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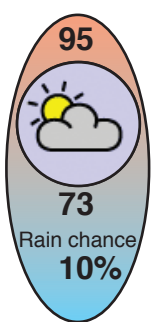
BETTY BENKEMER/DPW

They've been working on the railroad

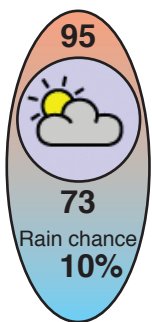
In less than a year, Fort Polk's railroad infrastructure underwent more than \$14 million in upgrades. The railroad is vital to the Joint Readiness Training Center and Fort Polk because it supports 10-11 rotations annually, transporting an average of 920 pieces of rolling stock. Grand opening was held Aug. 15. From

left to right are: Russell Castillo, Directorate of Public Works project manager; Col. Jarrett Thomas II, Fort Polk garrison commander; Col. Kenneth N. Reed, commander, Corps of Engineers, Fort Worth District; and Andy Tarver, Corps of Engineers account manager.

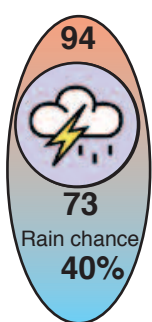
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Viewpoint

Poignancy of D-Day lingers through years

By Capt. WILLIAM WURZEL
Army News Service

FORT BENNING, Ga. — In this commentary, Capt. William Wurzel, a platoon tactical trainer with the 4th Ranger Training Battalion at Camp Rogers at Fort Benning, Georgia, gives his thoughts on the intimacy of D-Day, June 6, 1944, when the Allied military stormed Normandy at the onset of liberating Western Europe during World War II, even 74 years after the day. Wurzel attended the 74th anniversary commemoration ceremony at Sainte-Marie-du-Mont, France, June 6, 2018. It was timely in June, and it's timely now.

Every year toward the end of May, hundreds of U.S. service members, veterans, civilians and tourists converge on the rural Cotentin Peninsula, otherwise known as Normandy, France.

The stories and experiences are legendary in the Army, and many view the possibility of going akin to winning the lottery.

Only units who participated in the original Operation Overlord return, and only so many Soldiers from each unit. The desire to go varies from the historical aspect, diplomatic mission, foreign travel, or the opportunity to be part of something good, healing, and righteous, something a part of the world stage. Despite the commemorations having occurred for decades, similar events every year are seen in new light with alternate perspectives and continue to reach

new generations. I was fortunate enough to participate in the 74th annual D-Day Commemoration, and these are the stories, thoughts, and memories of those I accompanied.

At the behest of the French government, American service members from the Army, Navy and Air Force are invited to participate in the local ceremonies and memorials to the events of D-Day.

This annual presence helps to keep alive the memories of what transpired 74 years ago. It is not the people of Normandy idolizing America as much as it is a celebration of a combined effort to defeat an ultimate evil. The people of Normandy are enthusiastic about sharing their stories with a new generation of service members who still represent the ethos and character of those that came to their aid.

To exemplify this point, there is a small village in Normandy called Graignes. During Operation Overlord paratroopers of 3rd Battalion, 507th Parachute Infantry Regiment, 82nd Airborne Division, and a misdropped member of the 101st Airborne Division liberated the town after 4 years and 11 days of occupation.

They retook the town with the help of the local townspeople, despite the great threat to the townspeople's safety for helping Ameri-

cans. The 17th SS Panzergrenadier Division Götz von Berlichingen retook the town over two days of intense combat. The Americans had to pull back, but left their wounded in the town church with their unit medics and the battalion surgeon.

When the SS came upon the church, they marched the wounded, medics and the surgeon into a nearby field and executed them.

The SS then executed the two priests, any civilians they could find, and burned the village, including the church. The remains of that church still stand today as a memorial.

Every year the town holds a ceremony in the church to remember what happened so many decades ago. At this year's ceremony we were privileged enough to meet Martha. Martha was 14 when she escaped with the 3-507th, who pulled back from Graignes.

She remembers navigating mine fields and making it safely to her home on the outskirts of town. At the reception after this year's ceremony, Martha drank champagne and danced to the sounds of the Air Force Band. She was excited to share her story and glad we still come back every year to learn and remember.

As with any historical understanding, the closer you get to personal experiences, the better you

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Commentary



Guardian

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In our view

Guardian staff asked Fort Polk residents, "What's the last show you binge-watched?"
Here are their responses:



Staff Sgt. Kerry Burkhardt: "Money Heist,' but in Spanish it is 'La Casa De Papel,' and I watched it in Spanish. It looked interesting and had good reviews so I checked it out."



Spc. Celia Hall-Castro: "Parks and Recreation.' I love Ben Wyatt!"



Sgt. Heather Johanning: "Luke Cage.' It's a Marvel universe show, and I watch everything Marvel."



Spc. Landon Schwausch: "Avatar: The Last Air Bender.' It's a cartoon but it holds themes that play across generations and the characters are timeless."

Briefs

Law recruiting

The Soldier For Life Transition Assistance Program hosts a law enforcement recruiting event Sept. 6 from 9 a.m.-noon at the SFL-TAP Center, 7438 California Avenue, bldg 4275.

Eighteen state and federal law enforcement agencies will attend. For more information call 531-1591.

EEO course

The Equal Employment Opportunity Office hosts an EEO counselor course Sept. 10-14 at the Education Center, room 204. Priority is given to federal civilian employees interested in becoming collateral duty counselors as well as current EEO officers and counselors.

Military members may attend as space allows. For more information call 531-1799 or email linda.f.allen22.civ@mail.mil

Remembrance

The Joint Readiness Training Center and Fort Polk hosts a 9-11 Day of Remembrance Ceremony Sept. 11 at 4:30 p.m. at Warrior Memorial Park.

The community is invited to attend to pay respect to those killed that day — and Soldiers who have made the ultimate sacrifice since then.

For more information call Kim Reischling at 531-1392.

Remembrance meal

The Guardian Dining Facility invites the community to a Patriot Day lunch Sept. 11. A brief remembrance is held before the lunch at 11:15 a.m. Cost for lunch is \$5.60. Menu includes steamship round, grilled chicken, shrimp, fried catfish, rice, baked beans, corn on the cob, salad bar and more.

Right arm night

Right Arm Night, hosted by the Directorate of Family, Morale, Welfare and Recreation, is held at 4:30 p.m. today in Showboat Theatre.

Bring your right arm for camaraderie, fun and lots of good door prizes.

Active-shooter training

The Fort Polk community is invited to attend free training: Surviving an active-shooter event from 10 a.m.-noon at the Military Training Center, bldg 2675.

Register at www.nsc.org/registeractiveshooter.

Participants will learn how to prepare for a potential active-shooter incident, recognize options, quickly determine a plan and take the most effective action.



JEAN DUBIEL / GUARDIAN

100+ missions in two rotations

These Soldiers with the 1st Battalion, 5th Aviation Regiment flew 105 missions over the last two rotations. They were presented with coins from Brig. Gen. Patrick D. Frank (center left), commanding general of the Joint Readiness Training Center and Fort Polk, and Command Sgt. Maj. David Bass (center right), JRTC command sergeant major Aug. 17 at the Cajun Dustoff hangar. Pictured are (from left) Chief Warrant Officer 2 Mike Slaughter, 1st Lt. Kelly Ivey, Sgt. Daniel Garza, Frank, Bass, Sgt. Saul Wolverton, Pfc. Abdulwahab Salih, Pfc. Raven Aguilar and Capt. Tyler B. Smith.

Electrician students graduate as jobs await

By JEAN DUBIEL

Guardian staff writer

FORT POLK, La. — Ten students graduated Aug. 17 from the McDermott and Fort Polk industrial electricians program, a 16-week course that teaches Soldiers separating from the Army how to be electricians — but it's not just for Soldiers anymore.

This class included two Family members and a Department of the Army civilian, as well as the first female Soldier and a Soldier from another installation. These were all firsts for the program.

McDermott and Central Louisiana Technical Community College are partnered with Fort Polk's Soldier-For-Life Transition Assistance Program, in coordination with the Army Career Skills Program, to offer classes for in-demand employment skill sets, specifically for pipefitting and industrial electricians, but welding and truck driving courses are planned for the future at Fort Polk. There are more than 150 career skills available at installations throughout the country.

These classes are aimed at Soldiers transitioning out of the Army, but Family members and federal employees are also welcome to participate.

Col. Jarrett A. Thomas II, Fort Polk garrison commander, said the graduation is not only a "big deal" for the graduates and their families, but for the Army as well.

"We care a great deal about our Soldiers, civil-

ians and Family members. They are part of Fort Polk, and the things we do here on a daily basis could not be done without them," said Thomas. "However, they are going to (leave Fort Polk) and go on to become productive citizens in the workforce. We are proud of all they have done."

Thomas said the SFL-TAP is important for Soldiers because it bridges the gap from service to the civilian workforce, and helps cement Fort Polk's reputation as an installation that builds readiness. He also thanked McDermott and CLTCC for their commitment to Fort Polk.

"You recognize the value Soldiers bring to the table and that is a win-win situation for Louisiana, Fort Polk, our Soldiers and companies like yours," he said.

Paul Glover, military program liaison for McDermott, said he has starting dates for each graduate to begin work in their new career. "The students give us the date that they can start, based on their out-processing (schedule)," he said. "We try to get them to start work somewhere between 90-120 days from graduation."

Glover said the program has been available since December of 2016, and this is the fifth class, or "cohort" to graduate the program.

"These classes help Soldiers enhance the training they already have," he said. "When these industries look for workers, they look for people that will be on time and have some leadership

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Long-range precision fires modernization require 'joint effort'

By DAVID VERGUN

Army News Service

WASHINGTON — The Army's No. 1 modernization priority — long-range precision fires — is a collaborative science and technology effort between the Army and the other services, said Dr. Thomas Russell.

Russell, deputy assistant secretary of the Army for research and technology, spoke at a National Defense Industrial Association-sponsored science and technology forum in Washington Aug. 22.

Already, a long-range precision fires cross-functional team is working on a number of near, intermediate and long-range technology demonstrators, Russell said.

"You need to be able to see a target, track the threat, do intercept, and many other aspects along the kill chain."

MARY MILLER
DoD Research and Engineering

Those demonstrators include land-based, anti-ship missiles; single, multi-mission attack missiles; multiple, simultaneous engagement technologies; extended-range cannon artillery; low-cost, tactical extended-range missiles; cluster munition replacement technologies; and



A Soldier with the 35th Air Defense Artillery Brigade loads a Stinger onto an Avenger Air Defense System during a live fire training exercise at Pacific Missile Range Facility Barking Sands, July 24.

long-range maneuverable fires.

One promising area of long-range precision fires that is still in the science and technology phase is hypersonics, he said.

Hypersonic missiles travel at speeds of mach 5 or greater and are adept at changing course to evade interception.

The Army's interest in hypersonics is in the ground-based version. The cross-functional team's efforts into hypersonics include research in

propulsion, warheads, glide bodies and other areas, he said.

Mary Miller, now performing the duties of assistant secretary of defense for research and engineering, said the Department of Defense's No. 1 priority is both offensive and defensive hypersonics.

Hypersonics takes the top spot, she said, because competitors are already demonstrating their own hypersonic capabilities, and are expected to field hypersonic weapons

that are land-, sea- and air-based by the early 2020s.

"The U.S. has been outpaced in hypersonic development," she added.

If those nations succeed — and they are expected to — U.S. aircraft carriers might be threatened, she said.

The U.S. is also on track to get hypersonic weapons fielded by the early 2020s, Miller said, though there will be many challenges along the way.

"You need to be able to see a target, track the threat, do intercept, and many other aspects along the kill chain," she said.

Another challenge with hypersonics is developing materials that can endure extremely high temperatures.

Hypersonic projectiles travel at extremely high speeds, and the friction they encounter while moving through the air creates incredible heat. Miller also said cost is a challenge.

Miller, whose previous assignment was deputy assistant secretary of the Army for research and technology, said the Army has six modernization priorities:

- long-range precision fires
- next generation combat vehicle
- future vertical lift
- network
- air and missile defense
- Soldier lethality

Miller said these priorities nest nicely with the National Defense Strategy and the DoD's own top modernization priorities, including hypersonics, directed energy, network, space, cyber, microelectronics, and artificial intelligence.

D-Day

Continued from page 2

grasp what cannot be conveyed by third parties. Learning about the events of D-Day from those who lived it — or knew those who had — imparts a stronger connection to the lives memorialized.

When Jack Hamlin talks about what it was like in the Coast Guard, attempting to save Soldiers from drowning off of Omaha Beach, it changes you. When veterans of the beaches or paratroopers thank you with tears in their eyes for serving, it is staggering to consider they think our fight is harder. Retired Col. Nightingale interviewed many veterans of D-Day, including iconic leaders involved on the beaches, the jump, and the ground gained inch by inch to achieve success for the Allies.

He can tell you exactly what Lt. Dick Winters

was thinking when he first approached the artillery at Bretcourt Manor.

He knows the personal thoughts and reactions of the leaders on the ground at La Fiere Bridge, Lt. Turner B. Turnbull at Neuville-au-Plain, or the last moments of Tech. Sgt. Robert Niland, one of the four brothers on which the movie Saving Private Ryan is based.

It is odd visiting both the American Normandy Cemetery and the German Normandy Cemetery. They carry two very different messages. One is of heroism, selflessness and altruism while the other stands as a solemn reminder that families on either side of a conflict suffer immense loss, grief and anguish. The German military sends many to be present at the D-Day ceremonies. It is a powerful reminder that we have

healed, moved on and now count the Germans as friends and allies.

This is hard to understand without seeing it firsthand, in conjunction with the stories of those who survived the war. It lends a spectrum to the chronology that is difficult to convey in words. The juxtaposition is moving and uplifting.

Over the decades these stories have reached thousands of service members who keep them alive.

It was these personal experiences that were so humbling that exemplified the commemoration. Looking forward to the 75th anniversary next year, I hope that this is perpetuated on a grander scale. The more who can draw lessons from Normandy, the better chance we have at preventing a similar war in the future.

3rd BCT, 10th Mtn Div conducts fire supporter certification

By Maj. OLIVER J. SCHUSTER

3rd BCT, 10th Mtn Div

FORT POLK, La. — Few things are as decisive or lethal as a well-coordinated fire support mission on the battlefield. The responsibility to execute these missions in a timely and accurate manner belongs to the units' fire support team.

"Ready to fight tonight," fire supporters from across the brigade conducted fire supporter training and certification from July 23-Aug. 10. Certification consisted of eight events, individually scored and tracked so the top performing Soldier, NCO and officer could be recognized for their efforts.

"We bring everyone together for consolidated training and certification. Then we push those fire supporters back out to the battalions so they can integrate fires throughout the brigade," said Lt. Col. Jayson B. Morgan, commander of the 5th Battalion, 25th Field Artillery Regiment.

The certification consisted of a written test, threat recognition, land navigation, hands-on evaluation, observed fire procedures, Army physical fitness test, four-mile run and a 12-mile ruck march. These events tested the fire supporters' mental and physical toughness while preparing them to conduct the mission, both digital and analog.

There were 75 Soldiers that completed the certification with the top performers recognized by Morgan with an Army Achievement Medal. The top performers were Spc. Westley Melhorn, Sgt Joshua Tripp, and 1st Lt. Julie Silverberg.

Melhorn is a fire supporter with Bravo Company, 2nd Battalion, 2nd Infantry Regiment. He was not only the top performing junior enlisted Soldier but achieved the highest overall score. Melhorn attributes his success to his direct leadership and said, "I am very honored to have won."

Tripp is a fire supporter with Charlie Company, 2nd Battalion, 30th Infantry Regiment. He

First Lt. Julie Silverberg (left), Sgt. Joshua Tripp (center), and Spc. Westley Melhorn receive Army Achievement medals Aug. 10.

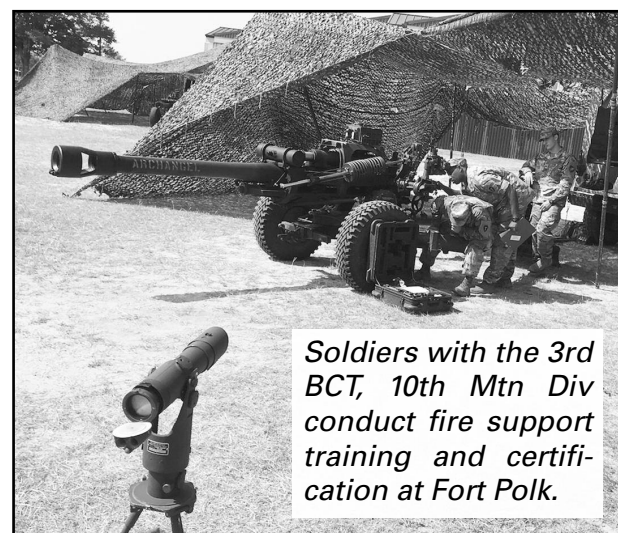


Maj. OLIVER J. SCHUSTER/3rd BCT, 10th Mtn Div

was the top performing NCO. This is the second time that Tripp has been recognized as a top performer; he was the top Soldier in the 2016 certification. Tripp said he is successful by "learning something down to its core and understanding it 100 percent so it is implanted into you."

Silverberg is a fire support officer with Bravo Company, 2nd Battalion, 2nd Inf Reg. She was the top performing officer. Silverberg said "setting an end state and working towards the end goal" helped her achieve success. She thanked all the NCOs and Soldiers that helped her train and who make coming to work a joy.

Morgan said he is proud of all the fire supporters that completed the certification and appreciated their hard work. "The training time that individuals and teams had to prepare for this was short. They came back from deployment and went on block leave just before the beginning of this certification. This demonstrates to me that



Soldiers with the 3rd BCT, 10th Mtn Div conduct fire support training and certification at Fort Polk.

we are on path to assume our upcoming focus-ready mission," Morgan said.

Electricians

Continued from page 3

ability. The military gives you that. We just give them some additional experience in another (skill set)."

Spc. Nyvana Lamb is the first female Soldier to go through the industrial electricians program. She said she is currently a mechanic in the Army and likes to work with her hands but wanted to learn something different from turning wrenches.

"It was hard for me to get into this program at first because I am a mechanic, and (my unit) didn't want me to leave," she said. "But Mister Glover and the folks with SFL-TAP helped me, and at the end of the day I got in."

Spc. Tyler Whitmire came from Shaw Air Force Base in South Carolina to attend the course and is the first non-Fort Polk Soldier to do so.

"I went through the SFL-TAP at my installation, and there's more than 150 courses you can chose from," he said. "I was interested in this electrician course at Fort Polk, so my unit commander helped me put together a per-

missive (temporary duty) packet and they sent me down here. They took care of everything."

Whitmore said he liked the hands-on experience of the course. "I enjoyed getting out in the field and touring the worksite and learning about what we were going to really be doing after graduation," he said.

Whitmore will now report back to his home station for out-processing, then begin his civilian life and a new career.

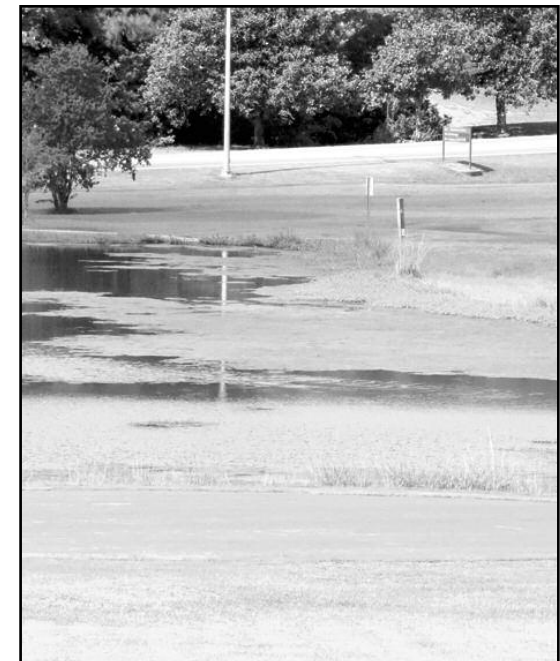
Troy Boudreaux of Fort Polk's SFL-TAP office said anyone interested in attending a career skills course can call 531-1591, or attend the Career Skills Program briefing that is given the first Monday of every month from 1:30-2:30 p.m. at the SFL-TAP, bldg 4275, 7435 California Ave. at the Fort Polk Airfield.

"When you get down to your last six months in the military, think of this program as a way to line yourself up for success after you get out," said Boudreaux.



JEAN DUBIEL / GUARDIAN

The graduating class of McDermott Cohort 5 includes a number of firsts for the electricians program: The first female, spouse, civilian and Soldier from another installation. A ceremony was held for the participants Aug. 17 at Fort Polk's Education Center. Graduates are (in no order) Sgt. 1st Class Christopher Thomas, Sgt. 1st Class Joseph Ramos, Staff Sgt. Mark Neal, Staff Sgt. Walter Bell, Spc. Tyler Whitmore, Spc. Nyvana Lamb, Spc. Caleb Estaba, Crystal Perrill, Daniel Higgins and Solomon Lewis.



Above: The refurbished green overlooking Carter's Pond on hole No. 7 at Warrior Hills Golf Course.

Left: Hole No. 10 at Warrior Hills Golf Course with its new green-side bunker and refurbished green. The golf course is open to the entire community — on and off the installation. The renovation project cost almost \$1 million dollars.

CHUCK CANNON / GUARDIAN

Par for the course

Renovated Warrior Hills Golf Course offers finest in technology, playing conditions

By **CHUCK CANNON**
Guardian editor

FORT POLK, La. -- Local linksters will soon have a familiar place to tee it up when the newly-refurbished Warrior Hills Golf Course reopens for play Aug. 31.

Sporting 18 renovated greens, 50 tee boxes and 10 sand traps, WHGC remains true to its 60-year past while offering players the finest in up-to-date technology and playing conditions, according to Mike O'Brien, golf course manager and club pro.

"We also redid the driving range tees and added a practice putting green," O'Brien said. "We built an emergency sod farm behind the old club house, replaced all the wooden bridges and we've done a lot of cleanup to make it a place a person is proud to play on."

O'Brien said the renovation was a fun process to watch. "They used lasers to get the proper slope on the greens, and they put a 3-foot collar around all the greens for additional protection," he said. "A lot of the original look and character of the course was restored."

The renovations were driven by the fact that the golf course had basically become unplayable due to its deteriorating greens and tee boxes in poor shape, O'Brien said. That led to fewer golfers who wanted to play the course.

"IMCOM (Installation Management Command) had been looking at all of its golf courses, especially the ones that haven't been profitable," O'Brien said. "They had closed the course on Fort Riley (Kansas) because it wasn't profitable and were looking at doing the same with Fort Polk."

O'Brien said two Fort Polk leaders persuaded

IMCOM leaders to give it another chance.

"(Former garrison commander) Colonel (David) Athey and (former Joint Readiness Training Center and Fort Polk commander) Major General (Gary) Brito got on board and wanted to keep the golf course here," O'Brien said. "With Fort Polk being in a somewhat isolated area, this is a great benefit for our community."

Jeff Helminiak, business operations officer for Family Morale, Welfare and Recreation at Fort Polk, said a big question on whether to move forward with renovations was this: Did the post troop population support enough rounds played to generate a profit?

"We're a high-tempo war-fighting installation, and a training installation, so that takes a large population of our Soldiers away for significant periods of time," he said. "That hurts the play. The question becomes, as MWR, are we a business or are we a service? In our case with high deployments, and fewer Soldiers on the course as players, the profitability goes down and some decisions were made to start cutting expenses. When you cut expenses in labor, one of the side effects was it became more difficult to maintain the course, and it slowly deteriorated over time."

In spite of the poor conditions, Helminiak said there were a few die-hard players who continued to support Warrior Hills and a lot of credit for the refurbishing work goes to them.

"The voice of the customer was part of the reason why we put this project together and pushed it through to IMCOM headquarters for financial support," he said.

Since the Soldier population is still the same, Helminiak said the plan is to also market the golf course to retirees and the local civilian popula-

Please see **Par**, page 7



Warrior Hills Golf Course pro Michael O'Brien sets the cup on the refurbished green of hole No. 10. The course reopens for play Aug. 31 with a grand opening set for Sept. 8. The golf course will offer the finest in up-to-date technology.

P3 aids return to full-duty status for pregnant Soldiers

By JEAN DUBIEL

Guardian staff writer

FORT POLK, La. — More than 100 Fort Polk Soldiers are either pregnant or in the postpartum phase of pregnancy. The Army has a program in place to assist these Soldiers in maintaining their fitness level throughout the gestational period and the weeks following delivery, which results in a faster return to full-duty status.

The program is called Pregnancy/Postpartum Physical Training, or P3T. It is a mandatory program for Soldiers that become pregnant and includes exercises tailored for each trimester and postpartum recovery.

"This program helps them during and after pregnancy," said Staff Sgt. Marilyn Ozombachi, P3T program manager and instructor trainer. "There is an at-home 12-week program available on AKO (<https://ako.us.army.mil>, search for P3T) as well, and either program is designed to build you back up after pregnancy so you can get back to your unit."

The program is also beneficial as it can ease labor and delivery and promotes good health for mother and child.

Soldiers in P3T report for PT at the usual time, 6:30 a.m., Monday through Friday, based on a pre-arranged calendar that is displayed at the Wheelock Fitness Center and sent to each participant's e-mail. Sessions are divided by trimester or postpartum level. Some sessions are held at the 25-meter pool, some at Wheelock, others at an outdoor walking trail. Once a month, participants from all three trimester groups and the beginner and advanced postpartum levels get together for a consolidated fitness activity, such as zumba or a walk around the golf course. Every Thursday is reserved for an education class, where Soldiers learn about topics concerning pregnancy such as gestational diabetes, breastfeeding and nutrition.

"This program will make it easier for me to do regular PT again after I have my baby," said Pfc. Laresa Burrell, 115th Combat Support Hospital and P3T participant. "It's important to try as hard as you can to do the exercises because it pays off in the end. That way you won't struggle so much with the PT test."

PT sessions are led by an instructor, who has more in-depth training about exercise during pregnancy, and exercise leaders, who are assigned by their command to assist in conducting the exercises. The more leaders, the more oversight to ensure the safety of the Soldiers.

"We have about eight instructors, but we need more," said Ozombachi. "We should have about 21 and we also need more exercise leaders. We need help getting these Soldiers back to their pre-pregnancy fitness level and returned to their units as quickly as possible."

Instructors and leaders can be male or female and do not need to have any pregnancy experience. Instructors go through an annual course for detailed training, then they train the exercise leaders quarterly.

"Leaders need to be sergeants and above that are physically fit, not on a physical medical profile and not pregnant," Ozombachi said. "Units should send someone that is fully capable of assisting us."

Sgt. Anthony Reyna, U.S. Army Medical Activity, is one of the trimester instructors. He said the annual course taught him how to run the pro-

gram and guide the exercise leaders.

"I function as both an instructor and exercise leader because we don't have enough personnel," he said. "I lead the PT sessions but can also train leaders."

Reyna said the program is important for the health of the pregnant Soldiers. "It pulls them out of their unit's 'normal' PT and puts them into one where they won't harm themselves or the child. That is the main benefit of the program," he said. "There is also a postpartum program that helps with specific individual needs, to rehabilitate them after the (physical) stress of pregnancy and childbirth."

Ozombachi said she wants to start a baby items swap meet for the young mothers, and anyone who would like to donate their gently used baby items can contact her for more details, as can anyone interested in becoming a trimester exercise instructor or exercise leader (but go through your unit leadership first). Ozombachi can be reached at (337) 424-8629.

The P3T program is housed at the R2 Performance Center, located at bldg 2380, next to the Guardian Inn Dining Facility.



A group of Soldiers in the P3T program participate in a team-building exercise called "helium stick," where the group must collectively lower a wooden stick while maintaining contact with just two fingers. The exercise was held at the R2 Center Aug. 22.

JEAN DUBIEL / GUARDIAN

Par

Continued from page 6

tion. "Normally, DFMWR-authorized patrons are Soldiers, their Families, civilian government employees and retirees, but in the case of the golf course, we have a general public access waiver for normally non-authorized patrons to play on our course," he said. "We're going to rely on that customer base to keep this place going for the Soldiers to play."

Helminiak said allowing the local populace to play also helps foster good community relations with the areas around Fort Polk.

"We need to communicate to the outside community that it is easy to get on post and you are allowed to get on the golf course and play. We are working with the garrison leadership to come up with an annual pass for those outside of post to enter the installation to play golf."

Helminiak said the cost of renovations totaled about \$900,000. Although that seems a significant sum, he said leadership had to weigh it against

other alternatives.

"As funding gets tighter, we have to look at our programs and go back to that old adage I mentioned earlier — are we a service or are we a business?" he said. "If we're losing \$100,000 a year on the golf course, is that acceptable to provide the service, or do we close down the course and have the garrison spend a few hundred thousand dollars a year maintaining this area as a park?"

For now, the decision is to keep the doors of the golf course open. Raven Golf Construction Inc. performed the work. It's president, Jim Kirkendall, knows Fort Polk well — the former infantry Soldier went through Tiger Land on his way to Vietnam.

"He (Kirkendall) was relentless in how he approached the work to make sure we were going to have the best product in the area," Helminiak said.

O'Brien said golfers can expect to see tournaments, monthly scrambles and other events at WHGC.

"We're going to offer 50 percent off greens fees from Aug. 31-Sept. 7, and then have our grand opening ribbon cutting on Sept. 8," he said.

The grand opening event will include a 144-player invitational tournament with local civic leaders, DFMWR sponsors and military leadership.

"Although there will be no open play that day, the driving range will be open all day and there will be food and sponsors tents," Helminiak said.

O'Brien said players can expect to see him on the course on a regular basis.

"I'm going to be spending a lot of time on the course, teaching new golfers course etiquette," he said. "We're going to have to change the thinking of golfers since we are going to have a great course that people will be proud to play."

Tristen's story

Fort Polk Soldiers honor her memory, ease family's grief

By **ANGIE THORNE**

Guardian staff writer

It began with a little girl's love of Soldiers and helicopters. It ended with Tristen Bodie, 13, passing away July 11.

Bodie was full of life and a happy little girl, according to her mom, Leann Parrott.

One of Tristen's last happy moments that stood out for her mom was a chance meeting between her daughter and a Soldier at Fort Polk's FreedomFest. That Soldier was Chief Warrant Officer 3 Nickolas Sciacca, 1st Battalion, 5th Aviation Regiment safety officer, who worked at the static display during the event. His job was to show off the UH-72 Lakota helicopter to attendees at FreedomFest. Her mom said Tristen was excited about seeing the helicopters and posed for a picture with Sciacca in front of a UH-72 Lakota.

After Tristen's death, her mom posted that picture on Facebook. Someone saw the picture and contacted Sciacca to tell him about Tristen's death.

"When I found out that the young lady had passed away, I felt like I needed to do something. I contacted the mother and said I would like to fly a helicopter and take Tristen's picture and an American flag in her honor. Tristen's mom didn't realize who I was at first. Then she figured out that I was the pilot her daughter had taken the picture with that day," he said.

Sciacca asked pilots Chief Warrant Officer 2 Trey Crockett, 5th Aviation Reg pilot in command, and Chief Warrant Officer 2 Alex Direnzo, pilot, if they would help him honor Tristen's memory during an already scheduled routine training mission. Their answer was a resounding yes.

"We got a flag and a picture of Tristen, put them in the aircraft and proceeded with our training mission. When we landed back at Fort Polk, I contacted Tristen's mother and we scheduled a visit for the family to present them with the flag and a certificate," said Sciacca.

Crockett said he has a daughter and three younger sisters and so this situation really hit home for him knowing that this Family lost a daughter and sister. "I absolutely wanted to be a part of that," he said.

In addition, Crockett recognized that one of Tristen's last interactions with Fort Polk and the Army was learning about and sitting in the same UH-72 Lakota helicopter (call number R72163) that they were flying in her honor during their training mission. "The purpose of taking that flag and her picture up with us in 'her' helicopter and then presenting that flag to the family was to help give them some type of closure. I really liked trying to do that for them," he said.

Direnzo said they were proud to honor this young lady's memory while doing what they love to do — fly.

"Knowing this helicopter was the same aircraft she sat in during FreedomFest made what would have been a normal training mission something special," he said.

When Sciacca found out that Tristen had passed away, he said he felt helpless and could only assume that Tristen's parents felt the same way while trying to deal with their grief.



The picture that started it all: Chief Warrant Officer Nickolas Sciacca, 1st Battalion, 5th Aviation Regiment safety officer, stands with Tristen Bodie, 13, in front of a UH-72 Lakota helicopter at FreedomFest, held at Fort Polk June 30.

"There's not much you can do in this situation. What do you say to someone grieving like this? You want to convey that you are grieving with them and are sorry that it happened," he said. "That's why I wanted to do something nice to help them remember their daughter. Flying the flag (during the training mission) for them allowed me to feel like I was helping create a good memory for their family."

Though the Soldiers said they didn't do this for attention or accolades, Fort Polk's command heard about what happened and wanted to acknowledge Sciacca, Crockett and Direnzo for their actions.

A ceremony to honor them took place at the 1st Bn, 5th Aviation Reg hangar Aug. 15. Tristen's family was in attendance.

Lt. Col. Connie M. Lane, 1/5 commander, said Soldiers should remember that they are all members of the larger community that lies beyond Fort Polk's gates. He thanked Sciacca, Crockett and Direnzo for doing just that.

"These Soldiers exemplify the Army's values when it comes to caring for our citizens. Unprompted, they provided support for this grieving family when they were in need and experiencing hardship. What they have done is provide us all with an example of what we should try to do every day," he said.

Command Sgt. Maj. Jerry L. Dodson, Fort Polk's garrison command sergeant major, was in attendance to present Sciacca with a certificate of appreciation and a coin. Crockett and Direnzo were also presented with coins.

One of the best parts of his job, according to Dodson, is recognizing Soldiers that not only do great things for Fort Polk and their unit, but also the community outside Fort Polk's gates.

"I think most of us can agree that with all of the negative things we see in our society today,



Tristen Bodie smiles for the camera while sitting in the cockpit of a UH-72 Lakota at Fort Polk's FreedomFest June 30.

it's good when you see something positive. That's exactly what these Soldiers did. They took a tragic event and have done their best to counter it and it's appreciated," he said.

What Sciacca did, said Dodson, was to demonstrate a moral compass. "He went above and be-

Please see Tristen, page 9

Army CID announces new crime tips system

U.S. ARMY CRIMINAL INVESTIGATION COMMAND

QUANTICO, Va. — The Army community and American public now have the ability to use their computers and smartphones to submit tips about crimes, suspicious activity or threats to the U.S. Army's Criminal Investigation Command (CID) via a new digital crime tips system.

The CID crime tips system recently transitioned to a web-based and smartphone app submission method.

The public can access the system via any Internet-connected device by visiting: <http://www.cid.army.mil/>.

In addition to the web interface, the app is for submission of tips and is available for free download from the Apple Store and Google Play.

The new system provides users a safe, secure and anonymous method to report criminal activity and security threats without concerns of retaliation or fear, according to CID's implementation project manager, Special Agent Christopher L. Adams.

Whenever a person submits a tip online, Adams said, the completed form is securely transferred directly to Army CID through a Secure Sockets Layer connection, which means that the tips are encrypted, entirely confidential and completely anonymous. Users can also attach images, videos and documents with their tips.

"This new system is the ideal solution for 'tipsters' to report criminal activities or suspicious activity anonymously. Tips received will be

seamlessly assigned to various units for further investigation. Additionally, persons providing anonymous tips will have the ability to communicate with the CID agents," Adams said.

"After submitting a tip, a reference/ID number is created that allows the tipster to create a password to check the status of the submitted tip or the status of a reward — if applicable. So do not misplace your ID number, as it will be needed to check on the status of your tip."

There is also the multi-language feature for global use that allows tips to be auto-converted into English on the backend regardless of in what language they were submitted.

Tips will be responded to in English and auto-translated back to their source language during the two-way dialog process.

According to Christopher Grey, CID's spokesman, the previous methods of reporting a crime to CID will remain in effect until the new Crime Tips System is fully implemented.

"It is critical for people to say something when they see something and it literally can mean the difference between someone receiving the justice they deserve or victimizing another innocent person," Grey said. "Although we prefer people with information to use the new digital Crime Tips system, they can still report a crime through our current methods until these methods are phased out within the next 60 days.

Contact Fort Polk's CID Office at 531-2931/7184, Army CID at (844) 276-9243 or email CID at Army.CID.Crime.Tips@mail.mil.



Tristen

Continued from page 8

yond by showing unsurpassed compassion and empathy during a time of tragic loss," he said.

After the ceremony, Parrott and daughters, Skylar, 17, and McKinley, 15, toured the hangar.

While her daughters sat in the same helicopter Tristen toured at FreedomFest and where her flag was flown, Parrott reflected on her daughter. She said her baby was supposed to still be here, but she's not. "What the Army has done for us has been comforting. It wasn't three or four days after we buried her before I was contacted for the first time by Mr. Sciacca," she said.

Tristen grabbed him (Sciacca) at Freedom Fest and made him stop what he was doing to give him a hug and thank him for his service, said Parrott. He showed her everything about that helicopter.

"She did that anytime she saw a Soldier, but there was something about him (Sciacca) that she immediately connected with. She called him "my Soldier" from that point on," she said.

Parrott thinks Tristen would probably have gone into the Army.

"Tristen was all about the military and helicopters. She would always say, 'Momma, I gotta keep my military figure because I want to fly.'

Tristen's sisters said she would have thought all of this attention was "cool" and would probably be doing a happy dance right now.

Parrott said Tristen's siblings are dealing with their sister's loss as best they can. "As long as they are staying busy, they are OK. That's why things like this (touring the hangar) help so much. I think these distractions and meeting and talking with the Soldiers that have treated them



From l to r: Chief Warrant Officer 2 Trey Crockett, 1st Battalion, 5th Aviation Regiment pilot in command, McKinley Parrott, 15, Skylar Parrott, 17, (Tristen's sisters) and Chief Warrant Officer 2 Alex Dizenzo, 1st Bn, 5th Aviation Reg pilot, stand in front of the UH-72 Lakota that they flew with Tristen's flag and picture on during a recent training mission.

like family have kept my girls going."

Parrott said she honestly doesn't know what she would have done if it weren't for these Soldiers. "When he (Sciacca) sent that picture with the flag, I started bawling. How many people do

you know that would do this kind of thing? They reached out to us. They didn't have to do that, but they did. He (Sciacca) contacts me all the time now. It's so sweet. It's meant the world to us," she said.

Briefs

Mud run

Registration is ongoing for Soldiers, Families and Department of Defense civilians for the Warrior Swamp 5K Mud Run. The mud run is held at Alligator Lake Recreation Site Sept. 15 at 7:30 a.m. Register at www.eventbrite.com.

DWI checkpoints

The Beauregard Parish Sheriff's Office and DeRidder Police Department will set up four driving while intoxicated checkpoints in Beauregard Parish through Sept. 3 beginning at 8 p.m. Each checkpoint will be at an undisclosed location.

The checkpoints are part of the "Drive Sober or Get Pulled Over" campaign of the Louisiana Highway Safety Commission and National Highway Traffic Safety Administration.

Vet clinic hours

Fort Polk's Veterinary Treatment Facility is open Monday, Tuesday, Wednesday and Friday from 8 a.m.-4 p.m. Registration is held from 9 a.m.-3 p.m. Monday, Tuesday, Wednesday and Friday.

The facility is closed Thursdays for sergeant's time training.

The office will be closed Aug. 31 and Sept. 3 for the Labor Day holiday. For more information call 531-1323.

Sidewalk sale

The Fort Polk Commissary hosts a "Back to School Sidewalk Sale" Aug. 30-Sept. 1 from 9 a.m.-6 p.m. Physically challenged may enter first in line.

For more information visit www.commissaries and choose Fort Polk under the locations link.

Dental training

Fort Polk's American Red Cross is accepting applications for the 2018-2019 dental assistant program. Applications are available at the Red Cross Office, 1778 Third Street, bldg 220 through Sept. 7. Graduates receive a certificate of training upon successful completion of the nine-month, 40-hour per week course.

Classroom and chair side training included.

Child care is not provided. Must be a current military ID holder (or dependent of active-duty), commit to 40 hours per week for nine months (1,040 hours) and current on immunizations.

Interviews will be held Sept. 17. Course runs from Oct. 15 through June 2019.

For more information call 531-4783/2041.

Military youth achieves football success

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — What better way to kick off football season than with a gridiron success story from one of Fort Polk's youth? Ronnie Crosby III, 13, attends DeRidder Junior High School and is the son of Lt. Col. Ronnie Crosby, Joint Readiness Training Center and Fort Polk chief, sustainment operations, and his spouse, Tranquil. Ronnie attended an Offense-Defense football training camp this summer and walked away with a few accolades.

First, Ronnie was named most valuable player of the Austin, Texas, O-D camp that he attended. There are camps held all over the country. Once the camps ended and all the information such as times and stats from each were calculated, Ronnie was named No. 1 running back and No. 1 defensive back overall for his age group.

Offense-Defense camps are football camps and training for youth and high school players. The camps have been helping youth and high school athletes achieve their dreams for five decades. The camps boast that they put more players in college and the National Football League than any other football camp or training organization in United States, according to www.o-d.com. Camp locations are available nationwide, with commuter and overnight options, as well as non-contact and full-contact curriculum.

There were 72 O-D football camps held across the country, said Milow Weems, O-D camp operation director and recruiting specialist.

"The kids that attend these camps are extremely talented. They give their all and leave everything on the field. You can see how much these kids want to succeed. They practice three times a day every day because they want the prize of participating in the All American Bowl, held in Daytona, Florida Dec. 26," he said. "Ronnie achieved that goal."

Ronnie said he is passionate about football. He has been playing since he was 5 years old, according to his dad, and his position is running back. "I love the contact, running the ball, scoring and hearing the crowds," he said. Which is why he attended the week-long O-D football training camp in Austin.

Campers work on football skills such as ladders, passes, foot drills, 40-yard dash, shuttle and more, but Ronnie said the training event he en-

joyed most while he was at camp included a little bit of all those things. "My favorite thing was the obstacle courses at the end of practices," he said.

Ronnie said the coaches timed the campers in events like the 40-yard dash. "My top speed in the 40-yard dash was 5 seconds," he said.

Weems said Ronnie is not only a talented athlete but has the special ability to listen to his coaches. "That's a vital skill. If a coach tells him he needs to do something different, he knows they are just trying to teach him how to do things right. Then he goes out there, makes the correction and does it right," he said.

Crosby (Ronnie's dad) said he was little nervous about the camp at first because you are dealing with kids from around the country. "Not knowing the true level of talent that would be there and what to expect was stressful," said Crosby. "I'm extremely proud of him and all that he has accomplished. We try to get behind him and support him."

Weems said each year Ronnie attends camp he'll grow into a more accomplished football player who will have a better chance at a successful college football career and maybe some day playing in the NFL. "We teach the fundamentals of football from the ground up. By the time they go to college, they know everything about how to play the game," he said.

Weems named just a few former O-D camp participants who are now playing in the NFL. They include Lamar Jackson — Baltimore Ravens, Cam Newton — Carolina Panthers, Geno Smith — Los Angeles Chargers and more.

Ronnie said he didn't know if the awards or the time he spent at the camp would help him with his future in football. "That doesn't really matter to me, because I just love playing football," he said.

Misty Clanton, DeRidder mayor and family friend of the Crosbys, said she has watched Ronnie progress for the last couple of years. "I'm so proud of him. I love that he has such a strong family supporting him. Through his success he represents his family, school and the city of DeRidder in positive ways. I can't wait to see what he will do in the future," she said.

Ronnie said he wants to continue attending the camps if he can and would encourage other kids to get out there and try an O-D camp. "If they love football, this camp would be a really good thing for them to try," he said.

For more information about O-D camps visit www.o-d.com.



Kids cook up fun, nutritional education

By **KATHY PORTS**
BJACH

FORT POLK, La. — Today's children are more tech savvy and inquisitive, especially when it comes to cooking and nutrition. Everyone is striving to eat healthier and kids are no exception.

Bayne-Jones Army Community Hospital, in conjunction with Corvias Military Living, sponsored a special Kids Cooking Class, Aug. 20 for ages 5 and up.

The popularity of this class was amazing. Within an hour after being posted to Facebook the class was filled, and a waiting list created that has more than 50 names for the next class.

Alexis Motley, BJACH's dietitian and host of the quarterly Healthy Cooking Class aired live on BJACH's Facebook page (as well as the JRTC and Fort Polk Facebook page), concentrated on helping kids discover fun healthy foods they could make without much help. Each participant had a variety of healthy choices for the fruit cup and rainbow wrap.

Motley explained to the kids and parents the importance of allowing children to experience new foods and letting them help.

"Kids are adventurous. Let them try new foods or perhaps a new way to make an item," she said.

"Discovering new ways to use fresh vegetables and fruits while cutting calories and fat in your daily diet is a positive thing."

Each work station was equipped with all the necessary items, utensils and recipe cards. Originality was the key word for these creations.

The young chefs' enthusiasm as they decided on their particular choices was unique as they shared their knowledge with each other.

After assembling the fruit cup, each young chef eagerly tasted their creation. Some added a few more choices, while others ate in delight, smiling with each bite.

Some chefs finished their fruit cup and made another, sometimes varying the ingredient choices just a little.

The rainbow wrap added a colorful variety of fresh veggies to the plate. Spreading a wheat tortilla with garden cream cheese or pureed bean dip and adding fresh tomatoes, carrots, lettuce, sweet red peppers, and purple cabbage was a new twist for most of the kids.

Eagerly each chef assembled their wrap, carefully rolling up the tortilla to help contain its ingredients before taking that first bite. Some even shared with their parents who were watching the culinary delight.

Motley emphasized that allowing a child to help strengthens family bonding while providing a fun time for everyone.

In addition to providing the ingredients for the class, Corvias donated the use of the Dogwood Neighborhood Center. "Partnering with Corvias has made our healthy cooking class possible and the request for more classes is growing," said Kathy Adams BJACH's resilience coordinator.

"These healthy cooking classes are helping the Fort Polk community discover new ways to incorporate healthier food choices into our daily lives," she said.

Participants received a complementary apron, gift grab bag and a folder filled with their recipe cards and other healthy nutritional information to take home.



Alexis Motley, Bayne-Jones Army Community Hospital dietitian, helps her young assistant, Brooke Ruble, 8, make her fruit cup. Ingredient choices included yogurt, blueberries, bananas, apples, oranges, pineapples and a choice of two cereals.

KATHY PORTS/BJACH



Above: Kyle Mills (right), 8, watches as Samantha Catlett, 8, carefully crafts her rainbow wrap using a variety of fresh and healthy ingredients. **Right:** Levi Dunlop, 7, checks out his recipe cards before starting his fruit cup.



Fun times found at ACS Play Morning

Christopher Raylee Piper Jr. plays with a school bus at Army Community Service Play Morning Aug. 21. Play Morning is a 2-hour program in which parents and children play together in a group setting. Activities include story time, crafts, music and more. For more information call 531-1938.



Walker Keller makes the fish go round and round while having fun at Play Morning Aug. 21.



Amelia Huetson, 18 months, is having lots of fun playing with toy animals while sitting in her mom's, Rebecca Huetson, lap Aug. 21 at the ACS Play Morning.



Oliver Fraley, 11 months, pushes an elephant rider around at Play Morning Aug. 21.



Everly Field draws a masterpiece at ACS Play Morning Aug. 21.



Elijah Tutin pretends to be a little chef while flipping burgers at Play Morning Aug. 21 while his mom, Kara, looks on.

BOSS Beach Bash brings beneficial break



Soldiers play volleyball at the Better Opportunities for Single Soldiers Beach Bash held Aug. 17 at the Fort Polk Toledo Bend Recreation Center.



ANGIE THORNE / GUARDIAN

Pvt. William Monroe, 1st Battalion (Airborne), 509th Infantry Regiment, shows good form while playing corn hole at the BOSS Beach Bash held Aug. 17.



Soldiers had fun canoeing and kayaking on Toledo Bend Lake during the BOSS Beach Bash held Aug. 17.



A Soldier relaxes and soaks up some rays on Toledo Bend Lake at the BOSS Beach Bash held Aug. 17.



Spc. Mayson White, 3rd Squadron, 89th Cavalry Regiment (right) and Pfc. Brenda Gamoia, 2nd Battalion, 4th Infantry Regiment, stand over a hot grill on a scorching day to cook food for hungry Soldiers at the BOSS Beach Bash held Aug. 21.



Soldiers play a little football at the BOSS Beach Bash Aug. 17.

BJACH introduces new glucose monitoring system

BJACH

FORT POLK, La. — Bayne-Jones Army Community Hospital is adding the Nova StatStrip Hospital Glucose Monitoring System to their Point of Care Program within the hospital.

This is the only glucose meter system cleared by the Food and Drug Administration for use with critically ill patients. StatStrip Glucose has no known interferences and brings lab-like accuracy to bedside glucose testing.

This glucose monitoring system allows BJACH to expand point of care services to include Primary

Care Medical Home, progressive care unit, ambulance services, emergency

room, operating room, labor and delivery and OBGYN. Providers will have immediate, definitive and accurate results for beneficiaries at the bedside.

BJACH's staff recently participated in an extensive three-day hands-on training led by a trained representative from Nova Biomedical in preparation for going live with the new glucometers.

These new meters give BJACH a new capability without having to go to the lab to have blood drawn.

"This is a great benefit for our beneficiaries that requires only a small finger stick, less blood and test results within six seconds,"

said Lt. Elizabeth Babcock, lab manager.



Angela Harrell-Williams, quality assurance supervisor for the Bayne-Jones Army Community Hospital lab, draws blood from Pfc. Shelby Yonoski. This new glucose monitoring system uses less blood and gives test results in six seconds.

Professional help available for male sexual assault victims

GARRISON SHARP OFFICE

FORT POLK, La. — When talking about sexual assault, the first thing that comes to mind for many people is that the victim is a female and the offender male. But men are often victims of sexual assault, too.

In the U.S., it is estimated that one in six of all reported sexual assault cases involve male victims. Like women victims, these men go through physical, psychological, emotional and spiritual changes.

According to the Centers for Disease Control's 2012 National Intimate Partner and Sexual Violence Survey, men and women who experience sexual violence are more likely to report frequent headaches, chronic pain, difficulty sleeping, activity limitations, poor physical and mental health than those who do not experience them. "Left unattended, these symptoms can take over and negatively impact all areas of a person's life," said Aida Rivera, garrison sexual assault response coordinator. "Male victims in particular, will report psychosomatic symptoms before they report that they're victims of unwanted sexual contact."

There's a stigma involved in men reporting

sexual assault, Rivera said.

"Among the issues that most male victims of sexual assault deal with is the societal belief that sexual assault cannot happen to men; that to be sexually assaulted places in question their manhood; that they're somehow less of a man because they allowed this horrible thing to happen to them."

The shame that surrounds the event often keeps male victims from reporting the assault and seeking the help they need to get on the path to recovery, said said Tai Moton-McIntyre, garrison victim advocate

"The first thing victims of sexual assault need to know is that they're not to blame for what happened," said Moton-McIntyre, garrison victim advocate. "It doesn't matter where they were, who they were with or whatever circumstances they feel contributed to the assault. They didn't choose to be sexually assaulted. They did nothing wrong. The offenders decided to commit a crime and are the only ones to blame."

Sexual assault is a very personal crime. Many survivors choose to not disclose for fear that their information will get out to the public. To help victims of sexual assault in the military get the help that they need and deserve,

the Department of Defense has put into place reporting options.

"Restricted and unrestricted reporting options allow victims of sexual assault to file a report in a way that protects their confidentiality and limits who sees their information to an as-needed basis only," Rivera said. "In restricted cases, the need to know is further narrowed to the helping agencies designated to provide services, such as SHARP, medical, and mental health. No personal information is released to anyone in the chain of command, and law enforcement is not involved."

Confidential sources off military installations, such as the DoD Safe Helpline, the Rape, Abuse and Incest National Network (RAINN), 1in6.org, and malesurvivor.org, provide male victims with a confidential support network through which to get help.

"The key to recovery is accessing the resources and support that are available in the community, both on and off post," Moton-McIntyre said.

A healthy adjustment sometimes requires talking about one's experience with people who have had a similar experience, such as support groups, and those who are skilled in helping to address the issues that surface as a result of sexual assault, such as behavioral health professionals, SHARP personnel and chaplains.

"The entire installation SHARP team is dedicated to providing victims with the support and advocacy they need to navigate through a difficult time in their lives," said Rivera. "Our team's message to all victims of sexual assault in our community is: Help is available. You are not alone."

For more information on male victimization and available resources, contact the Garrison SHARP office at 531-4656/1549.



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Retiree dental program ends Dec. 31, FEDVIP transition available

TRICARE

WASHINGTON — The Defense Health Agency's TRICARE Retiree Dental Program (TRDP) ends Dec. 31.

However, as directed in the National Defense Authorization Act for fiscal year 2017, retired uniformed service members and their families, who were eligible for TRDP, will have the opportunity to enroll in the Federal Employees Dental and Vision Insurance Program (FEDVIP).

The end of TRDP is part of the historic reforms that began rolling out in the Military Health System Jan. 1. The implementation of the provisions under the 2017 NDAA and the beginning of new TRICARE support contracts is meant to improve health and enhance medical readiness for the uniformed services.

The first opportunity to enroll in FEDVIP will be during the next federal benefits open season,

which runs from Nov. 12 through Dec. 10, with coverage effective Jan. 1.

If you are currently enrolled in a TRDP plan, you will not be automatically enrolled in a FEDVIP plan for 2019. You must enroll during open season.

FEDVIP is a voluntary, enrollee-pay-all dental and vision program that offers eligible participants a choice between 10 dental and four vision carriers, with some plans offering both high and standard options.

Enrollee-pay-all means there are no government contributions toward premiums.

You don't need to take action yet. However, if you'd like dental or vision coverage next year, effective Jan. 1, you must select and enroll in a FEDVIP plan during the next federal benefits open season.

You'll enroll in a FEDVIP dental and/or vision plan through the BENEFEDS enrollment portal.

As open season gets closer, detailed informa-

tion on how to register for an online account and enroll in a FEDVIP plan will be provided on this site. In most cases, depending on your eligibility and available funds or allotments, an allotment will be automatically set up with your pay provider FEDVIP premiums, post-tax.

In the event that you do not have enough available funds or allotments, your payment method will default to a recurring electronic funds transfer, or automatic bank withdrawal, and you will be asked to provide your bank account information.

If you're an eligible family member enrolling as the primary enrollee, TRICARE will default your payment method to ABW with the option of submitting a payroll authorization form completed by the service member sponsor, to have an allotment for your premiums set up from pay, post-tax. FEDVIP does not offer a credit card option to pay for coverage.

For more information visit the website at www.tricare.mil/CoveredServices/Dental/TDP.

Commissary offers autumn savings, sweepstakes, specials

DECA

FORT LEE, Va. — Worldwide back-to-school sidewalk sales and promotions linked to football sea-

son, Oktoberfest and other events will offer commissary shoppers opportunities for significant savings in September. Here are a few areas to consider for commissary savings:

- **Back-to-school sidewalk sales:** The Fort Polk Commissary's back-to-school sidewalk sale is held Aug. 30 to Sept. 1 from 9 a.m.-6 p.m. This sale offers club pack items, cases of your favorite cereals and bottled water, and more.

- **Savings on turkeys:** Beginning in September, commissaries will offer limited weekly quantities of frozen turkeys at 49 cents a pound.

- **Smithfield sweepstakes:** The VIP Race Day Experience Sweepstakes is offered Sept. 1 to Oct. 7. The grand prize is a trip — including travel, accommodations and race tickets — to a VIP Race Experience, where the winner will meet NASCAR driver Aric Almirola.

- **Back-to-School/Labor Day free groceries:** Sept. 1-23, Kraft Heinz Company will be giving away eight prizes worldwide of \$2,500 each in commissary gift cards. No purchase necessary. Check your local commissary for more details.

- **Oktoberfest specials:** From late September until early October, patrons can enjoy commissary promo-

tions on German products including chocolates, cookies, sauerkraut, mustard, red cabbage, coffee and more.

- **AXE "Back-to-School" Sweepstakes:** From Sept. 1-15, commissary patrons have the opportunity to enter to win prizes including commissary gift cards, Apple MacBooks, iPads, iPods and Apple gift cards. There will be more than 90 prizes awarded. Look for AXE shower gel and deodorant and hair care product displays in your local commissary.

- **Monster Jam Celebration:** From Sept. 24 to Oct. 7, commissaries will feature a P&G, USO and Operation Homefront promotion with coupon savings up to \$188. The commissary with the best promotional display and highest sales during this time will win an on-base Monster truck celebration with trucks and drivers, monster truck simulator, activity stations for children and giveaways for monster truck events.

For more information visit www.commissaries.com.

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That vision became reality thanks to the construction of Camp Polk and the DeRidder Army Air Base during the Louisiana Maneuvers of 1941 which brought more than 400,000 men to the rural areas of Leesville and DeRidder.

The Soldiers spent a great deal of time training for their entry into World War II, but what did they do for fun? The answer is not much, but the President of the United States at the time — Franklin D. Roosevelt — recognized that an acute shortage of GI recreational facilities existed.

The United Service Organization was incorporated in New York on Feb. 4, with the first facility opening in DeRidder on Nov. 28, 1941.

Please see **USO**, page 18



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Continued from page 17

The DeRidder location was the first off base USO building built for and used exclusively by the USO during World War II.

The DeRidder USO was the first of 3,000 service centers to be built that gave the GIs a respite from military life.

It was a place to relax, find food and refreshments and, best of all, pretty dancing partners. The USO continued to be used for that purpose throughout the Korean Conflict.

The USO building, 250 West Seventh St., DeRidder, now serves as the community civic center for Beauregard Parish and has the distinction of being listed on the National Register of Historic Places on Feb. 25, 1992. The official name of the building is the War Memorial Civic Center in honor of the 47 men from Beauregard Parish who were killed during World War II.

On Veterans Day, 2012, local military historian Velmer Smith donated her extensive World War II military collection to the civic center. This collection is one of the more substantial collections of World War II memorabilia in the state.

The museum is open from 8 a.m.-4 p.m. Monday through Friday. There is no admission charge.

For more information call (337) 463-7212.



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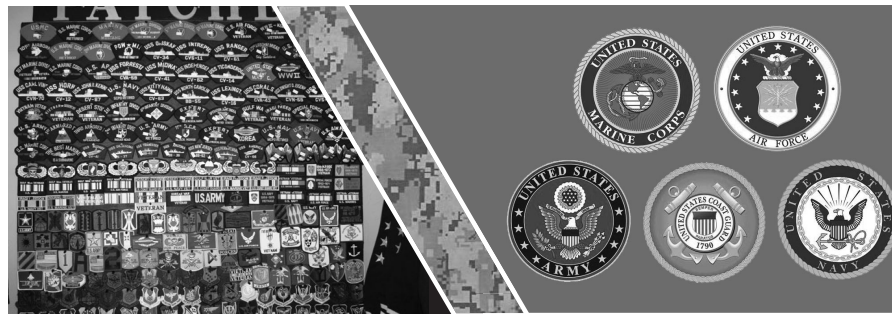
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VETERANS HELPING VETERANS

Veterans Place is owned and operated by Jacqueline & Quentin Murray. Quentin is a retired 1SG. Veterans Place offers many services and functions to veterans and their families. A representative from DAV is available 4 days a week (M, T, TH, FRI), LA Workforce Commission Wednesday 12-2 (Disabled Veterans Outreach Program), US Family Health (Tricare Eligible), Wednesday 12-3.

We also have a Tea & Herb room, Essential Oils room, Military Patches, Military Pins, and Hats for all branches of US Armed forces. We also print T-shirts for every occasion. Veterans Place is a healing place and when you come, it is difficult to stay away!



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Lagniappe

Plant tour

Visit Allen Acres, Cravens, today through Sunday for Lily Orchid Days. You'll enjoy the beauty of the Carolina lily, yellow fringed and crested yellow orchid and other notable plants. You can also take part in a hummingbird moth viewing and firefly counting, as well as enjoying a slide show and presentation. There is no charge. For more information call (337) 328-2252 or visit www.allenacresbandb.com.

Karate workshop

Take part in a free community-wide karate workshop Saturday at 10 a.m. at West Louisiana Jujutsu Training Academy, 101 South Third St., Leesville. The workshop focuses on the benefits of karate to include concentration, focus, self-discipline, self-esteem, self-control and a winning attitude. For more information visit



www.wljta.com or call (337) 375-7371.

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 Sept. 1. 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.

Bass Masters

If you like to fish and want to be part of a group with common interests, whether you have a boat or not, the Fort Polk Community Bass Masters is the right club for you. The club meets monthly on the Tuesday before each tournament. September's tournament takes place on Lake Sam Rayburn on Sept. 15.

Meetings are at 7 p.m. at the American Legion, 500 Vernon St., New Llano.

The September meeting is held Sept. 11. The club's 28th annual fall open is held Sept. 29 at the United States Army Toledo Bend Recreation Site. For more information call (337) 535-7591 or (337) 397-0745. or visit www.fortpolk-communitybassmasters.com.

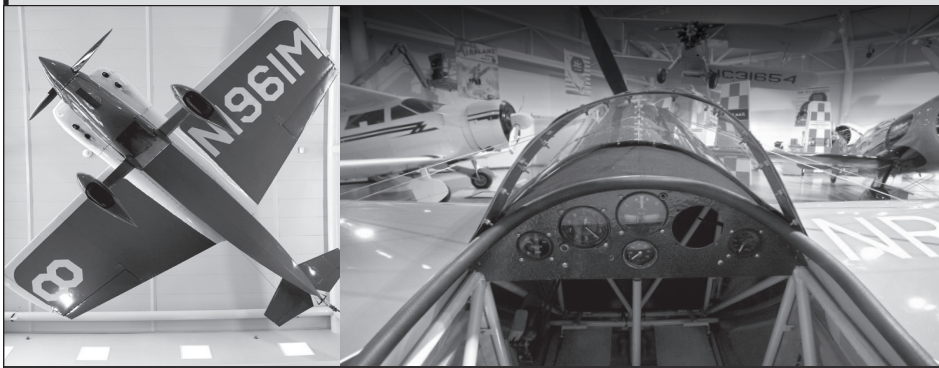
Golf tournament

Sign up to play at the annual Thad Bailes 4-H Scholarship Golf Tournament Sept. 15 at the Leesville Municipal Golf Course, 350 Country Club Rd., Leesville.

The event is a four-person scramble. The fee is \$50 per person, which includes a golf cart, greens fees and lunch. Registration begins at 8 a.m. The event starts at 9 a.m. For more information call (337) 208-7329.

Lose weight

Join Take Off Pounds Sensibly (TOPS) every Thursday at the Vernon Parish Library meeting room. Weigh in is from 5-5:50 p.m. The meeting starts at 5:50 p.m. For more information call (337) 208-0896.



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Celebrate duck season in Gueydan Sept. 20-23

GUEYDAN DUCK FESTIVAL

GUEYDAN, La. — Dust off your duck calls, find those waders and be sure to stock up on all your duck hunting supplies before the season begins — and don't forget to attend the Gueydan Duck Festival held Sept. 20-23 at Duck Festival Park, 404 Dallas Guidry Rd.,

Gueydan, a two-hour drive from Fort Polk — it's a great way to get your mind focused on the hunt!

The annual event highlights the hunting heritage of the Acadiana region and offers the public entertainment with duck and goose calling contests, skeet shooting competition and decoy carving.

Additionally, there is food, nightly bands, a grand parade, outdoor and indoor cooking contests, an auction, arts and crafts, and to top it all off, a carnival.

The first festival was held in November of 1977 and has grown considerably.

Held originally on blocked-off streets in Gueydan, the Duck Festival moved to its own grounds in 1980 when the Atlantic-Richfield Company donated seven acres to the Gueydan Duck Festival and the Vermilion Parish Police Jury. Early in 1996, the Gueydan Duck Festival Association purchased a 10-acre tract of land adjacent to the existing festival grounds complete with lighting and metal buildings for festival activities.

Activities on Sept. 21 include a skeet shoot competition and the music of Richard Lebouef and Two Step. Sept. 22 features the grand parade at 3 p.m., Wayne Toups and Zydecajun and more skeet shooting.

Sept. 23 offers the outdoor cookoff, duck carving and more.

Gueydan is located 20 minutes southeast of Jennings on La. Hwy 14.

For more information call (337) 536-6456 or visit www.duckfestival.org.



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Fort Polk Guardian

www.thefortpolkguardian.com

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Published for the community of Fort Polk, La.

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 Upper Iowa University seeks a full-time Office Manager at the Fort Polk Center. This position reports to the Center Director and is responsible for the overall operation of the Center office, including maintaining a quality work atmosphere. In addition, the Office Manager responsible for the development and maintenance of smooth operating procedures for Center support functions. Primary responsibilities include timely registration requirements, report submission, and Center record keeping. Emphasis is placed on attending to student, faculty and staff needs and requests.
 Interested applicants must submit a cover letter, resume, and contact information for three professional references. To apply, visit <http://uiu.peopleadmin.com/postings/1103>. Review of applications will begin immediately and continue until the position is filled. Upper Iowa University is an Equal Opportunity Employer.

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