motto, "This We'll Defend," on a scroll held by the rattlesnake is a symbol depicted on some American colonial flags and signifies the Army's con-



stant readiness to defend and preserve the United States."

That explains a lot of what the Army represents, but what about its history? For that, you'd need to look at the 187 streamers, which cascade from atop the Army flagstaff. Each of these represents campaigns fought by the Army throughout the nation's history. Every streamer is embroidered with the designation of a campaign and the year or years in which it occurred. The colors derive from the campaign ribbon authorized for service in that particular war.

The concept of campaign streamers began during the Civil War when Army organizations embroidered the names of battles on their organizational colors. This was discontinued in 1890, when units were authorized to place silver bands, en-

graved with the names of battles, around the staffs of their organizational colors.

When Army units in World War I were unable to obtain silver bands, Gen. John J. Pershing authorized the use of small ribbons bearing the names of the World War I operations. In 1921 all color-bearing Army organizations were authorized to use the large campaign streamers currently displayed.

The publication "The Army Flag and Its Streamers" was originally prepared in August 1964 by the Office of the Chief of Military History, in cooperation with the Office of the Chief of Information, and the U.S. Army Exhibit Unit, to provide general summaries of each of the campaigns displayed on the Army flag, and has been subsequently updated to add the campaigns from Vietnam. Work has begun to update campaigns fought since Vietnam as well, according to the Center of Military History.

Editor's note: Information for this article was obtained from the U.S. Army Center of Military History and the Institute of Heraldry.

Campaigns, conflicts denoted by Army streamers

U.S. ARMY CTR OF MIL HISTORY

FORT POLK, La. — The campaign streamers attached to the Army Flag staff denote campaigns fought by the U.S. Army. Each streamer measures 2 3/4 inches wide and 4 feet long. The colors correspond with the campaign ribbon and streamer/ribbon colors:

- Revolutionary War: Scarlet with one white stripe.
- War of 1812: Scarlet with two white stripes.
- Mexican War: Green with one white stripe.
- Civil War: Blue and gray equally divided.

- Indian Wars: Scarlet with two black stripes.
- War with Spain: Yellow with two blue stripes.
- China Relief Expedition: Yellow with blue edges.
- Philippine Insurrection: Blue with two red stripes.
- Mexican Expedition: Yellow with two green stripes and one blue stripe.
- World War I: Double rainbow.
- World War II, American Theater: Blue with two groupings of white, black and red stripes with blue, white and red in the center.
- World War II, Pacific Theater: Orange with two white and red stripes and a blue, white and red

stripe in the center.

- World War II, European/African/Middle East Theater: Green and brown with green, brown and red stripe groupings and blue, white and red stripes in the center.
 - Korean War: Light blue with white center stripe.
 - Vietnam: Yellow with green borders and three red stripes.
 - Panama and Dominican Republic Expeditions: Light blue with a narrow blue, white and red stripe in the center. On each edge is a narrow green, yellow, red and black stripe.
- Editors note:** Additional campaigns are being added soon.



Get fit with JRTC, Polk Civilian Fitness Program

GUARDIAN STAFF

FORT POLK, La. — Feeling a little stressed at work? Do you want to make a few healthy changes in your life but can't seem to find the time?

Consider enrolling in the Joint Readiness Training Center and Fort Polk Civilian Fitness Program. The program allows Department of the Army civilians up to three hours of excused absence per week for up to six months to engage in a formal fitness regimen. DA civilians may participate in the program once during their career. A formal fitness program can include attending a Directorate of Family, Morale, Welfare and Recreation exercise class, using the office treadmill (if you have one), and other fitness activities as approved by your supervisor.

The program is voluntary and encourages development of the knowledge and skills needed to achieve a healthy lifestyle. Directors are the approval authorities for their directorates. Directors or supervisors monitor employees' participation in the program.

Participants must complete the Civilian Fitness enrollment packet and submit to supervisors and maintain a log of physical education, monitoring and training activities. Gym membership or any other fees associated with the Civilian Fitness Program are the responsibility of the participant.

Register through June 22 for the participation



period beginning July 1 and ending Dec. 31. Registration runs from Aug. 1-24 for the participation period beginning Sept. 1 and ending Feb. 18, 2019. Other enrollment periods will be announced at a later date.

The program kicks off with an open house June 22 from 9 a.m.-noon at the R2 Performance

Center, bldg 2380. A variety of informative sessions will be held including nutrition, goal setting, wellness education, tobacco cessation and more.

For more information call 531-1191. You can get a registration packet during the kick-off or email luewana.l.hannon.civ@mail.mil.

101 Critical Days of Summer campaign brings safety to mind

ARMY NEWS SERVICE

WASHINGTON — As the days get hotter and longer, hazards and risks increase across the Army and injury-related statistics often rise.

Running from Memorial Day through Labor Day, the Army's 101 Critical Days of Summer safety campaign is intended to remind Soldiers that they can't afford to lose focus on safety either on- or off-duty.

Family barbecues, swimming, hiking, camping, motorcycle riding and boating are just some of the activities people like to engage in during the summer.

Motorcycle riding continues to

gain popularity with Soldiers and civilians, and some of the issues that are common Army-wide are mainly due to undisciplined or untrained operators.

But the problem isn't just on the road. In Louisiana's hot environment, water-related injuries increase during the summer. Watercraft injuries are due mainly to inexperience with equipment or mixing alcohol with water operations.

Accidents can also happen as the result of swimming in areas where there is no lifeguard on duty as well as swimming in non-designated areas, such as the many rivers and lakes in Louisiana. Accidents happen to people who can't swim and who are not wearing flotation devices.

The intense, muggy heat in Louisiana accounts for a large amount of summer injuries. Experts caution the sun is the strongest between 10 a.m. and 4 p.m. but it is still harmful outside of that time span. They suggest wearing a wide-brimmed hat to protect the eyes, head and neck, and lightweight clothing that covers the arms, legs and torso when spending long amounts of time in the sun.

Heat injuries can also be caused due to cumulative days — two to three days — of being exposed to high temperatures. Ensure you get plenty of rest the day before train-

ing or working outdoors and try not to work outdoors continuously.

During any outdoor activity, drink lots of water. Monitor and enforce frequent hydration, according to the "Fluid Replacement and Work/Rest Guide" found at <http://phc.amedd.army.mil>.

Hydrate frequently, however, do not exceed 1.5 quarts per hour.

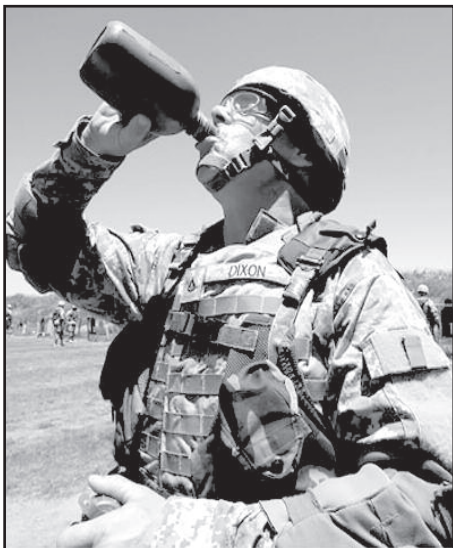
Avoid caffeine and alcoholic beverages, especially when performing intense activity. These liquids make the body lose water and increase the risk of heat injuries. Do not wait until you are thirsty to drink water.

The summer also brings an in-

crease in wildlife, snakes, scorpions and stinging insects, which should always be avoided. If hiking, be properly outfitted.

Composite Risk Management is one tool Soldiers and civilians can use to protect themselves both on- and off-duty, according to the U.S. Army Combat Readiness/Safety Center. Summertime should be spent having fun with friends and Family, but most importantly, do it safely.

For more information on summer safety or programs offered on post contact the Fort Polk Safety Office at 531-1981/4433.



Flag

Continued from page 2

stops was at the monument to the flag-raising on Iwo Jima. As I watched the flag billowing in the breeze, I was overcome with a sense of awe at those who placed their lives in harm's way to ensure my freedom. Tears began to fall as I thought about their sacrifice. For the first time, I think I realized there was more to life than West Monroe, Louisiana.

Today, the flag still affects me the same way. When I see it,

whether in person or on television, my chest swells with pride and my eyes begin to sweat. I'm proud to have served under the flag and I'm proud to work today for those who serve under her.

This Flag Day — and every day — I encourage everyone to honor Old Glory. She's been through a lot, and she'll probably be through a lot more.

Treat her with respect — she's earned it.

The Molly Ringwalds



FreedomFest 2018 set for June 30

DFMWR

FORT POLK, La. — Rock and country music, along with the largest fireworks show in west central Louisiana, is just part of the fun when Fort Polk hosts its annual FreedomFest June 30 on Headquarters Field.

3 Doors Down leads the cavalcade of musical stars, which also includes The Molly Ringwalds and LOCASH.

Best known for their songs "Kryptonite," "When I'm Gone" and "Here Without You," 3 Doors Down brings a high-energy contemporary rock sound that will have the crowd on its feet and serve as an appropriate lead to the fireworks

show that lights up the Fort Polk sky.

LOCASH, an up and coming country music duet that was known in the industry for their song-writing abilities before taking their vocal talents to the stage, kicks off the music, followed by The Molly Ringwalds, who hail from Sheffield, England, and are known for their makeup and teased hair while showcasing the music of the 1980s.

The concert is slated to kick off at 6:30 p.m. Gates open at 3:30 p.m. There will be food vendors, military displays, a salute to the nation and plenty of fireworks. The event is free and open to the public. For more information visit www.polk.armymwr.com.

Fourth of July fun facts and historical trivia

ODYSSEY.COM

WASHINGTON — Fourth of July is a holiday most people look forward to each year, one that is full of summer fun, barbecued foods and firework displays. Behind all of that, however, is history. In celebration of the United States' Independence Day, here are 15 fun facts and pieces of trivia:

1. John Hancock was the only member of the Continental Congress to formally sign the Declaration of Independence on July 4, 1776.

2. The Fourth of July was not declared a federal holiday until 1938.

3. The first White House Fourth of July party was held in 1804.

4. Around 150 million hot dogs are consumed on Fourth of July (wonder if this statistic includes the hot dogs consumed during the annual Nathan's Fourth of July Hot Dog Eating Contest?)

5. Back in 1776, when the Declaration of Independence was signed, 2.5 million people lived in the U.S. Now 240 years later, 311 million people live here.

6. The now American-celebrated song, Yankee Doodle, was originally written by officers of the

British army to make fun of backwoods Americans.

7. Three United States presidents died on the Fourth of July: John Adams, Thomas Jefferson, and James Monroe.

8. Fourth of July is also celebrated in the Philippines, because in 1946, the country was recognized as an independent nation.

9. In one year, \$600 million is spent on fireworks alone in the U.S.

10. Most of the signers of the Declaration did not formally sign until Aug. 2, 1776.

11. Though it is no treasure map as predicted by Nicholas Cage's character in "National Treasure," the message "Original Declaration of Independence dated 4th July 1776" is written upside down on the back of the Declaration of Independence.

12. More than 14,000 firework displays are put on across the country on the Fourth of July.

13. Bristol, Rhode Island is home to the world's oldest Independence Day celebration. It dates back to 1785.

14. In 1781, the Massachusetts became the first state to declare Independence Day a holiday.

15. Macy's Fourth of July Fireworks Display is the largest in the United States.

Briefs

Superman 5K

A Superman 5K for Men's Health is held Saturday at 9 a.m. at the Army Wellness Center, bldg 283, Third Street. Super hero attire is encouraged. This is a free family-friendly event. Children, strollers and well-behaved pets are allowed. Register at www.superman_5K.eventbrite.com. Call 531-6880 for more information.

Arts, crafts

The following activities are held at the Fort Polk Arts and Crafts Center on Bell-Richard Avenue:

- Ceramic pouring class, Saturday from 10 a.m.-1 p.m., ages 12 and older. Cost is \$5 plus the cost of supplies (estimated \$30). Supplies are reusable for future projects. Participants choose from a selection of figurines or dishware molds, and will learn how to pour ceramic molds using slip casting clay.

- Daddy and me tie-dye T-shirt class, June 16 from 10 a.m.-1 p.m. Cost is \$15 plus the cost of supplies. Pick up supply list at center.

- Canvas painting, July 14 from 10 a.m.-12:30 p.m., ages 12 and older. Cost is \$25. Register by July 11.

For more information on these and other arts and crafts classes call 531-1980/4348.

Story time

Story time and a movie is held Tuesday at 5 p.m. at Allen Memorial Library. Call 531-2665 for more information.

Cooking classes

Two Iron Chef Secret Ingredient cooking classes are held on the following dates:

- Monday through June 15, 2-5 p.m., grades six through eight.

- June 18-22, 2-5 p.m., grades nine through 12.

Classes are held in the Middle School and Teen Center, bldg 4996. Teams of four create dishes in three categories: Appetizer, main course and dessert. Winning team recipes will be published and added to the menu at Mulligan's. Participants must be registered with Child and Youth Services. The classes are free. For more information or to reserve a spot call 531-7684/1991.

PWOC events

Protestant Women of the Chapel hosts the following events:

- June 19, 9:30 a.m. — Palmetto Community Center.

- July 10, 9:30 a.m. — Gardner Park.

- July 17 — Details to follow.

Visit PWOC Fort Polk on Facebook or call 531-7144 for more information.

Summer reading program inspires kids to read about travel, exploration

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Fort Polk's Allen Memorial Library hosted its Summer Reading Program kick-off party May 31. The event was filled with speeches, entertainment, goodie bags and snacks.

The program theme is "Reading Takes You Everywhere," but the theme isn't just about travel, according to library staff. It's about how reading can help people, especially children, explore, discover and experience people, places and things that they wouldn't normally encounter in their daily lives.

The program continues through July 21 and is eligible to all Directorate of Family Morale, Welfare and Recreation customers. Prizes that reflect the theme will be awarded to readers who reach their reading goals throughout the summer. With registration, children receive a bag filled with goodies, including a T-shirt.

Jannine Proto, a volunteer at the Leisure Travel Services office, spoke at the event.

"Hopefully, the Summer Reading Program encourages kids and their parents to not only learn about new places, but also take advantage of their current location," she said.

Linda Bringan, library director, welcomed everyone to the event and described the reading program. Bringan said the theme is appropriate for the military.

"We want you to use your imagination to let reading take you everywhere. Military Families are accustomed to doing this," she said.

During the next six weeks, Bringan said participants are encouraged to read for 1,500 minutes.

"We are expecting many participants this year. If every participant reads 25 books or for 25 hours, that would mean 12,500 books were read, or hours spent reading at Fort Polk," she said.

In past years, Bringan said the Department of Defense Summer Reading Program reported that more than 13.2 million minutes were spent annually reading at military libraries.

"That translates to about 220,000 hours of reading, some of which was accomplished by Fort Polk readers," she said.

Bringan then introduced the special guest for the kickoff, Miss Louisiana 2017, Laryssa Bonacquisti.

Bonacquisti said she loves to read.

"Reading is my favorite thing to do. When I was a kid, I read all the time. I still do. I even listen to audio books in the car as I travel all over Louisiana to attend events just like this," she said.

Reading, Bonacquisti said, makes you smarter. She also encouraged the kids to believe in themselves and to discover their talents or "superpowers."

She then entertained Fort Polk children and their parents by performing a ventriloquist act — the talent she performed as a pageant contestant.

"My superpower is ventriloquism. I know you can find yours," she said.

As a mother of two, Stephanie Bolton said she encourages reading, especially during the summer.

"I find it can help bridge the gap between school years and broadens their vocabulary. My daughter reads at least 30 minutes a day," said Bolton.

After reading, Bolton said her daughter's curiosity and imagination is engaged.



Laryssa Bonacquisti, Miss Louisiana 2017, performs her ventriloquism act for Soldiers and Family members at Fort Polk's Allen Memorial Library summer reading program kick-off held May 31.



Participants attending the summer reading program kick-off May 31 take note of the display detailing some of the prizes readers can win.

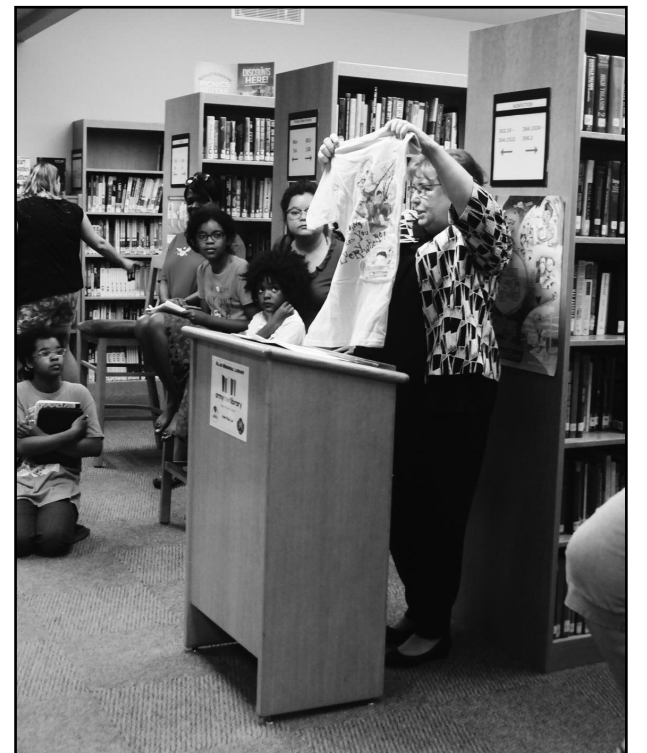
"She will ask me so many questions. It's amazing how reading can transport you to so many places," she said.

Summer reading is something Simone Perry, 11, said she enjoys.

"Reading helps you learn and better understand the world around you," she said.

Bolton said her reading material has lots of action.

"That kind of book makes me feel like I'm actually in the story," she said.



Linda Bringan, Fort Polk's Allen Memorial Library director, shows off the free T-shirt participants receive when they register to take part in the summer reading program. The program kick-off was held at the library May 31.

Isiah Ferguson, 11, said he loves to read about history.

"My favorite books are about Rome. I like that reading helps me learn new things," he said.

Crystalline Stowe attended the event and said reading helps keep the mind engaged.

"I love that the summer reading program's theme is about travel. I think it can help educate kids about different cultures, people and ideas," she said.

Fort Polk kids blaze trail through Camp in the City

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Pine Cove Camp in the City staffers — students recruited from colleges across the country to lead Christian-based day camps — descended on Fort Polk to shepherd a week filled with fun and learning May 28-June 1. Activities included playing on inflatable water slides, bungee jumping, singing, crafts, dancing and more, all while learning about Jesus Christ.

Since the Main Post Chapel is closed for repairs, the week-long camp was held at the Siegfried Youth Center.

Chrissa M. Gross, director of Religious Education at Fort Polk's Chaplain's office, said Fort Polk is the only military post to take part in Camp in the City.

"This event serves the Soldiers and Families of Fort Polk by providing them with spiritual readiness," she said. "I would say 60 percent of the kids signed up for camp are not chapel attendees. The only thing they have in common is that they are military dependents."

After watching Camp in the City staffers interact with the kids, Gross said they are awesome.

"The staffers are so good at placing a biblical and spiritual perspective in everything they do."

Rebecca Smith, regional director of Camp in the City, said the goal is to bring in kids not normally connected to church. She said the 36 staffers especially enjoy staying with military Families on post while leading the camp.

"This opens our staffers' eyes in a unique way. Learning these Families' stories helps us better understand the military perspective and their way of life," she said. "We hope to be a blessing to this community."

Jenna "Buttercup" Forresten, Camp in the City staffer, said she attended the camp when she was a kid.

"Personally, my life was changed at a Camp in the City, so I wanted to one day give back to other kids by becoming part of this organization and sharing my ministry and the gospel with others," she said. "Working with kids is my absolute favorite thing about camp. I love getting to know them and watching them grow."

Forresten said this is her third summer with Camp in the City staff at Fort Polk.

"I love seeing the same kids and watching them change from year to year. They love camp as much as we do," she said. "We are honored to serve them. I know the sacrifices they and their parents make, so I want to sacrifice for them. I know their lives sometimes lack consistency. We try to teach them that the Lord is consistent in their lives and will be with them wherever they go."

Camper Kenadie Redford, 10, said this is her second year attending Camp in the City.

"I did it last year and I loved it. It's fun doing all the dancing and seeing the counselors do the chants. I also like rock climbing and bungee jumping," she said. "You get to do a bunch of fun activities, learn new things, meet new friends and learn about Jesus."

Gross said she wanted to thank the Fort Polk community for all they did to make Camp in the City possible.

"Knowing we needed a building to hold camp in, Siegfried Youth Center staff closed up shop and handed the keys for their building to us. We also couldn't have had the camp without all the



Alyssa Valenti, 10 (left) and Isabella Hollandsworth, 11, race on a water inflatable.



Camp in the City staffers welcome parents and campers each morning.



Campers revel over their vanquished enemy while playing with "swords."



Abigail "Midflight Yell" Hardy, a camp staffer, helps her campers during craft time May 30.

Healthy Lifestyle Fair offers options for making changes

By **KATHY PORTS**
BJACH PAO

FORT POLK, La. — Living a healthy lifestyle makes good sense for everyone. Bayne-Jones Army Community Hospital, the Fort Polk Main Exchange and Dental Command joined forces to show community members how to incorporate healthy lifestyle changes into daily routines during the Healthy Lifestyle Fair June 2.

More than 15 booths offered information and subject matter experts answered questions on topics such as: Health promotions; Humana Military (TRICARE); Veterans Affairs; ombudsman; patient administration third party collection; ear, nose and throat questions; behavioral health; audiology; physical therapy; and dental.

Physical fitness is a way of life, especially for active-duty Soldiers and having the proper running shoe can provide comfort and increased flexibility. Capt. Bryon Fillmore, one of BJACH's physical therapists, answered questions about running shoes and other foot information. He also explained how foot muscles work and why good support is important while rec-

ommending some foot exercises to help strengthen muscles.

Proper nutrition is important and diet is a part of daily life, according to health experts. Alexis D. Motley, host of Simple Healthy Living cooking classes and BJACH registered dietician, demonstrated how to prepare foods in a healthier way by using an air fryer, a cooking marvel that allows you to fry without oil. Each demo featured a different vegetable and how to prepare it using a calorie reduced method: Sweet potato, fried zucchini and broccoli. Visitors to the fair were able to sample the fare. Motley stressed that the air fryer heated to about 400 degrees, without heating up the kitchen and took about 12 to 15 minutes to cook. She also said it's always healthier to use fresh vegetables when they are in season, emphasizing that offering a variety of veggies helps children try different things and often sparks their interest in eating healthier.

Although the weather was warm, the Post Exchange set up a Nerf demo outside the Garden Center for interested children. This also provided an excellent opportunity for kids to try out the latest in Nerf toys available for summer fun.



Using his foot model, Capt. Byron Fillmore, Bayne-Jones Army Community Hospital Physical Therapist, shows Sgt. Erika Savage, 46th Engineer Battalion, the location of muscle that she needs to work on.

KATHY PORTS/BJACH

Drink water!



Water regulates the Earth's temperature. It also regulates the temperature of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes.
— Source: U.S. Environmental Protection Agency

Hydration key to preventing heat injuries

By **JANET DOROTHY**
Installation safety director

FORT POLK, La. — As the temperature soars, so does your chance of becoming a heat-related casualty.

To prevent injuries caused from prolonged exposure to the sun, heat and outdoor physical activity, the following precautions are recommended:

- Drink water or other liquids frequently enough to never become thirsty (about 1 cup every 15–20 minutes). Hydration is the most important tool in preventing heat-related illness.
- Eat during lunch and other rest breaks. Food helps replace lost electrolytes.
- Wear light-colored, loose-fitting, breathable clothing such as cotton.
- Wear a wide-brimmed hat when possible.
- Take breaks in the shade or a cool area when possible.
- Be aware that protective clothing or personal

protective equipment may increase the risk of heat stress.

- Monitor your physical condition and that of coworkers.

As the human body works to reduce the strain from excessive heat, it begins to sweat, causing increased blood flow to the skin in an attempt to promote cooling. Heat-related injuries occur when the body's attempts to cool itself are no longer effective.

The first sign is a prickly rash that spreads quickly over the body, and if untreated can lead to heat cramps where the muscles tighten severely and cause tremendous pain. At this point it is time to seek medical treatment.

Should you decide to push past the cramps, you may encounter heat exhaustion. You will become nauseous, with a rapid pulse, throbbing headache and profuse sweating.

Left untreated, heat stroke is the next level of

heat injury. Hot and dry skin, or profuse sweating, dizziness, confusion and loss of consciousness and seizures may occur.

Your body's core temperature will increase rapidly and when it reaches 104 degrees, you will suffer a heat stroke. The body's inability to cool itself may cause permanent organ damage and possibly death.

Overexertion is the cause for more than three million emergency room visits every year in the

United States. Stop and take a break if you have any of the following symptoms: Dizziness, sore muscles, high pulse rate, profuse sweating, feeling very hot, lower abdominal pain and nausea.

Please ensure that you stay well hydrated, eat small meals or snacks, take rest breaks and take care of yourself, your battle buddy, family and pets.



Shopping Fort Polk Exchange generates funds for programs

By **CARRIE BELTZ**
AAFES PAO

FORT POLK, La. — Last year, the Fort Polk community generated \$758,652.71 for critical quality-of-life program as Soldiers, retirees and their Families shopped the Fort Polk Exchange.

The dividend is used to support Fort Polk programs, such as Child Development Centers, Allen Memorial Library and Catfish Cove Splash Park.

“Shopping at the Exchange puts money right back into the Fort Polk community,” said Beth Pritchard, Exchange general manager. “This is what the Exchange is all about: Supporting our Soldiers and their Families.”

One hundred percent of the Exchange’s earnings go to the military community, with about two-thirds going to dividends supporting quality-of-life programs and the remaining one-third used to improve the shopping experience in store and online at **ShopMyExchange.com**.

The Fort Polk Exchange dividend is a part of the \$219 million the Army and Air Force Exchange Service generated in 2017 worldwide.

In the past 10 years, the Department of Defense retailer has generated \$2.4 billion to military Child Development Centers, Youth Services programs, fitness centers and other programs that make life better for service members and their families on installations.

The dividend is a key aspect of the Fort Polk Exchange’s mission to enhance the lives of Soldiers and their Families. Fort Polk Exchange shoppers receive convenient access to tax-free goods at exclusive military pricing while making an investment in local military communities.

In 2017, a \$219 million dividend was generated in part by veterans, who were welcomed home with a lifelong online military exchange shopping benefit introduced on Veterans Day.

By shopping the Exchange online, Veterans make life better for those who wear the uniform today through increased dividends while also enjoying the shopping experience and savings they remember from their days on active duty. Veterans can visit **ShopMyExchange.com/veterans** to determine eligibility.



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Children's stories

The Little Disciples Volunteers of New Life Outreach Center, 1611 Boone St., Leesville, hosts children's story time June 16. Kindergarten-second grade students meet from 10-11

a.m. and third-fourth graders from 1-2 p.m. For more information call (314) 320-6476.

Farmers market

The Leesville Main Street Farmers Market

has launched a new program. Children ages 2-14 can enroll to earn five \$1 tokens each week toward the purchase of fruits and vegetables at the market. The market is open weekly from 8 a.m.-2 p.m. on Third Street. For more information visit the Leesville Main Street Facebook page.

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 July 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. For more information call (888) 718-9088.

Movie night

Make plans to watch a free movie Saturday at the New Llano City Park. Gates open at 6:30 p.m. and the movie begins at 8:30 p.m. The movie shown will be Jumanji: Welcome 2 the Jungle.



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June 9

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Spit seeds, munch watermelon, sing at watermelon festival

By **ANGIE THORNE**
Guardian staff writer

DERIDDER La. — If you haven't cut into your first watermelon of the season, what are you waiting for? This sweet summer treat is just one of the things that makes living in the Louisiana heat bearable.

Even if you have nibbled a bit this early in the season, you won't really be able to say you've mastered the magic of munching watermelons at their peak until you see farmers markets and roadside stands overflowing with this delectable summer delicacy.

Not to mention it's almost a must to attend the Beauregard Watermelon Festival, held at the Deridder Fair Grounds June 29-30.

Admission is \$5 per person each day. Admission is free for children 3 and under.

June 29

Gates open at 4 p.m. with free watermelon and good times to be had for all. Start your festival off right by watching the celebrity seed spitting contest on the outdoor stage. Then listen to live bands including Richard LeBouef & Two Step and Dustin Sonnier and the Wanted.

The indoor exhibit hall offers:

- A balloon artist/magician performs at 5 p.m. for the kids entertainment.
- Adults and children alike are invited to attend and participate in the interactive Yuck Game Show at 6 and 8 p.m.
- For the ladies with fashion sense, you can participate in the bling it on Watermelon T-shirt contest at 7 p.m. Just make sure to purchase a festival T-shirt and bling it out to your heart's de-

sire. Contestants will show off their designs on the stage and a winner will be chosen. There will be prizes awarded, so you won't want to miss out on all the fun.

The watermelon-themed events taking place **June 30**

The gates open at 10 a.m. and the outdoor stage offers the following events:

- It's the general public's turn to take part in the seed spitting contest at 2 p.m. If your aptitude tends to lean in the direction of expectorating, then the seed-spitting contest is where you need to be. Spit a seed and play for your chance to win a trophy and the coveted title of seed spitting champion. This one is open to all ages, with adult and children divisions and trophies and cash prizes.

• If you would rather eat delicious watermelon instead of spitting the seeds, join in the watermelon eating contest at 3 p.m. This event is also open to all ages and trophies and cash prizes will be awarded to the winners.

• If you love colorful birds, you won't want to miss the show as Exotic Wing Productions presents performing macaws with Sonny "The Birdman" Carlin at 11 a.m., 1, 3 and 5 p.m.

• After the watermelon has been cleared, bands such as TJ Gautreaux — at 7 p.m. — and LeRoy Thomas and the Zydeco Roadrunners — at 9:30 p.m. — will take the stage to perform.

Indoor exhibit hall events:

• The watermelon carving contest takes place at 11 a.m. If you are an artist with a knife in your hand, don't miss your chance to carve up a melon and win great prizes. Bring your pre-carved creation for a chance to win a two-night stay for six at Cajun Palms Resort in Breaux Bridge. Melon art will be judged in areas like creativity, originality and overall aesthetics.

• If your talents lie more toward the realm of singing and performing then the watermelon



idol contest is right up your alley.

If you love to sing, then it's time to show off what you've got for bragging rights and a chance to win amazing cash prizes. This contest is for everybody. Preregistration is required.

When not taking part in or watching the many fun activities found at the festival, enjoy carnival rides (carnival bracelets are \$18 per person), games, car show, 5k fun run and shopping at vendor booths. There is also a kids' game and activity tent open June 29 from 4-8:30 p.m. and June 30 from 10 a.m.-8 p.m. For more information call the Beauregard Tourist Commission at (337) 463-5534 or visit www.beauregardwatermelon-festival.com.

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Jazz up weekend at Gulf Coast Shrimp, Jazz Festival

GULF COAST SHRIMP, JAZZ FEST

LAKE CHARLES, La. — If you like shrimp and listen to jazz, there is a festival just for you!

The Gulf Coast Shrimp and Jazz Festival takes place June 23 from 11 a.m.-5 p.m. at the Lake Charles Civic Center exhibition hall. The festival is a Southeast Tourism Society Top 20 event that promotes the cultural importance of jazz, cuisine and the thriving local community. The celebration's average attendance ranges anywhere between 500 to 1,000 folks of all ages.

This year's event showcases a unique blend of music and the smooth sounds of local jazz musicians, performance and visual artists and a wide variety of savory Gulf shrimp including boiled, fried and barbecued as well as shrimp etouffe, fettuccini, festival fare and lots more. Listen to jazz and blues bands all day while you eat your fill.

As a family-oriented event the festival hosts a Kidz Zone. This year's event is filled with activities, as well as an incorporation of various artistic opportunities available

to youth.

For adults who want a different atmosphere, there's "Jazz After Dark." This is an evening concert that starts at 7 p.m. and features jazz artists Jeff Kashiwa with The Jairus Daigle Network, and two-time Grammy-nominee Mickey Smith Jr. with Sax in the City. "Jazz After Dark" tickets are \$36 per person for general admission.

Admission for the festival is \$5 per adult and \$2 PER child 12 and under. Additional festival information can be found at www.gc-shrimpnjazzfest.com.



Sink your teeth into this peachy festival in Ruston, Louisiana

GUARDIAN STAFF

RUSTON, La. — Peach pie, peach ice cream, peach cobbler — the sky is the limit for dishes that can be created with this fuzzy fruit.

That's why the citizens of Ruston, Louisiana celebrate all things peachy every June during the annual Ruston Peach Festival.



If you want to experience this flavor festival for yourself, head to Ruston for a fun, family-oriented celebration of peaches June 22 and 23.

Fresh, canned, in a pie, depicted in a sculpture or emblazoned on a T-shirt, one thing is sure: The peach festival is the place to find some of

Louisiana's best peaches.

Here is a look at some peachy activities you and your family can enjoy:

- Arts and crafts — Enjoy hand-made arts and crafts June 23 from 8 a.m.-6 p.m. at the Ruston Civic Center
- Peach art exhibit — View the festival artwork spanning several

categories on display at the Ruston City Hall June 23 from 8 a.m.-5 p.m.

- Cobbler gobble eating contest — Watch contestants eat their way through a peach cobbler June 23 at 6:30 p.m. at Railroad Park.
- Peach parade — Peach dignitaries, floats, cheerleaders, marching

Please see **Peach**, page 16

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See winged predators at bird of prey show

CRNHA

NATCHITOCHES, La. — Cane River National Heritage Area, or CRNH, hosts a show and tell experience at Los Adaes State Historic Site near Natchitoches June 16 featuring birds of prey from Louisiana's Walter B. Jacobs Memorial Nature Park.

Rusty Scarborough, senior park naturalist and manager, will give visitors an up close and personal look at various species of owls, hawks and falcons. With amazing eyesight, quick thinking and deadly accuracy, these spectacular

birds are sure to capture visitors' attention.

"Some of the most beautiful predators on earth are our birds of prey," said Michael Mumaugh, CRNHA Heritage Ranger. "Visitors will be fascinated as they see these birds and listen to an expert handler tell you about the special qualities of each species."

Throughout the day, visitors will be able to borrow binoculars to get a better look at the wildlife located on the grounds of Los Adaes SHS. There will also be a drawing activity for visitors who want to draw the ani-



mals they discover.

The Walter B. Jacobs Memorial Nature Park is dedicated to helping the citizens of Northwest Louisiana connect with nature by conserving a pine-oak-hickory forest for interpretation and recreation. Located three miles west of Blanchard, just outside

Shreveport, the 160-acre nature park contains a pine-oak-hickory forest accessible by five miles of nature trails. The park has an interpretive building, a rentable pavilion with restrooms, a handicapped-accessible trail, and several naturalists who provide in-

formation and interpretation to park visitors. Nature-oriented programs are available on an appointment basis.

The program is scheduled to begin at 2 p.m. June 16 and is free and open to the public.

For more information, contact CRNHA by phone at (318) 356-5555 or by email to MMumaugh@CaneRiverNHA.org.

Los Adaes SHS is located just off Highway 6 near Robeline, west of Natchitoches, at 6354 Highway 485.

Peach

Continued from page 15

groups and more will wind their way through downtown Ruston June 23 at 9 a.m.

• Musical entertainment — Enjoy several local bands such as Zach O'Neil, Ray Theaux, Bag of Donuts and many more.

Other events include an antique car show, challenge zone with rock climbing and bungee jumping, carnival and more.

Admission: Children 8 and younger get in free. Admission is free for all from noon-5 p.m. June 22 and \$10 per person from 5-10 p.m. Admission is \$10 per person from 8 a.m.-10 p.m. June 23. A weekend pass is \$15.

Ruston is about two and a half hours north of Fort Polk via La. Hwy 117 and U.S. Hwy 167. For more information visit the Internet at www.louisianapeachfestival.org.



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