



# Fort Polk Guardian

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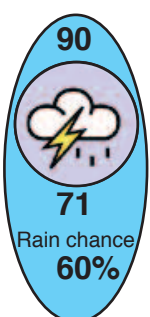


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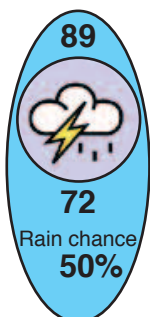
## 'Battered Bastards of Bastogne' battle OPFOR, JRTC in Rotation 18-10

Soldiers of the 1st Battalion, 327th Infantry Regiment, 1st Infantry Brigade Combat Team, 101st Airborne Division — the "Battered Bastards of Bastogne" from the unit's action during World War II — prepare to enter the village of Marghoz, Sept. 3 during rotation 18-10 at the Joint Readiness Training Center and Fort Polk. For more photos see page 5 of today's Guardian.

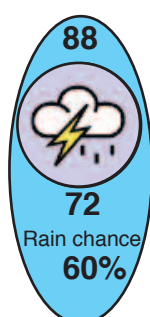
## Weekend weather



Today



Saturday



Sunday

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# Viewpoint

## 'Let's roll' still echoes 17 years after 9/11

By **CHUCK CANNON**  
Guardian editor

FORT POLK, La. — On the morning of Sept. 11, 2001, I — like most working folks — was getting dressed for a day of work at The News-Star, a daily newspaper in Monroe, Louisiana.

Life was good: My wife, Susan, was also getting dressed for her work day at a local museum and our youngest son, Justin, had just finished basic and

advanced infantry training at Fort Benning, Georgia, and was in the middle of airborne training.

As I buttoned my shirt while watching Robin Meade on CNN's morning news show, I saw an

airliner crash into one of the World Trade Center twin towers.

I stopped mid-button, numbed by the images I saw. I called out to Susan to come and see the "accident" that had taken place.

As we stood, horrified, a second plane banked into view and slammed into the second tower, raining fire, steel, debris and people onto streets below.

Susan looked at me and said, "That was no accident. Our son is going to war."

She was right — on both accounts. It's been 17 years since my genera-

tion's "day of infamy." Prior to Sept. 11, 2001, I think it was safe to say most Americans were naïve, even those of us who had spent time in the armed forces and knew the capabilities of those who would try to impose their way of life on us. But we were the United States of America — no one could come into our yard and bully us; we were too tough.

Or so we thought.

As the terror continued — first on the Pentagon, and then in a farm field in Pennsylvania — we were jerked into reality. We were under attack, by foes willing, much like the Japanese zero fighters of World War II, to die in exchange for killing us. How do you combat that?

I remember walking into work that morning: We were newspaper people, used to seeing humanity at its worst, and yet we were numbed. The questions flowed through the newsroom: How could this have happened? Didn't we have safeguards in place to stop such things before they occurred? Were the attacks over or was it going to keep on, and how many more planes were going to find skyscrapers? We were a nation of tall buildings; how many more would fall before it was over?

In addition to the nearly 3,000 lives lost, my generation also lost a

chunk of its innocence that September morning. We were scared — and scarred. If it could happen in New York and Washington, then it could also happen in New Orleans, Baton Rouge or even Monroe, Louisiana. Doors were no longer left unlocked. We didn't walk streets alone at night. Everyone was a suspect.

In the ensuing years, as Americans are prone to do, we've begun a recovery process. We don't look at others with distrust — at least most of us don't. We're moving on. We're still at war with those who so brutally attacked us, unprovoked, but it appears we're making headway.

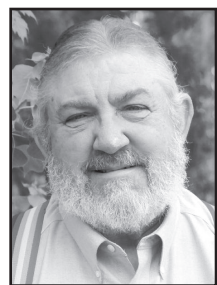
Will it ever return to the way it was? Probably not.

But we're working at it and it's getting better.

But know this — we will not forget. We will remember the words "Let's roll" spoken by Todd Beamer as he and two fellow heroes prepared to rush the terrorists who had hijacked the fourth plane that fateful day. We will continue to hold ceremonies like the one slated for Sept. 11 on Fort Polk where we honor the memory of those who lost their lives on that fall morning. And should another individual or group launch a similar attack on our shores, know that we will respond as we did in 2001 — swiftly and with all our might.



### Commentary



**Cannon**

## In our view

Guardian staff asked Fort Polk residents, "What is your favorite hobby and why?"  
Here are their responses:



**Sgt. David Scott:** "I like writing poetry. I like playing with words. It enhances my creativity."



**Pfc. Anthony Kennedy:** "I enjoy gaming because it's fun."



**Staff Sgt. Chang Yang:** "Sleep. Between my job, school and other responsibilities, I need to rest up to get the job done."



**Sgt. Keenahn Oliphant:** "I like to drive because it gets me far away from places I don't want to be."



## Guardian

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## Briefs

### Remembrance meal

The Guardian Inn Dining Facility invites the community to a Patriot Day lunch Tuesday. A brief remembrance is held before the lunch at 11:15 a.m.

Cost is \$5.60. Menu includes steamship round, grilled chicken, shrimp, fried catfish, rice, baked beans, corn on the cob, salad bar and more.

### P3T moves

The Fort Polk Pregnancy Postpartum Physical Training office has moved from bldg 1947 to bldg 2380, inside of the R2 Performance Center building.

The program also hosts a swap meet Sept. 14 from 6-7:30 a.m. in the Youth Gym, bldg 2070.

Slightly used baby clothes, toys, cribs, strollers and other baby items are available. Call (337) 424-8629 for more information.

### 9-11 ceremony

The community is invited to attend a 9/11 Day of Remembrance Ceremony Tuesday at 4:30 p.m. at Warrior Memorial Park to remember and recognize the sacrifice that fallen heroes and survivors have rendered in service to the country.

Keynote speaker at the event is Brig. Gen. Patrick D. Frank, commander of the Joint Readiness Training Center and Fort Polk.

For more information about the Sept. 11 ceremony, please call Kim Reischling at 531-1392.

### AFAP

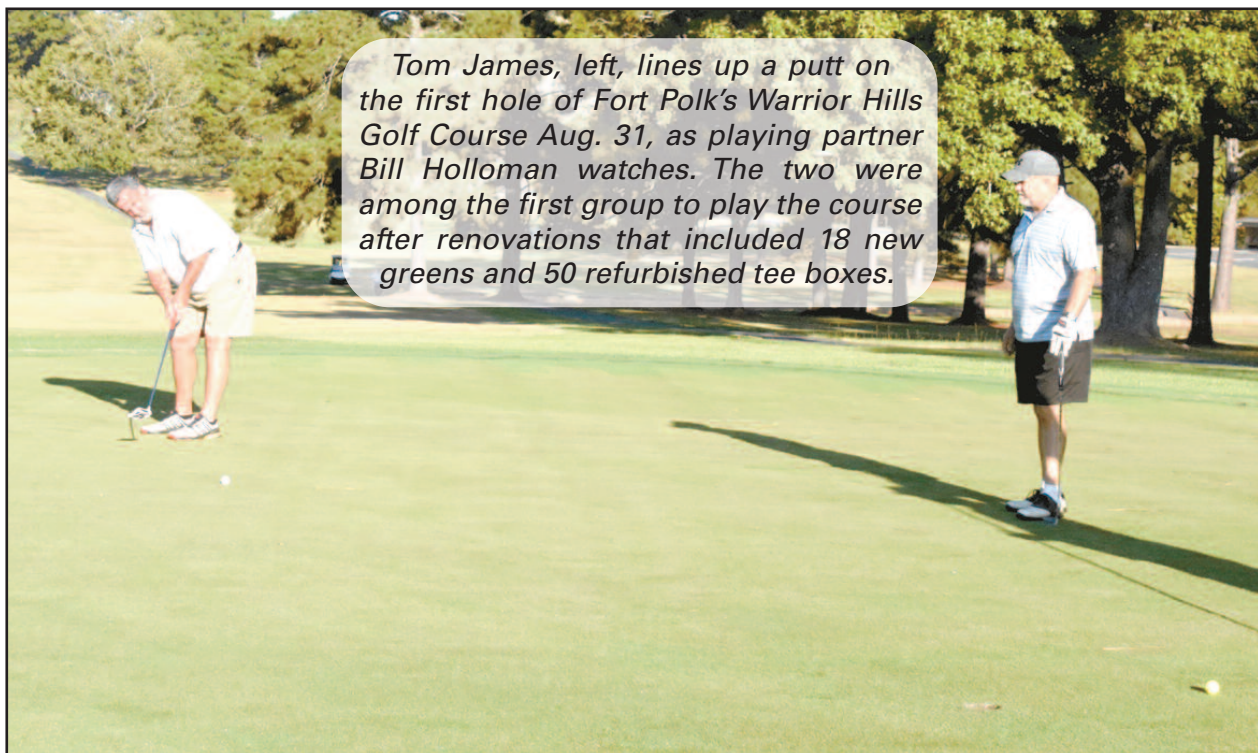
The Army Family Action Plan is seeking submissions of issues to take before the national AFAP Conference later this year. Issues must meet the following criteria:

- The issue has a broad impact, and is within the scope of Fort Polk or Department of the Army Headquarters to influence.
- The issue has measurable objectives with an identifiable end product.
- Issues should focus on improving quality of life for everyone.

The AFAP conference is held annually in October. Active-duty Soldiers, Family members, federal employees, Reserve Soldiers and retirees are eligible to attend.

Submit issues online at [myarmyonesource.com](http://myarmyonesource.com) or fill out an AFAP submission form that can be picked up at Army Community Service, bldg 920 or the Family Readiness Center, bldg 924.

For more information call 531-1895.



Tom James, left, lines up a putt on the first hole of Fort Polk's Warrior Hills Golf Course Aug. 31, as playing partner Bill Holloman watches. The two were among the first group to play the course after renovations that included 18 new greens and 50 refurbished tee boxes.

CHUCK CANNON / GUARDIAN

## Warrior Hills GC opens to rave reviews

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — The big day finally arrived Aug. 31 and according to area linksters Fort Polk has a gem in Warrior Hills Golf Course.

The 18-hole course situated on rolling hills in the middle of the South Fort Polk cantonment area was closed for renovations for more than two months, receiving a facelift that included 18 new greens and 50 well-groomed tee boxes. According to club pro Mike O'Brien, the work was well worth the wait.

"We've had more players today (Aug. 31 at noon) than we have had on any day since I came here three years ago," O'Brien said.

One of the first to play the course when it reopened Aug. 31 was Clarence Joubert, an Army CID agent at Fort Polk. He said he was impressed with improvements made to Warrior Hills.

"I enjoyed the course," Joubert said. "It's the first time I've played since they redid the greens. They're a little slow, but that's to be expected because they are longer. But it is a vast improvement from what we had before. I look forward to future play here."

Joubert's comments were echoed by others who braved the heat and humidity of a Louisiana summer day to tee it up.

"This is the first time I've ever played golf," said Wes Balliat. "I heard it had been bad before, but it's really nice. The layout has some interesting features."

Scott Kormanyos was in the group with Balliat and Joe Forsten and said he played the course before the renovations.

"It's way better," he said. "You can actually use the tee boxes and the greens are puttable. You can read the greens and the ball stays on its line."

Kormanyos described the pre-renovated

greens as "hideous."

"It was money well spent," he said. "I'll play it a lot more often than I did before."

Forsten, another golfer who played Warrior Hills before the improvements, said the difference was, "like night and day. The greens are the biggest improvement."

Forsten said before the renovations there was more sand and dirt on the greens than grass.

"It was like putting across the surface of the moon," he said. "Now, it's nice."

O'Brien said the only negative he heard was that the greens were slow.

"We left them a little long until they get good and set," he said. "It's easier to go out and cut them back a little than to try to repair them if you cut them too short."

O'Brien said he's excited about what the future holds for Warrior Hills Golf Course. He said he hopes to get more Soldiers involved by hosting unit-level tournaments and scheduling the monthly commander's scramble around rotations.

"First and foremost, Warrior Hills Golf Course is for our Soldiers and we want to do everything we can to accommodate them," he said.

Saturday will be the first tournament on the refurbished course as 144 golfers hit the links for an invitation-only event featuring local government and military leaders, as well local celebrities.

Festivities kick off at 9 a.m. with a ribbon-cutting ceremony marking the official reopening of the facility, followed by the tournament which tees off with a shotgun start at 10 a.m.

While the course is closed to non-tournament play Saturday, the new driving range and practice putting green will be open and area sponsors will have tents set up with free hot dogs and other items.

For more information about Warrior Hills Golf Course or to schedule a tee time for your unit or



## Army secretary: 'New fitness test measures combat readiness'

By DAVID VERGUN

Army News Service

WASHINGTON — "If you can't pass the Army Combat Fitness Test, then there's probably not a spot for you in the Army," said Secretary of the Army Mark T. Esper.

"That doesn't mean you'll immediately get kicked out," he added. "It means there will be some sort of remedial program, the details of which are still being worked out."

Esper addressed a range of issues, from recruiting and acquisition to offering a tribute to the late Sen. John McCain, during a Defense Writers Group breakfast Aug. 29.

The current Army Physical Fitness Test, which has been around some 40 years, is flawed, Esper said.

"I grew up in the Army with the APFT and I personally never thought it was a good indicator of combat physical fitness, nor did many of my colleagues. The testing has proved that out," he said.

The secretary said studies done by U.S. Army Training and Doctrine Command show that the APFT captures "maybe 30 or 40 percent relevance of what you demand in combat ... the ACFT is upwards of 80 percent."

The main purpose of the ACFT is two-fold, he said. First, the test ensures Soldiers are ready for combat. Second, preparation for the test improves physical fitness as it relates to injury prevention.

Losing Soldiers to injuries during PT or field exercises contributes to decreased readiness, he added, because injured Soldiers can't deploy.

At one point, upwards of 15 percent of Soldiers were categorized as non-deployable, he said. That's about 150,000 Soldiers across the entire force. Now, that figure has been reduced to 9 percent, and there are vigorous efforts underway to lower that percentage even more.

"If you're not physically fit for combat, then we're not only doing you an injustice, we're doing an injustice to your colleagues and peers as well," he said, explaining that if a Soldier can't deploy, that means someone else has to deploy twice as much.

"At the end of the day we need Soldiers who are deployable, lethal and ready," he emphasized.

Beginning October 2020, all Soldiers will be required to take the ACFT, which TRADOC fitness researchers term "gender- and age-neutral."

### Not lowering standards

There's a need to grow the active Army to at least 500,000, with associated growth in the Guard and Reserve, Esper said.

To do that, the Army is planning a modest annual increase spread out over the next several years to get to that number, he said. The additional Soldiers will be used to fill current units that are undermanned and grow additional capabilities.

Asked if he'd consider lowering standards to meet the end-strength goal, the secretary said the Army is not lowering standards, and will not.

"We've raised standards, such as limiting Cat-



ARMY NEWS SERVICE

*Secretary of the Army Dr. Mark T. Esper meets with journalists from the Defense Writers Group, an association of news outlets with reporters that cover national security issues, at the Fairmont Hotel Aug. 29.*

egory IV accessions from the Department of Defense higher end of 4 percent to the Army higher end of 2 percent, putting more stringent requirements on issuing waivers and making sure we truly take into account the holistic person to ensure persons who receive waivers are high-quality recruits," Esper said.

As to attaining higher end strength, Esper said the Army needs to do a better job of recruiting.

One step being taken includes letting Soldiers go home for a number of weeks to assist recruiters by doing outreach, he said.

This is particularly important in areas without a military presence, he added. The Army has increasingly become "a family business." Almost all of the Soldiers he's spoken to have told him they have veterans in their immediate family. And most senior Army leaders have or have had sons or daughters in the military.

Fewer and fewer young people know someone who's served, he said, and so to them, the Army is unknown.

Other efforts to attract quality recruits include putting more recruiters on the street — an effort that began in the spring — and moving recruiting stations to more optimal locations, he said.

Some other approaches include better utilizing Army public relations assets like the Golden Knights and Army bands, he said.

### Tribute to Sen. John McCain

Long-time senator John McCain, of Arizona, died Aug. 25 after a bout with brain cancer. McCain was a Navy aviator, a Vietnam War veteran,

and a prisoner of war. He served as the U.S. senator from Arizona since 1987 and was a fixture on the Senate Armed Services Committee, serving as its chairman since 2015.

Of McCain, Esper said: "His care was always for the Soldiers, the service members and our ability to support our diplomatic efforts — and if diplomacy failed, to fight on the battlefield."

Esper said he knew the senator for a number of years, not only in his current position as Army secretary, but when he worked on the Hill in a number of positions.

When it came to the Army and the other services, McCain "talked a lot about the Army's failures over the years when it comes to acquisition and the need to take a bold and different approach to acquisition, and I was fully supportive of that."

The new Army Futures Command, which McCain supported, is addressing some of the senator's concerns, Esper said. Goals for the new command include streamlining the Army's acquisition process and getting more prototypes and demonstrators to the Soldiers for testing early on in the process to reveal strengths and weaknesses of systems and components.

McCain was "very clear-eyed about what his expectations were of the U.S. military with regard to acquisition matters and he was spot on," Esper said. "He knew it and the military knows it: That we need to field items more quickly and items that are capable that enable Soldiers to fight and win."



# 'Screaming Eagles' take JRTC by storm

GUARDIAN STAFF

FORT POLK, La. — Rotation 18-10 featured units of the 101st Airborne Division's 1st Infantry Brigade Combat Team, fighting battles across the rolling hills of the Joint Readiness Training Center.

The 101st — known by their nickname of the "Battered Bastards of Bastogne" after facing down Hitler's German Army in the forests surrounding Bastogne, Belgium during the Battle of the Bulge in World War II — tested their mettle on today's combat field against the Soldiers of JRTC's Opposing Forces.

Photos on this and the following page show the 101st Soldiers in action during their rotation.

Please see **101st**, page 6



JRTC OPS GP







# September designated National Preparedness Month

By TOMMY MORRIS

DPTMS

FORT POLK, La. — September is National Preparedness Month. The Ready Army Campaign provides an opportunity to remind everyone to prepare today for the hazards of tomorrow. The campaign will focus on planning with an overarching theme: Disasters Happen, Prepare Now, and Learn How.

Fort Polk has made great strides in its emergency preparedness posture and continues to improve through planning, preparation and partnership with surrounding communities to minimize the impact and effects of a disaster. Despite successes, continued efforts are still required to sustain progress and continue improving the awareness, readiness and resilience of Fort Polk's residents when a disaster or emergency strikes.

Fort Polk leaders are committed to heighten awareness and preparedness to prepare for, protect against, mitigate, respond to and recover from the effects of natural or man-made disasters.

Throughout the month of September, the Directorate of Plans, Training Mobilization and Security's Emergency Management Branch will provide information displays with pamphlets, preparedness kits and Ready Army related material at selected venues. DPTMS will also participate in information forums, be available to conduct awareness training for Family Readiness Groups and other installation organizations, and conduct emergency preparedness education and awareness on making and practicing an emergency plan ahead of a disaster.

During the month, EMB personnel will offer information about disasters and hazards that could affect Fort Polk Families where they live, work and go to school. They will also provide ways for Soldiers and civilians to get involved to strengthen the security, safety and resilience of the Fort Polk community by encouraging them to "Pledge to Prepare" and take significant action toward making themselves and their community fully prepared.

National Preparedness Month has weekly themes that focus on how to make a plan and ways to get involved, especially before a disaster occurs, being informed by knowing what disasters and hazards could affect your area, how to get emergency alerts and where you would go if you and your family need to evacuate.

Week one, which concludes today, offers the following information on how to make and practice a disaster plan:

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

**Step one:** Put together a plan by discussing these four questions with your family, friends, or household to start your emergency plan.



- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my evacuation route?
- What is my family/household communication plan?

**Step two:** Consider specific needs in your household. As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss how people in the network can assist each other with communication, care of children, business, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some of these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals

**Step three:** Fill out a Family emergency plan. Preparing for emergencies shouldn't fall on your shoulders alone. Young children and teens alike need to be part of the process for their own safety and sense of empowerment. Visit [www.ready.gov/plan](http://www.ready.gov/plan) to use or create your own Family emergency plan from the fillable card.

- Work together to build an emergency kit
- Sit down as a Family to talk about your communications plan
- Role-play what you would do during a disaster
- Hold preparedness drills in your house

**Step four:** Practice your plan with your Family. Some disasters strike without any warning, and Family members may not all be in the same place. How will you get in touch with each other? Where will you meet? How will you get out of your house in case of a fire? What if your neighborhood is being evacuated? It's important to make a plan now so that you will know what to do, how to find each other, and how to communicate in an emergency.

- Pick the same person for each Family member to call or email. It might be easier to reach someone who is out of town.
- Text, don't talk, unless it's an emergency. It may be easier to send a text, if you have a phone, and you don't want to tie up phone lines for emergency workers.
- Practice your plan twice a year.
- Choose a meeting spot near your home, then practice getting there.
- Choose a spot outside of your neighborhood in case you can't get home, then practice getting there from school, your friends' homes and after school activities.
- Keep your Family's contact information and meeting spot location in your backpack, wallet or taped inside a school notebook, and put it in your cell phone.

The following topics will be covered during the last three weeks of September:

**Week 2:** Sunday through Sept. 15 — Learn life saving skills (Sept. 15 is a National Day of Action)

**Week 3:** Sept. 16-22 — Check your coverage

**Week 4:** Sept. 23-29 — Save for an emergency

For more information or to schedule DPTMS personnel to make a presentation on preparedness to your group or unit call 531-4875 or send email to:

[tommy.j.morris2.civ@mail.mil](mailto:tommy.j.morris2.civ@mail.mil)



# DES: Cooking safety starts at home

## DES

FORT POLK, La. — Cooking brings Family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the No. 1 cause of home fires and injuries?

By following a few safety tips, you can prevent these fires:

### Cook with caution

- Be on alert. If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, grilling or broiling food. If you leave the

kitchen for even a short period of time, turn off the stove.

- If you are simmering, baking, roasting or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.

- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you decide to fight a small grease cooking fire —

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is com-

pletely cooled.

- For an oven fire, turn off the heat and keep the door closed.

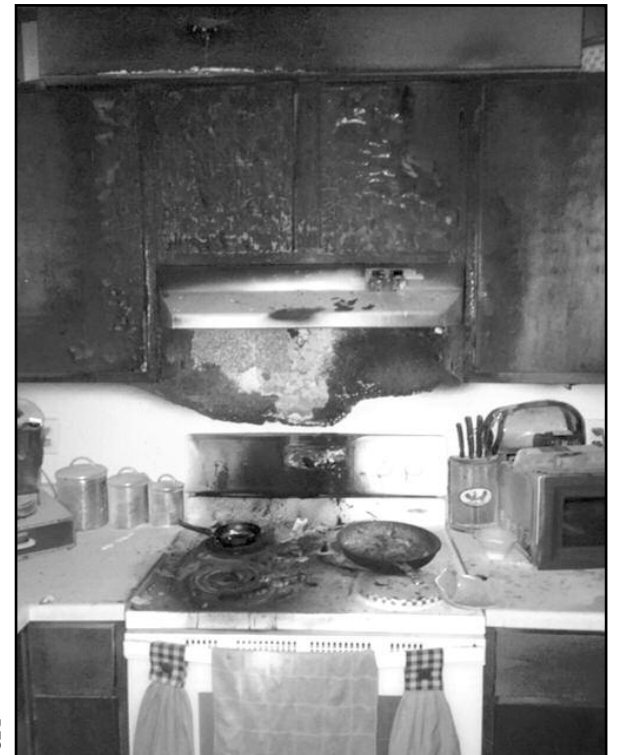
If you have any doubts about fighting a small fire —

- Get out! When you leave, close the door behind you to help contain the fire.

There is one other important safety feature that can mean the difference between life and death in the event of a fire — a smoke detector.

"The bottom line is smoke detectors save lives," said Chad Estes, Fort Polk fire inspector. "In a recent home fire on Fort Polk, the occupant was awakened by the smoke detector."

In the event of a home or kitchen fire on Fort Polk call 911 or 531-2677.



## Protect property by following crime prevention techniques

## DES

FORT POLK, La. — The Fort Polk Directorate of Emergency Services reminds residents, employees and Soldiers to follow basic crime prevention techniques while on post.

Although Fort Polk enjoys extremely low crime rates, there are occasional reports of thefts and unlawful entries on the installation. Most often, the victims of these crimes have not followed basic techniques, which likely would have prevented the crime from occurring.

For example, the majority of reported thefts and attempted entries on the installation involve doors, windows and garages that are left open or unlocked. Most crimes on Fort Polk are crimes of opportunity. Take action and make it as difficult as possible for criminals.

Here are some tips you can follow that will protect your residence

and property:

- Shut and lock the garage door.
- Lock doors and keep windows closed.
- Pull blinds and shades down when not at home.
- Lock the back yard gate.

- Secure lawn equipment, toys and other valuables.

- Never leave vehicles unattended with the keys in the ignition.
- Park in busy and well-lit areas.
- Do not leave valuables (GPS, cell phones, TA-50) in plain view. If

you must leave them in the car, secure them in the glove box or the trunk.

- Do not leave accessories — cell phone charger, cell phone cradle, GPS cradle, GPS charger — out and in plain view. This gives thieves the idea that the electronics may be in the vehicle.

- Engrave expensive electronic devices. Record serial numbers and keep the record in a safe place other than your vehicle.

- Take out stereo faceplates and removable radios.

Fort Polk military police are always on the lookout for crime in installation neighborhoods. You can do your part in the crime prevention process by ensuring you take the steps above and call 531- 2677 if you see anyone suspicious in your neighborhood.

Remember: See something, Say something.





# Army researchers hope to lighten Soldiers' battery load

By DAVID VERGUN

Army News Service

WASHINGTON — Across all six of the Army's modernization priorities — long-range precision fires, next generation combat vehicle, future vertical lift, network, air and missile defense, and Soldier lethality — there has been a dramatic increase in demand for power as a result of the introduction of new system capabilities and prototypes that are energy hungry, said an Army lead engineer.

Of particular concern for Soldiers is the increase in energy demand in the areas of Soldier lethality, including augmented reality, said Julianne Douglas, Energy Harvesting Technology lead with the Army Communications-Electronics Research, Development and Engineering Center.

Douglas spoke at a National Defense Industrial Association-sponsored Army Science & Technology Symposium and Showcase, Aug. 22.

"Increased energy demands will soon result in an increase in the quantity of batteries Soldiers must carry on dismounted patrols," Douglas said.

Based on her discussions with the Soldier Lethality Cross-Functional Team, which is in charge of overseeing the progress for that particular modernization priority, Douglas said a rifleman today requires an average of 12 watts of power in the form of AA and conformal wearable batteries. That means the weight requirement of batteries for a standard 72-hour patrol is about 15 pounds.

That includes batteries for such things as night vision goggles, weapon optics and communications devices.

It doesn't sound like much weight, but it adds to the other things Soldiers are hauling like weapons and ammunition, protective gear, and food and water, she said, adding that Soldiers are always trying to be better prepared, so their battery load for a 72-hour mission is probably closer to 25 pounds.

All that added weight means Soldiers can get fatigued more easily, are more susceptible to injury and less able to maneuver nimbly, she noted.

**"Increased energy demands will soon result in an increase in the quantity of batteries Soldiers must carry on dismounted patrols."**

**JULIANNE DOUGLAS**  
Army energy researcher

By 2025, the wattage and battery weight is expected to roughly double, she said, citing discussions with the Soldier Lethality Cross-Functional Team and Augmented Reality Cross-Functional Team.

That estimate is based on anticipated power requirements of such gear as new augmented reality equipment and a next-generation squad weapon, she said.

On top of that, discussions are taking place in the Army about the possibility of doubling the duration of the standard 72-hour patrol, said her colleague, Noel Soto, a systems engineer with



DAVID KAMM / ARMY NEWS SERVICE

*A Soldier tests a backpack frame kinetic harvester during an energy-harvesting technology demonstration at Fort Devens, Massachusetts.*

Army Research, Development, and Engineering Command.

It's come to the point that Soldiers are losing their battlefield readiness as a result of all of the weight they carry and they are functioning more like "pack animals," he said.

Douglas said Army researchers are experimenting with ways to make batteries more powerful and last longer so fewer need to be carried.

To do that, the researchers are trying to make batteries more energy dense by replacing graphite in batteries with carbon and fluorine gas, and in hybrid batteries using manganese dioxide.

However, the high temperatures required for that process have made them prohibitively expensive, so the researchers are looking for ways to bring the cost down, even as they experiment with other chemicals, she said.

Another solution would be to "add power consumption decision point to acquisition programs," she said, noting that requirement is currently absent.

Soto said his team in Natick, Massachusetts, is working on a number of experiments to bring down the weight and number of batteries Soldiers must carry. They include:

- Wearable solar panels that are comfortable and flex with the body.
- A backpack frame kinetic harvester that pro-

duces energy for rechargeable batteries from slight movements of the Soldier's rucksack during dismounted patrols.

- A kinetic knee harvester that produces energy for rechargeable batteries from movements of the Soldier's legs.

The kinetic knee harvesters have received favorable reviews from Soldiers doing user testing, he said.

They're most efficient when Soldiers are moving downhill.

The backpack frame kinetic harvesters are more efficient when Soldiers are going uphill, he said, as that's when their rucksacks wobble the most. Soldiers are taught to tightly fasten everything down on their person, but in this case, having a loose-fitting rucksack results in more energy-harvesting efficiency. That doesn't sit well with Soldiers, who prefer the kinetic knee harvesters.

The added benefit of the kinetic knee harvesters is that when Soldiers go downhill, the mechanism helps them more efficiently brake so they have a better-controlled descent and reduced fatigue, Soto added.

Power produced by backpack frame kinetic harvesters varies, based on wobble, but it can be anywhere from 8 to 40 watts, he said. Kinetic knee harvesters produce about 6 watts going uphill and 30 watts downhill.



# Proper sleep hygiene improves performance

By Col. DAVID ROMINE

USACRC command surgeon

FORT RUCKER, Ala. — It was a quiet morning with the mist of day-break broken gently by the early light of dawn and a small group of cadenced Soldiers marching along a roadway.

For the Soldiers and their NCOs, it had been a rigorous couple of

days of training starting early in the morning and stretching into evening.

This particular day started as the previous mornings had, with physical readiness training. Afterward, the Soldiers headed to the range for weapon qualification and a foot march back to the unit area.

This training task was not foreign to the Soldiers and NCOs; they

completed it a few days prior. Today, however, disaster struck.

A truck following the Soldiers with water and other support accelerated into the group, killing two and injuring five.

In a split second, what began as a routine day of training ended in tragedy. The driver was a seasoned leader, committed to the 24/7 care and training of Soldiers. This is what he lived for — to the point where he and his peers neglected their sleep hygiene. The deadly result: Falling asleep while driving a truck and accidentally running through a formation of troops from behind.

Human performance while sleep-deprived is a lot like being under the influence of alcohol. Driving after being awake for 18 hours is equal to a blood alcohol concentration of 0.08 percent — legally drunk — and leaves you at equal risk for a crash.

According to Williamson and Feyer, in the journal Occupational and Environmental Medicine, “the fatigue of sleep deprivation is an important factor likely to compromise performance of speed and accuracy of the kind needed for safety on the road and in other industrial settings,” with corresponding degradation of performance due to fatigue when compared to that of alcohol — and, that it was often even worse.

The National Sleep Foundation reports 100,000 crashes each year are caused by fatigued drivers and 55 percent of drowsy driving crashes are caused by drivers less than 25 years old.

There’s an increased likelihood that the macho pronouncement, “I’ll sleep when I’m dead,” will certainly self-fulfill, should the lie rear its ugly presence in a unit, either for the one making the statement or for an unwitting victim or victims of this willful, deadly carelessness.

While attitudes are shifting, there remains an entrenched disregard for the negative effects of sleep deprivation-related fatigue and the damaging effects on performance and safety.

However, there’s a notable exception: Aviation as a whole has made great advances over the past 50 years by implementing clearly and intentionally defined “crew rest” time into battle rhythms and flight schedules. Translating these safety successes into non-aviation settings has proven difficult but must be pursued aggressively, by a modern fighting force that wants to increase readiness and success in battle.

There are, however, signs that at-

titudes overall are changing. Many folks in and out of the military are proclaiming sleep to be “a new miracle drug” and believe proper amounts and quality of sleep provide whole-body restoration and detoxing.

But there’s nothing really new about this. Additionally, there are marked human performance benefits with increased sleep, as Dr. Murali Doraiswamy of Duke University Medical Center and chair of the Global Agenda Council on Brain Research reports. As an example, elite athletes experience enhanced performance when increasing their time spent sleeping.

Also, just ask anyone who has recently received successful treatment for obstructive sleep apnea or other sleep disorders and note the life-changing benefits they report from finally getting a good night’s sleep.

The popular and scientific press has had a lot to say about the importance of proper sleep for a long time. Military writers and wellness advocates, notably via the Army’s Performance Triad, also have weighed in on the topic, all promoting awareness of the relationship of good sleep habits and safety to service members and military civilians. Yet, sustained rates of fatigue-related accidents in the military population persist, both on and off duty.

Leaders and safety professionals face the challenge of questioning why messaging and methods promoting restorative sleep are met with limited success.

The fact that properly resting personnel has multiple benefits across the spectrum of human performance and military readiness is undisputed. The challenge remains thwarting the myth that there is any honor at all in sleep deprivation and for establishing a culture of healthy and timely rest into the battle rhythm of the force, one where witnessed sleep deprivation elicits the same response as drunk driving or leaving a child in a parked car on a hot day. The proven potential for serious injury or death is just as real.

Like elite athletes, warrior athletes across the Army benefit from adopting a lifestyle of nurturing restorative sleep hygiene and guarding proper personal and group rest and recovery, even as many Soldiers, airmen, sailors and Marines guard their workout routines, fitness supplements, nutrition and professional training.

Sleep is cheap. It costs nothing to rest troops properly, with proven, immediately realized returns on investment of improved readiness and reduced loss.

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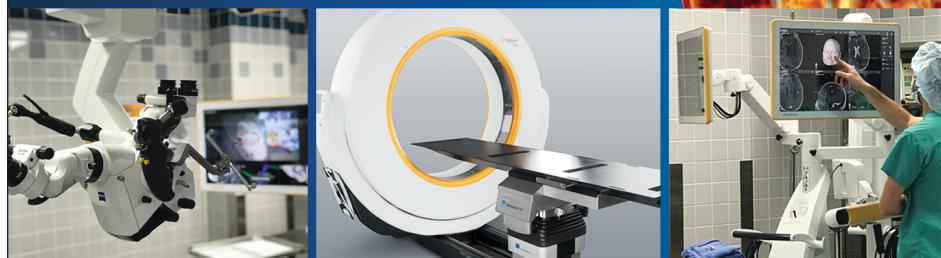
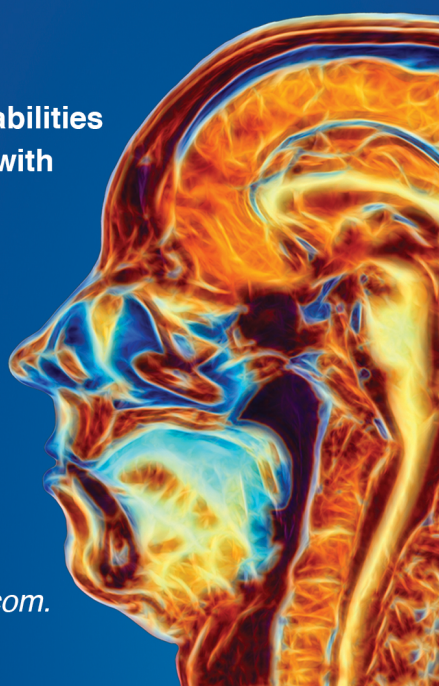
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# Army researchers develop tasty, healthy performance bar

By YOLANDA R. ARRINGTON

Army News Service

NATICK, Mass. — Optimizing bone health and preventing musculoskeletal injuries in service members is a complex science. The U.S. Army Research Institute of Environmental Medicine consistently takes on that challenge.

USARIEM is a U.S. Army Medical Research and Materiel Command laboratory based in Natick, Massachusetts, the home of the Soldier Systems Center — the only place in the Army that touches every element of a Soldier's performance, from boots to increasing readiness and lethality. USARIEM's Military Nutrition Division researchers work to understand the physiological needs of the Soldier and then aim to meet those needs through nutrition guidelines and recommendations for food items.

**"The bar is a standalone item and is offered once a day, each day. It's essentially a fourth meal."**

**Dr. ERIN GAFFNEY-STOMBERG**  
Army research physiologist

Researchers took on the challenge of creating an innovative way to keep Soldiers ready to train and fight. The result? The Performance Readiness Bar, fortified with calcium and vitamin D to create stronger bones.

Army research physiologist Dr. Erin Gaffney-Stomberg said coming up with the PRB was a lengthy process.

"USARIEM studied the effects of calcium and vitamin D starting about six years ago. The results of the first randomized, controlled trial were that those who consumed a bar containing calcium and vitamin D daily throughout basic training experienced greater increases in bone density compared to those who got the placebo," Gaffney-Stomberg said.

Calcium and vitamin D have already been proven to be necessary nutrients to support bone health. However, the USARIEM researchers' findings indicated that basic trainees needed higher-than-average amounts of calcium and vitamin D to support bone health during basic training.

USARIEM sent these results to the Combat Feeding Directorate from Natick Soldier Research, Development and Engineering Center, a neighboring lab within Soldier Systems Center. While it was USARIEM's job to make nutrition

recommendations for the bar, it was the CFD's job to make sure the bar could stand up to the rigors of the training environment, and meet safety standards while still tasting good.

The two labs developed the PRB, which provides the nutrients necessary to support physical readiness by fueling muscle growth and bone health.

The bar addresses nutritional deficiencies that some recruits come to basic training with, such as low vitamin D levels. The PRB works to correct those deficiencies.

#### Army.mil reports:

Years of nutrition research and field studies by USARIEM scientists have demonstrated that higher levels of calcium and vitamin D in the body increases bone density in response to training. Eating the calcium and vitamin D-fortified Performance Readiness Bar supports a recruit's bone health and thereby will hopefully reduce injury risk.

"With the help of an expert panel including the Center for Initial Military Training, the Joint Culinary Center of Excellence, the Defense Logistics Agency, USARIEM and CFD, the bar was rolled out at four Army basic training sites," Gaffney-Stomberg said. The program's evaluation is ongoing.

#### So, how does it work?

"The bar is a standalone item and is offered once a day, each day," Gaffney-Stomberg explained. "It's essentially a fourth meal."

Recruits are offered the bar every day. Each bar is counted and recruits get one per day, somewhere between dinner and before going to sleep.

Researchers from USARIEM's Military Nutrition and Military Performance Divisions are now taking a detailed look at how daily consumption of the bar impacts recruits. In one of the largest data collections in USARIEM's history, this multidisciplinary group of researchers is collecting bone and muscle data from 4,000 recruits as they go through basic training and onto the start of their



Two U.S. Army Soldiers eat a version of the Performance Readiness Bar. The U.S. Army Research Institute of Environmental Medicine researchers will monitor them to test whether the bar affects bone density.

military careers. The goal of this four-year study is to better understand who is more likely to get injured and exactly what factors can affect injury risk. One of the factors the researchers are looking at is whether the recruits ate the PRB, which will help them evaluate whether the bar makes a difference in injury risk.

When the researchers finish collecting data from all 4,000 recruits, their ultimate goal is to

use these data, including the findings collected from evaluating the PRB, to provide guidance that will make a substantial impact on reducing injuries in the nation's warfighters.

This nutritional advancement is cost-neutral for the military. An underutilized commercial energy bar was removed from dining facilities to make room for the PRB. The new bar is provided to the units where control of the bars is managed by cadre leaders and eaten outside of the dining facility.

Researchers aren't simply working to provide recruits and Soldiers with something that only tastes good; it has to make sense for their bodies as well. The PRB was created with evidence-based science and was designed to sustain performance consistent with the modernization goals of the Army. It helps recruits endure the pace of training.

And, the PRB isn't just for Soldiers. The Air Force is in the acquisitions process for a PRB or a similar product.





## Know signs of domestic violence

GUARDIAN STAFF

FORT POLK, La. — On average, 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States, according to a violence prevention report generated by the Centers for Disease Control.

Additionally, an average of one in four women and one in seven men have been the victim of severe physical violence by an intimate partner at some point in their lifetime.

National Domestic Violence Awareness Month in October brings attention to this issue. It evolved from the "Day of Unity," held nationwide in October 1981 and was conceived by the National Coalition Against Domestic Violence.

The Day of Unity soon evolved into a week, and in October 1987 the first National Domestic Violence Awareness Month was observed.

In 1989, Congress passed Public Law 101-112, officially designating October of that year as National Domestic Violence Awareness Month. Such legislation has been passed each year since.

Three themes are associated with DVAM which connects advocates across the nation who work to end violence against women and their children:

- Mourning those who have died because of domestic violence
  - Celebrating those who have survived
  - Connecting those who work to end violence
- Activists against domestic violence use the color purple — for clothes and ribbons — to promote awareness.

### What is domestic violence?

Domestic violence is best understood as a pattern of abusive behaviors including physical, sexual and psychological attacks, as well as economic coercion, used by one intimate partner against another (adult or adolescent) to gain, maintain or regain power and control in the relationship. Bat-

terers use of a range of tactics to frighten, terrorize, manipulate, hurt, humiliate, blame, often injure, and sometimes kill a current or former intimate partner.

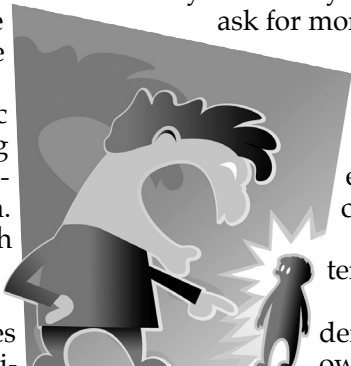
If you are unsure about the warning signs of abuse, ask yourself:

Does your partner ever....

- Insult, demean or embarrass you with put-downs?
- Control what you do, who you talk to or where you go?
- Look at you or act in ways that scare you?
- Push you, slap you, choke you or hit you?
- Stop you from seeing your friends or family members?
- Control the money in the relationship? Take your money or Social Security check, make you ask for money or refuse to give you money?
- Make all of the decisions without your input or consideration of your needs?
- Tell you that you're a bad parent or threaten to take away your children?
- Prevent you from working or attending school?
- Act like the abuse is no big deal, deny the abuse or tell you it's your own fault?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives or other weapons?
- Attempt to force you to drop criminal charges?
- Threaten to commit suicide, or threaten to kill you?

If you answered 'yes' to even one of these questions, you may be in an unhealthy or abusive relationship.

If you or someone you know would like to speak with one of Fort Polk's victim advocates, the Family Advocacy Victim Advocacy Program has a 24-hour hotline available at (337) 424-7494.



## ACS, VAP sponsor fun run, walk

By GLADYS MOSBY  
VAP

FORT POLK, La. — The Army Community Service Victim Advocacy Program will sponsor a 2018 Domestic Violence Awareness Month Fun/Run Purple Color Walk Oct. 26 at Warrior Hills Golf Course.

The event is open to the public (all ages) to include Family members, civilian employees and Soldiers.

Registration begins at 8:30 a.m. and the race begins at 9 a.m.

This is a Family-friendly event. Children and strollers are welcome. Participants are

encouraged to wear purple in recognition of domestic violence victims, survivors and supportive staff and volunteers that work in the domestic violence field. Participating unit groups will be provided a purple ribbon.

On and off post agencies will be on hand displaying information about their programs and distributing give-away items.

Preregistration is ongoing and continues through Oct. 12 by calling 531-6333/7391/7977. Participants may also sign up at the event.

For additional information contact Gladys Mosby at 531-6333.

## Briefs

### School lunches

The following school lunch menu is for Vernon Parish schools for Monday through Sept. 14. Meals are served with salad bar and choice of milk:

- **Monday:** Steak fingers, mashed potatoes and gravy, green beans, peaches and Jell-O cup, whole wheat roll.
- **Tuesday:** Taco salad with whole grain chips, Mexicana corn, taco salad cup, fruit, spice cake.
- **Wednesday:** Oven fried chicken with barbecue sauce, white Northern beans, broccoli rice, cantaloupe, whole wheat cornbread.
- **Thursday:** Pork roast with gravy, whole grain rice, sweet peas, fruit, sherbert, whole wheat roll.
- **Sept. 14:** Hot dog with chili on whole wheat bun, French fries, ranch style beans, watermelon, coleslaw.

### 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](http://www.eventbrite.com).

### FRC reopens

The Fort Polk Family Readiness Center, bldg 924, is now open and fully operational following renovations. The following programs are located in the FRC:

- Mobilization Deployment and Stability Support Operations
  - Employment Readiness Program
  - Army Family Action Plan
  - Survivor Outreach Services
  - Army Family Team Building
  - Army Volunteer Corps Coordination
  - Garrison Sexual Harassment/ Assault Response and Prevention
- For more information call 531-7087.

### Music event

Army Entertainment, in partnership with Allen Memorial Library, Better Opportunities for Single Soldiers and Healthy Army Communities, presents the Arsena Trio, featuring singer/songwriter Arsena Sept. 15 at 7 p.m. in Fort Polk's Showboat Theatre. Doors open at 6 p.m.

Free tickets are available at the library. There will be a cash bar and chances to win a 55-inch TV (single Soldiers only), Toledo Bend Recreation Site cabin and pontoon boat rental and more (must be present to win). BOSS Soldiers will provide healthy appetizers.

Prior to the musical performance, from

Please see **Briefs**, page 15



# Fort Polk community can take comfort in care of Family pets

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Whether you are a single Soldier whose pet helps keep loneliness at bay, a military Family who just happens to have a four-legged member or a Soldier whose partner is a military working dog — pets are an important part of your lives.

Making sure those animals get the best care possible is what the Fort Polk Veterinary Treatment Facility does, thanks in part, to veterinarians like Capt. Gina Cipolla-Canella, Veterinary Treatment Facility officer in charge, and Capt. Matthew Putnam, treatment Facility veterinarian.

Putnam is still new to the facility. “I’ve only been here about a month, but my wife and I are enjoying it,” he said.

He and his spouse moved from Colorado and he said though they miss the mountains and the heat is an adjustment, feeling comfortable about the move is more about the people than anything else.

“There is a good community here with a great spirit that we like,” he said.

Putnam said he has always had a connection with animals. “I was one of those kids who always wanted to be a veterinarian. Cows and cats are my two favorite species, with dogs following at a close third,” he said.

Though one of his goals is to perform large animal veterinary medicine, he said the Army drew him in, especially working with military working dogs.

The military was always an option he wanted to pursue, said Putnam, but the timing was never right until he chanced upon a military scholarship program. “That’s when two things that I have always wanted to do came together and it worked out just right,” he said.

In addition to doing clinics at the facility, Putnam works with Fort Polk’s military working dogs. “I really enjoy working and training with the Soldiers and their dogs,” he said.

Cipolla-Canella, who has been at Fort Polk since December, said she also enjoys her duties with the working dogs. “They are respected members of the military and serve an important part of the mission. Seeing the relationship between the handlers and dogs and providing care to an animal that obviously means so much to the military and their handlers is rewarding,” she said.

Cipolla-Canella said her goal is to have as much of a positive impact on Fort Polk and the Army as she can while she is here. She said many Soldiers coming to Fort Polk don’t have Family nearby and are just coming here with their pet, and those with Family often include a pet in the mix.

“It’s good to help people take care of their pets and provide them low-cost vaccines, spays and neuters. I think it’s important to provide veterinary services. It can be a huge stress relief to come home to a healthy, happy pet,” she said.

Putnam said prevention is the key to the health and welfare of pets on post and encourages pet owners to be informed.

“The No. 1 thing pet owners can do in this



*Capt. Matthew Putnam, Fort Polk Veterinary Treatment Facility veterinarian looks at a slide on a microscope Aug. 30.*

area — especially if they have a dog — is to make sure they are on heart worm preventive. If your dog is not on a preventive and you live here any length of time, it’s almost certain that your dog is going to be heart worm positive,” he said. “In the long run, the small cost per month to keep them safe is easier than the potential heart worm treatment, which is not only difficult but



*Capt. Gina Cipolla-Canella, Veterinary Treatment Facility officer in charge, draws medicine into a syringe Aug. 30.*

also expensive and risky for your pet.”

Putnam said he believes the Fort Polk vet facility is a service that makes the quality of life for Soldiers and Families better. “Our goal is to support them in everything from basic services to complexities such as surgery,” he said.

The Fort Polk Veterinary Facility is located at 665 Colorado Ave. For more information call 531-1322.



## Fort Polk pet policy protects pets

### FORT POLK VETERINARY TREATMENT FACILITY

FORT POLK, La. — Check out the following Fort Polk post policy and requirements for your pets:

- Pets living on post must be registered with the Veterinary Treatment Facility upon arrival.
- Feline distemper.
- Distemper, adenovirus, parainfluenza and parvovirus or DAPP vaccine for dogs.
- Leptospirosis vaccine for dogs.
- Rabies vaccine.
- Microchip.
- Heartworm test.
- Monthly heartworm prevention.

The vet facility’s hours of operation are Monday through Wednesday from 8 a.m.-4 p.m. and Friday from 8 a.m.-4 p.m.





# Fort Polk hunting regulations: Know before you go

By **JEAN DUBIEL**

Guardian staff writer

FORT POLK, La. — Most hunters have experienced the agony of seeing plenty of game — out of season — and when opening day arrives, every potential quarry has mysteriously vanished.

But what if you know a hot spot for game at Fort Polk? Perhaps you've seen fresh tracks during PT or encountered a small herd during a field exercise? Wouldn't it be great to revisit those areas during hunting season and harvest a buck?

Before you don that hunter orange vest and hat (blaze pink also permitted), you should familiarize yourself with the rules and regulations about hunting at Fort Polk, the ranges, Peason Ridge and the training area known as "the box."

Capt. Robert Baldwin, Joint Readiness Training Center and Fort Polk game warden, said anyone who is legally licensed can hunt at Fort Polk, but civilians that are not affiliated with Fort Polk must be vetted at the Visitor's Center at the main gate.

"They can get a hunting pass for the season, and for the cantonment area, it's bow hunting only. You do not have to register your bow," said Baldwin. "Shotgun usage is allowed at Peason Ridge, the ranges and the box for small game and hogs, and Wildlife Management Area (WMA) rules apply for

those sites. Hunters should check the 2018-2019 hunting regulation booklet under 'Fort Polk WMAs' for complete information." The booklets are free and available anywhere licenses are sold, including Alligator Lake Recreation Area and the Fort Polk Army and Air Force Exchange Service store in the hunting section, or you can read or download the electronic version online at [www.wlf.louisiana.gov](http://www.wlf.louisiana.gov).

One important difference for hunting Fort Polk areas compared to other WMAs is the potential for encountering unexploded ordnance, said Baldwin.

"If you see something unusual on the ground, especially if it's metallic in nature, leave it there and report it," Baldwin said. "You will come across (unexploded ordnance) from time to time if you hunt Fort Polk long enough. Please leave it alone!" Report suspected UXO to local law enforcement, Fort Polk military police (531-2677), Range Safety (531-7527) or Game Enforcement (531-5222).

Baldwin said it's important to check the booklet for other information too, like what animals and birds are in season, when you have to wear hunter orange or blaze pink, and what licensure is needed for the area you plan to hunt. "For example, if you are a bow hunter hunting deer from a tree stand, you don't have to wear the orange, but you do have to wear an orange hat

when traveling to and from your stand," he said. "Ensure you have the right Louisiana hunting license (for the game you are pursuing), any tags needed and a WMA permit. The cost for a member of the military is the same as for state residents." That cost ranges from \$2.50 to \$15 depending on what animal you plan to hunt and which weapon system you want to use. Complete licensing prices are listed in the booklet and online.

For WMA hunting, there are a number of clearing stations where anyone using the area for any reason must check in — this includes purposes such as tracking, berry-picking, hiking and hunting — and you will also need to check out. The process is easy, said Baldwin. "You will put your name and phone number on the top portion of the card (available at the clearing station), put that in the slotted box and keep the bottom part. When you check out, you fill in the bottom portion with what you harvested, if anything, and place that in the slotted box as you exit the WMA," said Baldwin, adding that you do not have to use the same clearing station to enter and exit, but it does have to be on the same WMA.

At times, the clearing stations will be manned with officers to check your harvest, said Baldwin. "During the last weekend in October and the three days after Thanksgiving, we have what's called 'either sex hunt,' which means you can kill a buck and a doe on the same day — but not at the same time," Baldwin said. "There will be a mandatory check out on those days and those check out locations

will be listed at the clearing stations." No other hunting (such as rabbit, squirrel) is permitted at Fort Polk during either-sex hunt days, said Baldwin.

Do not enter the box, ranges or Peason Ridge without first checking the maps posted at the clearing stations — they show areas that are off-limits due to military training, and these areas change from day to day.

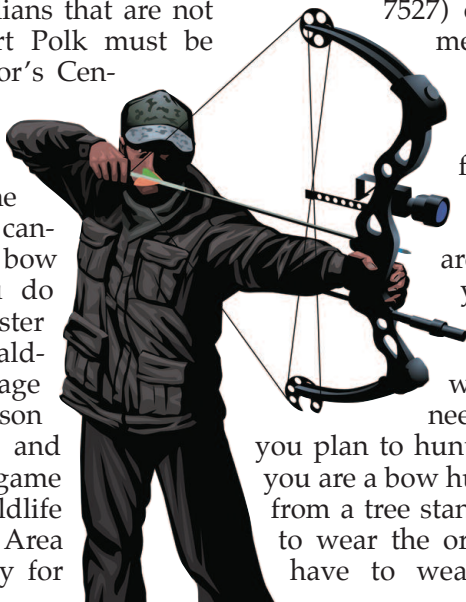
"A map is specifically generated for every day of hunting season, and if there is no map posted, please call Range Control or Game Enforcement to let them know (both numbers are posted at the clearing stations). You can also check online with a Google search for 'Fort Polk hunting maps,'" said Baldwin. "Anything in white on the map is open, and the weapon system authorized for that area is also listed on the map. If an area is marked in red, it's off limits. If it's marked in peach or pink, that's an area where training is taking place that day. It can change from one day to the next, so you always have to check."

For hunters that may be trying Fort Polk for the first time, Baldwin said to make certain you understand how to hunt a WMA and that you look for the regulation specific to Fort Polk, listed in the booklet.

"I highly recommend that first-timers call my office or look up the regulations for Fort Polk and Peason Ridge for hunting dates and other information," he said. "Deer hunting dates are different than for rest of the hunting areas."

Deer season starts Sept. 15 at Fort Polk.

For more information call 531-5222/5715.





# Stripes to bars: Leader brings experience, knowledge to new rank

By Staff Sgt. NEYSA CANFIELD

Army News Service

KANDAHAR, Afghanistan — As a medical provider, Capt. Jennifer Hawkins works closely with the enlisted health care specialists of her battalion to ensure service members throughout Kandahar Airfield receive proper medical care.

However, unlike most officers, this is familiar and comfortable territory for the Soldier from 1st Battalion, 12th Infantry Regiment, 2nd Infantry Brigade Combat Team, 4th Infantry Division. Sewn on the lower right pocket of her uniform is the evidence: The Army Drill Sergeant Identification Badge.

"When I became a drill sergeant, for me that's when I really learned how to be a leader," Hawkins said. "Breaking down a civilian and turning them into a Soldier and understanding what it takes to do that was a learning experience. There is not a single thing a Soldier can present to me at this point in my career that will surprise me."

Hawkins began her journey in the Army as a practical nursing specialist following her graduation from Lake Havasu City High School in Lake Havasu, Arizona, in October 1998.

"My first assignment was at Fort Sam Houston (Texas) at a critical care unit, and I think that's where my love of medicine first started," said

Hawkins. "I was promoted to the rank of sergeant within two years of being in the military, and I just kept climbing up the ranks very quickly."

At the age of 25 and as a staff sergeant, Hawkins was selected to go through the U.S. Army Drill Sergeant School.

"Although I was afraid and, in my mind, not ready to be a drill sergeant, it's what made me the leader I am today," she said. "If I could, I would go back and do it all over again." After serving her time shaping civilians into Soldiers, Hawkins attained the rank of sergeant first class, and continued to challenge and improve herself by earning her associate's and bachelor's degrees.

"At this point I thought to myself, 'Well, what's next?' and then I heard about the physician assistant program for the Army and became interested," she said. "However, once again I was afraid and pushed away from it when I heard people talking about how difficult the school was and how low the passing rate was."

Hawkins' battalion sergeant major persuaded her to apply for a direct commissioning board. "I decided to do it and applied in October of 2009," said Hawkins. "In February of 2010 the master sergeant list was released and I had been selected for promotion, a month or so later the board results came out, and out of 500 applicants, five were selected, and I was one of them."

At 11 years in the military, Hawkins had an important decision to make.

"The day I raised my hand and I was no longer a (sergeant first class) promotable and was now a second lieutenant. I cried because I felt like an NCO through and through and now I was leaving it," said Hawkins. "It was a hard decision leaving the NCO corps but the experience is

something I will always take with me."

With the knowledge Hawkins holds, many superiors view her as an example of an experienced and extraordinary leader.

"Captain Hawkins is a team player and she inspires senior (officers) like me because she is all about the mission and putting her Soldiers above herself," said U.S. Navy Capt. Cynthia J. Gantt, commander of the Kandahar Airfield NATO Role III Multinational Medical Unit.

Hawkins and her team enhance the capabilities of the hospital, with Hawkins being the primary reason for that, said Gantt.

"She brings invaluable experience, particularly to the officers who have never had the honor or privilege of being enlisted," said Gantt. "She is able to coach and mentor us on how to better partner with our enlisted members to be able to provide better care for our patients."

As Gantt and her team of sailors near their end of time in country, she said she is thankful for the opportunity to meet someone like Hawkins and privileged to have had her as part of the team.

"We have some highly trained surgeons and doctors in our team but we have definitely learned so much from Captain Hawkins and her team that we will be able to take with us throughout the years," Gantt said. "Without a doubt I would work for Captain Hawkins any day."

Hawkins said she attributes her success to her experience as an enlisted Soldier.

"I believe that having the experience of being in the shoes of a private, a junior NCO and a senior NCO have made me a better officer," Hawkins said. "My priority will always be my Soldiers because at the end of the day a leader is a leader regardless of what you wear on your chest."

## Briefs

Continued from page 12

5-6 p.m., Arsena will present "Social Media and Making it in the Music Business." No ticket is required.

Call 531-2665 for more information.

## Play-Doh fun

The Army and Air Force Exchange Service invites Fort Polk kids to get in touch with their creative side at a Play-Doh sculpt event Sept. 15.

The event takes place from 11 a.m. to 2 p.m. in the Main Exchange and features a variety of Play-Doh playsets for kids to build and sculpt. Fort Polk children ages 3 and older are invited to join the fun. For more information call 537-1001.

## 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 St., bldg 220 through today. 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.



Capt. Jennifer Hawkins (left), medical provider for 1st Battalion, 12th Infantry Regiment, 2nd Infantry Brigade Combat Team, 4th Infantry Division, reviews paperwork with her Soldiers Aug. 13 at the Kandahar Airfield NATO Role III Multinational Medical Unit in Kandahar Airfield, Afghanistan.

Staff Sgt. NEYSA CANFIELD/ARMY NEWS SERVICE



# U.S. Army Reserve Soldier meets bone marrow recipient

By DEBRALEE BEST

Army News Service

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — It started as a simple blood draw. It ended with a young teenager making a full recovery from leukemia. Twelve years later, the donor and recipient met face-to-face.

Staff Sgt. Richard Midkiff, Task Force Ultimate night battle noncommissioned officer, Operation Cold Steel II, was asked while in the Navy as an enlisted sailor to be part of the Department of Defense bone marrow registry in 2002 — and he gladly accepted.

“I was raised by my parents and they were preachers and missionaries and we just grew up helping people in South America, Central America, and my mom is from Costa Rica. It’s just something you do,” said Midkiff. “If you can help someone, you help them.”

The initial procedure was a blood draw, with the sample remaining on file to match to individuals who potentially would need a transplant due to leukemia and other conditions. Midkiff left the Navy and joined the Army. Then, in 2005, he received a phone call from Maryland.

“I got a phone call that said there was a kid with leukemia who needed a transplant and (they) asked if I was still interested,” said Midkiff. “I said, ‘Sure, I guess. I don’t know anything about it. What do we have to do?’”

From there, Midkiff was scheduled for a physical at Georgetown University in Washington, D.C.

“They see if you’re a match and if you’re healthy and everything. Anything you have you’re going to pass on to the person getting the bone marrow,” said Midkiff. “A few months passed and they said, ‘You’re a match, we’ll schedule the transplant.’ A couple times they tried to schedule it, (the patient) would almost die, then they had to get him healthy.” They were finally able to schedule the procedure for Dec. 26, 2005.

“(It was) kind of painful after it got done. The way they do it nowadays isn’t as painful as it was back then,” said Midkiff. “Back then, while you’re under they take this big needle. I’ve seen the size of it — it’s pretty thick and they stick it in your pelvic bone and they draw that stuff out. They take out a liter of bone marrow,” he added.

“When you wake up, it is sore. Like the pain scale, the little smiley faces they show you at the hospital, that goes from no pain to 10, I was at like a 14,” said Midkiff. “I spent the night in there, then the next day I got up and hobbled my way back to the hotel room, to the airport. It was a pretty in-and-out procedure, but I was sore the first eight to 10 days, after that it got easier. They (the doctors) would call every month (to check in), then three months, then six months, then yearly, then two years, until they quit calling.” Midkiff had no idea if the transplant had been successful until he received a package in the mail.

“A few months after the transplant, I got a pretty good sized box with a bunch of chocolate in it and a bunch of angels,” he said. “Anything made of an angel you could think of, statues, pictures, trinkets and all those letters were inside.” There was a collection of cards and letters from the recipient and his family, which explained the significance of the angels. In one letter, the recipient’s mother addressed it, “Dear Angel.” Another



Staff Sgt. Richard Midkiff, right, meets the recipient of his bone marrow transplant, Travis Cimino, 12 years after the procedure. Cimino made a full recovery after receiving the transplant. Midkiff is part of the Department of Defense Bone Marrow program.

from the recipient’s father stated, “You are truly an angel on earth in human form.” Midkiff still didn’t know much about the senders of the box, as the identity of the recipient is kept secret from the donor for one year to discourage possible extortion.

“They had scratched out all the names so I didn’t know what anybody’s name was,” said Midkiff. “So I could write them back, but had to write to the Department of Defense in D.C. and they would take the letter and send it on to them.”

The family and Midkiff wrote back and forth, mostly sharing holiday cards, until a year after the transplant.

“After a year, I was in my office and I get a call from (New) Jersey. I don’t know anybody in Jersey,” said Midkiff. “I said, ‘Hello?’ He said, ‘Yeah, this is Travis Cimino,’ and I said, ‘Oh, Travis, how you doing?’ and he said, ‘Well, I have your bone marrow.’ I said, ‘Oh, ok, how’s it working out for you?’ He said he made a complete recovery so that was pretty cool.” Cimino made a full recovery in just a few weeks after receiving Midkiff’s bone marrow. “I was like the poster child for transplants,” said Cimino. “Two weeks after I walked out of the hospital.”

After speaking on the phone, Cimino and Midkiff kept in touch through Facebook and holiday phone calls, but had never met in person. That all changed when Midkiff came to Joint Base McGuire-Dix-Lakehurst, New Jersey for Task Force Ultimate, Operation Cold Steel. Midkiff reached out to see if Cimino would be interested in meeting and he was. On Aug. 10, 2018, more than 12 years after the transplant, the two met face-to-face.

“I think he was kind of shy, but it is interesting because you look at him and think, if I hadn’t done that he wouldn’t be here. I didn’t mind doing it,” said Midkiff. “I’ve got kids. Hopefully they wouldn’t mind doing that if I needed it. I think it’s just something you do. There are some

people who tell me they couldn’t do that and I don’t understand that. If you’ve got kids, how could you not?”

While Cimino and his fiancé met with Midkiff, Travis’ parents were on vacation and unable to make the meeting.

“It would have been nice to meet his parents. That would have been cool,” said Midkiff. “To me it wasn’t a big deal to do a bone marrow transplant, but obviously for his family, it was everything. There was nothing to be financially gained from this, you just do it because it’s the right thing to do.”

While Midkiff was disappointed not to meet Cimino’s parents, he is planning to try to set up another meeting with them when he is back at Joint Base McGuire-Dix-Lakehurst in the fall. “I think it will be different because he (Cimino) told me she’s (his mom) very emotional,” said Midkiff. “I think it will be a lot different with her. I think we’ll probably sit down over dinner with his mom and dad.”

Midkiff remains on the list as a donor and was called again about a year ago for another transplant.

“You can be on that list forever and never get called,” he said. “I got called again last year, but the recipient didn’t make it.”

To Midkiff, being on the list is a simple act and he wishes more military personnel would volunteer for the program.

“I can only think of the thousands of people we could have saved by now,” he said. “I think a majority of military people would probably say, yeah, I’ll go through with it. There is always a risk of something when you go in for an operation, but it’s so small that the outcome is well worth it.”

“It was an interesting experience,” he added. “I think it’s good to help people. It’s a good program, doesn’t get enough attention.” For more information on the DoD Bone Marrow program visit [bethematch.org](http://bethematch.org) and [www.salutetolife.org](http://www.salutetolife.org).



# Sink your teeth into Natchitoches Meat Pie Festival

## GUARDIAN STAFF

NATCHITOCHES, La. — If you've never had the pleasure of trying hot, savory Natchitoches meat pie, now is your chance to experience a unique taste of Louisiana.

The 2018 Natchitoches Meat Pie Festival takes place Sept. 14-15 along the Cane River Lake at the Riverbank Stage in historic downtown Natchitoches.

Admission is free for one and all as attendees enjoy these morsels of meaty goodness while listening to live entertainment, shopping the occasional arts and craft vendor, dancing here and there and having a great time.

Mark your calendar and get ready for some filling fall fun. The meat pie is famous for its rich aroma, delicious flavor and easy-to-eat size.

To counter all the calories from the meat pies you know you will consume, it might be a good idea to take part in the 16th annual Cane River Run hosted by The Independent Motorcycle Riders of Natchitoches. Even if you don't participate, stand on the sidelines and cheer. That's got to count as some type of exercise, especially if

you jump and cheer on the runners.

The event schedule is as follows:

- Sept. 14

The gates open at 5 p.m. From 6-8 p.m. a brewfest takes place. This is a free event and open to anyone 21 and over. IDs will be checked. Live entertainment is provided by Ambush at 6 p.m. Louisiana Leroux performs at 8 p.m.

- Sept. 15

Take part in the meat pie eating contest, best meat pie tasting contest and meat pie demonstrations taking place throughout the day.

Walk around and enjoy the children's activities, food and beverage vendors and arts and craft booths.

Live entertainment begins at noon and includes Clifton Swamp Band, Front Cover and Bad Moon Rising — a Creedence Clearwater Revival tribute band.

Tethered balloon rides take place beginning at 5:30 p.m. each day. End the day with a fireworks show at 10 p.m. Admission is free. For more information about the Natchitoches Meat Pie Festival visit [www.meatpiefestival.com](http://www.meatpiefestival.com).

## Classic meat pie recipe

### Ingredients

2 tablespoons vegetable oil, divided, plus more for frying

- ½ pound ground beef
- ½ pound ground pork
- 1 teaspoon dried oregano
- ¾ teaspoon kosher salt
- ½ teaspoon crushed red pepper
- ¼ teaspoon ground black pepper
- 1 teaspoon cayenne pepper
- 2 tablespoons all-purpose flour
- ½ cup minced yellow onion
- 2 cloves garlic, minced
- ¼ cup finely chopped red bell pepper
- 1 stalk celery, finely chopped
- Frozen pie dough, thawed
- 1 large egg
- 2 tablespoons water

### Instructions

In a small Dutch oven, heat 1 tablespoon oil over medium heat. Add beef, pork, oregano, salt, red pepper, black pepper and cayenne. Cook, stirring frequently, until meat is browned and crumbly, about six minutes. Drain any excess liquid. Sprinkle with flour and stir to combine.

In a large saucepan, heat remaining 1 tablespoon oil over medium heat. Add onion; cook until tender, about two minutes. Add garlic, bell pepper and celery; cook until tender, about five minutes. Stir into meat mixture. Let cool completely.

Cut pie dough into 40 pieces. Reserve 12 pieces for another use. On a lightly floured surface, roll 28 pieces of dough to a 5½-inch circle, and place on a parchment-lined baking sheet. Refrigerate for 10 minutes. Using a 5-inch round cutter, cut rounds from each piece of dough. In a small bowl, whisk together egg and 2 tablespoons water.

Place 2 tablespoons filling in center of each round. Lightly brush edges with egg wash. Fold dough over filling, and press to seal. Using a fork, crimp along edges of pie. Using a pastry wheel, cut along edges to further seal. Freeze pies before frying.

In a large Dutch oven, pour oil to a depth of 4 inches, and heat over medium heat until a deep-fry thermometer registers 370 degrees. Line a rimmed baking sheet with paper towels, and place a wire rack on top.

Remove pies from freezer. Using a slotted spoon, gently place pies, three at a time, in hot oil. Fry until golden brown, about two minutes per side. Remove from oil, and let drain on prepared pan.





# Rest & Relaxation



## Enjoy sweet fun

### SUGAR CANE FESTIVAL

NEW IBERIA, La. — Do you have a sweet tooth? If so and you've always wondered where all that sugar you consume comes from, you might want to visit the Sugar Cane Festival in New Iberia Sept. 26-30.

Sugar cane has been a South Louisiana crop for more than 200 years. Sugar cane is a giant form of grass that thrives in warm, moist climates, storing its sugar in the stalk. That makes Louisiana an ideal area for this sweet crop.

During the refining process, sugar cane is cut in the fields, then brought to a processor for grinding to extract the juice.

This juice is boiled into a thick syrup, which then crystallizes. When the crystals are spun in a large centrifuge, it produces raw sugar, which is sent to a refinery where it is washed and filtered, dried and packaged. The sugar industry contributes about \$2 million to Louisiana's economy annually, and that's why the people of New Iberia celebrate this important crop during its annual festival.

The festival honors the sugar industry with foods, Cajun entertainment and plenty of fun. Parades, exhibits, carnival rides, food and sweet treats abound in various locations throughout New Iberia.

You can enjoy things such as sugar cane exhibits, the blessing of the crops, an art show, garden/flower show, fais-Do-Do (dance) with a \$10 entry fee, tractor exhibits, 5-K run, fireworks and more.

Live entertainment includes Wayne Toups and ZydeCajun, The Boogie Kings and more. Each band requires cover charge of \$10 per person.

For more information visit [www.hisugar.org](http://www.hisugar.org).

## Lagniappe

### Car show

If you love the nostalgia found in beautiful vehicles, stop by the 12th annual Natchitoches Classic Car Show Sept. 28-29 held along Front Street and the riverbank in Natchitoches. In addition to the cars, enjoy a poker run, fish fry and live music. For more information visit [www.natchitochescarshow.com](http://www.natchitochescarshow.com).

### Family festival

The Veterans of Foreign Wars, Post 3106, 205 East Harriet St., Leesville, hosts a Family Freedom Fest from noon-5 p.m. Saturday. The festival celebrates freedom and provides an opportunity to learn what the VFW and auxiliary do for veterans and the community.

Fun events include duck fishing, dunking booth, balloon pop, and more. There will also be booths highlighting flag education for kids, missing man table, continuing education, young American creative patriotic art contest and more. Hamburgers and hot dogs will be served. The public is welcome. For more information call (337) 238-0041.

### Recognition day

The Village of Anacoco hosts a national prisoner of foreign wars/missing in action recognition day Sept. 21 at 10 a.m. at the community center. The public is invited, and veterans are encouraged to attend. For more information call (337) 239-0215.

### BOSS

Better Opportunities for Single Soldiers is going scuba diving in Panama City, Florida, Sept. 28-30. If you want to explore the depths of the ocean, register with BOSS by Sept. 21. The cost for the trip is \$200, which includes transportation, hotel, equipment and dive. Available space is limited. This event is for single Soldiers only. For more information call 531-1948.

### Bass tournament

Fish the first Saturday of each month from safelight to 3 p.m. as the Directorate of Family Morale, Welfare and Recreation hosts a fishing tournament at Fort Polk's Toledo Bend Recreation Site. The next tournament is held Oct. 6. 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, 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 Sept. 15. Meetings are held at 7 p.m. at the American Legion, 500 Vernon St., New Llano.

The September meeting is held Tuesday. 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.fortpolkcommunitybassmasters.com](http://www.fortpolkcommunitybassmasters.com).

### Golf tournament

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.





# Head to Gueydan Duck Festival hunting happiness

## GUEYDAN DUCK FESTIVAL

GUEYDAN, La. — Look to the sky this time of year and you will see ducks and geese on the move.

That means hunters should dust off their duck calls, find those waders and be sure to stock up on duck hunting supplies before the season begins.

But hunter or not, everyone can enjoy the fun found at the Gueydan Duck Festival held Sept. 20-23 at Duck Festival Park, 404 Dallas Guidry Road, 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 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 Touns 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](http://www.duckfestival.org).



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# Take bite of fun out of Luling Alligator festival

## ALLIGATOR FESTIVAL

LULING, La. — If you are fascinated by those prehistoric beasts that roam the bayous of Louisiana and want to get a closer look, you won't want to miss the fun found at Louisiana's Alligator Festival held Sept. 28-30.

The first festival was held at a country club, but it soon outgrew the driving range and has had several different venues while consistently growing larger.

Today the Festival takes place at the St. Charles Parish Westbank Bridge Park, 13825 River Road, Luling, which is about four and a half hours from Fort Polk.

Luling isn't far from New Orleans, so after having a blast at the festival, you could have some fun in the crescent city.

The Alligator Festival works to maintain a family atmosphere and has become the largest festival in St. Charles Parish, according to its website.

You won't want to miss your chance to play

with baby alligators, shop the arts and crafts mall, enjoy Cajun cuisine of every type, enjoy exciting carnival rides and listen to great live music all weekend long!

Bring your appetite, because some of the foods available include gator burgers, gator/sausage poboy, alligator sauce piquante, fried crawfish wrap with crab sauce and fries, seafood/alligator gumbo, jambalaya and much more.

Get ready to rock with some of New Orleans

area's greatest bands including The WiseGuys, Waylong Thibodeaux, Christian Serpas and Ghost Town, Category 6 and more.

For a change of pace shop at the arts and crafts vendors. Some of the items you will find include aroma rocks, fairy gardens, kids toys, local honey, Louisiana artwork, leather crafts, Louisiana made hot sauce, henna tattoos, jewelry and more.

Admission is \$1 per person. For more information visit [www.alligatorfestival.org](http://www.alligatorfestival.org).



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# Head to Bogalusa for blues, heritage festival

## BLUES & HERITAGE FESTIVAL

BOGALUSA, La. — People have been feeling the blues since time began. But taking that emotion and conveying it through music can speak to the soul. If blues music is your cup of tea, you won't want to miss the Bogalusa Blues & Heritage Festival held Sept. 28-29 at Cassidy Park, Bogalusa.

Bogalusa is about 5 hours from Fort Polk in the toe of Louisiana's boot.

Weekend tickets for the event are \$25 per person.

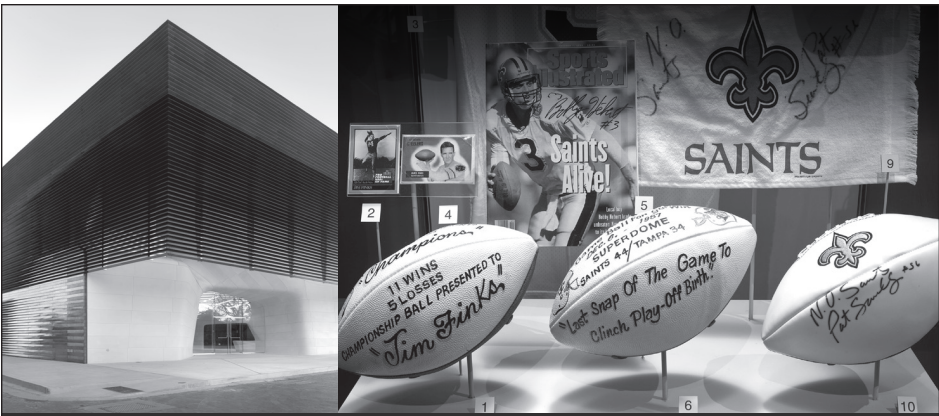
The festival boasts a 5K and kids zone, but the real draw is the music. You will have the chance to see live performances by Ruthie Foster,

Vasti Jackson, Chris Leblanc, Grammy winner Bobby Rush and more.

Festival goers can also enjoy rock climbing, train rides, splash pad and face painting.

The Festival offers a camp ground for those who want to stay overnight. Tent camping for one person is \$100. Tent camping for two people is \$125.

For more information visit [www.bogalusablues.com](http://www.bogalusablues.com).



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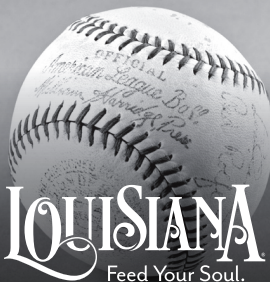
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# Drive down to Mamou for Cajun Music Festival

## MAMOU CAJUN MUSIC FESTIVAL

MAMOU, La. — Get your toes tapping and mark your calendars for the Mamou Cajun Music Festival Sept. 14-15.

Mamou is about an hour and 20 minutes from Fort Polk via La. Hwy 10.

This festival is the perfect way to celebrate and enjoy Cajun music and food, as well as the people and traditions of Louisiana.

The Mamou Cajun Music Festival began as a one-day festival presenting some of the local Cajun musicians to the citizens of Mamou and

Evangeline Parish. It has since become a two-day music festival, presenting traditional Cajun musicians, dancing, food and contests.

It began in the early 1970s when a few concerned Mamou residents worried about their Cajun culture dying. They felt a need to renew interest in Cajun culture, thus was born the Mamou Cajun Day.

In the early 1980s, the celebration became the Mamou Cajun Music Festival, which is dedicated to the preservation of Cajun culture and heritage through traditional Cajun music. The festival provides a platform for the many traditional Cajun

musicians in this area and enables them to gain exposure for their art.

The festival also works to gain the interest Louisiana children, citizens and tourists who visit festival from all over the world.

Some of the bands performing at the festival include Kyle Huval & Dixie Club Ramblers, Seth Spell and

Cajun Strong, Sulphur Cajun Band, Jambalaya Cajun Band and more.

In addition to the music, the festival has fun and games. A few of the events taking place include egg throwing, sack races, boudin eating, arm wrestling and more.

For more information visit [www.mamoucajunmusicfestival.com](http://www.mamoucajunmusicfestival.com).



**Now Showing**

**Bayou Theater**

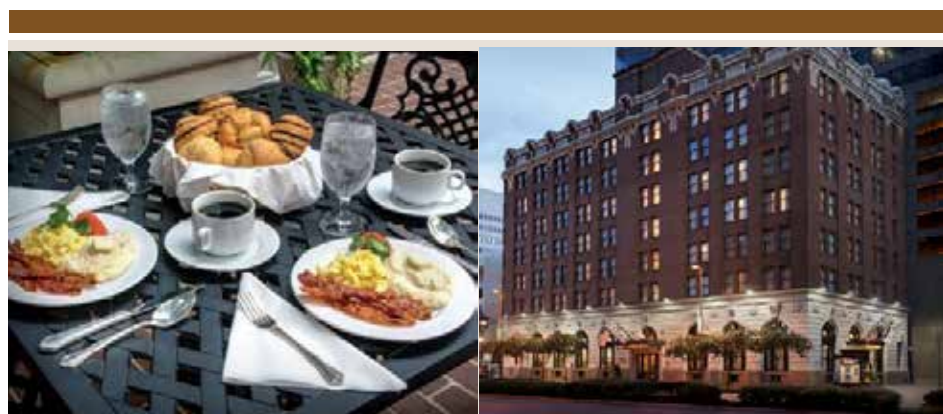
\*Today, 6 p.m.: **"Mamma Mia: Here We Go Again,"** PG-13, starring Amanda Seyfried, Andy Garcia, Julie Walters, Christine Baranski, Pierce Brosnan, Collin Firth, Stellan Skarsgard and Cher.

\*Saturday, 3 p.m.: **"Hotel Transylvania 3: Summer Vacation,"** PG-13, starring the voices of Adam Sandler, Andy Samberg, Selena Gomez, Kevin James, Fran Dreshcher, Steve Buscemi, Molly Shannon and David Spade.

\*Saturday, 6 p.m.: **"Equalizer 2,"** R, starring Denzel Washington, Pedro Pascal, Bill Pullman and Melissa Leo.

\*Sunday, 4 p.m.: **"Christopher Robin,"** PG, starring Ewan McGregor, Hayley Atwell, Bronte Carmichael and Mark Gatiss.

Admission for a regular showing is \$6 per adult and children 12 years and older; \$4 for children ages 6-11 and free for children 5 and under when accompanied by an authorized patron. Infants 24 months and younger who do not occupy a seat qualify for free admission at all performances.



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# Fort Polk Guardian

www.thefortpolkguardian.com

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Published for the community of Fort Polk, La.

Deadline For All Classified Ads Is Noon Tuesday

Turn in ads to the Public Affairs Office, Bldg. 4919, Magnolia Dr. or fax to: 318-352-3667 or email to tradingpostads@yahoo.com

### Guardian Tradin' Post Ad

\* Advertising is FREE for soldiers, family members and DA civilians.

\* Businesses will not receive free advertising. All business ads must be prepaid. We accept Visa and Mastercard.

(This includes child care, quarters-cleaning, or the sale and/or breeding of multiple pedigreed/registered animals)

\* Only single soldiers living in barracks may list numbers with 531 prefixes.

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Deadline for FREE ads is NOON Tuesday.

Category: ☐ Household Appliances ☐ Furniture ☐ Sporting goods ☐ TV/Radio/Stereo  
☐ Motor Vehicles ☐ Computers ☐ Pets ☐ Garage Sales ☐ Real Estate ☐ Misc.

**Advertisement:** In 25 words or less (one word per block) give description, price, telephone number and other pertinent information. For garage sales, list time, date and location.


I am a: ☐ Soldier ☐ Retiree ☐ DA Civilian ☐ Military family member

In signing this form, I certify that the items I am advertising will be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Phone: \_\_\_\_\_

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**ELECTRIC WHEEL-CHAIR/ SCOOTER LIFT** fits 2" receiver hitch, has swing out design for access to rear of suv or truck bed asking \$300.00 call 337-423-1640

**20 JOINTS OF STEEL PIPE**, 8 foot to 21 foot long and 1 1/4" to 2 1/2" diameter asking \$200.00 call 337-423-1640

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**HOME FOR RENT!** 4 Bdrms, 2 1/2 bath, Fireplace, Pool, Lake View, 1.23 Acres, \$1,250 Per month rent. \$195 weekly Lawn/Shrubs, \$75.00 weekly Pool Maintenance. Call (337) 353-2240

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**UNABLE TO WORK DUE TO INJURY OR ILLNESS?** Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. Local Attorneys Nationwide 1-844-883-2045 [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)] (LA-SCAN)

**DENIED CREDIT?? WORK TO** Repair Your Credit Report With The Trusted Leader in Credit Repair. Call Lexington Law for a FREE credit re-

port summary & credit repair consultation. 1-866-392-4640. John C. Heath, Attorney at Law, PLLC, dba Lexington Law Firm. (LA-SCAN)

**HAVE 10K IN DEBT?** National Debt Relief is rated A-Plus with the BBB. You could be debt free in 24-48 months. Call 1-844-290-9978 now for a free debt evaluation. (LA-SCAN)

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**AT&T HIGH SPEED INTERNET STARTING AT \$40/MONTH.** Up to 45 Mbps! Over 99% Reliability! Bundle AT&T Digital TV or Phone Services & Internet Price Starts at \$30/month. Call 1-866-297-0160 (LA-SCAN)

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[www.thefortpolkguardian.com](http://www.thefortpolkguardian.com)

*Published for the community of Fort Polk, La.*

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Walgreens  
Market Basket  
VFW Post #3106  
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ERA- Realty  
McDonalds- Leesville  
Barksdale Credit Union-Leesville  
Byrd Hospital  
Morris Team Realty

### ENTRANCE ROAD:

Sycamore Point Apartments  
Timber Ridge Apartments  
Star Pawn  
McDonalds  
Exxon - Entrance Rd.

### DERIDDER:

Barksdale Credit Union  
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DeRidder City Hall  
DeRidder Library  
Chamber of Commerce  
Beauregard Tourist Commission  
VFW Post #3619 (Hwy 26)  
Motion Cycle  
Walmart  
Walgreens  
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Card (some restrictions apply) CALL 1- 866-734-0452 (LA-SCAN)

**DISH TV \$59.99 FOR 190 CHANNELS \$14.95 HIGH SPEED INTERNET.** Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Call 1-855-721-4040 (LA-SCAN)

**EARTHLINK HIGH SPEED INTERNET.** As Low As \$14.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-866-794-6858 (LA-SCAN)

**ENJOY 100% GUARANTEED, DELIVERED TO - THE - DOOR OMAHA STEAKS!** SAVE 75% PLUS get 4 more Burgers & 4 more Kielbasa FREE! Order The Family Gourmet Buffet - ONLY \$49.99. Call 1-855-274-4919 mention code 51689LKN or visit www.omahasteaks.com/meals213 (LA-SCAN)

**GET AN IPHONE 8 OR SAMSUNG GALAXY8 FOR \$34/MONTH.** Call AT&T Wireless today to learn how to get a new phone. Call while supplies last. 1-844-334-8365 (LA-SCAN)

**HUGHESNET SATELLITE INTERNET - 25MBPS STARTING AT \$49.99/MONTH!** Get More Data FREE Off-Peak Data. FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-844-253-8788 (LA-SCAN)

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MB per second speed No contract or commitment. More Channels. Faster Internet. Unlimited Voice. Call 1-844-669-6795 (LA-SCAN)

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#313	305	\$230

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Office Manager – Fort Polk, LA

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.



# BENOIT



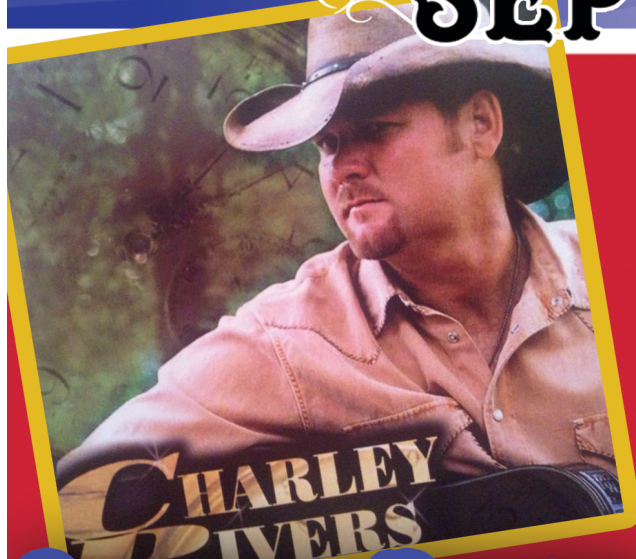
DERIDDER, LA

★GRAND OPENING★

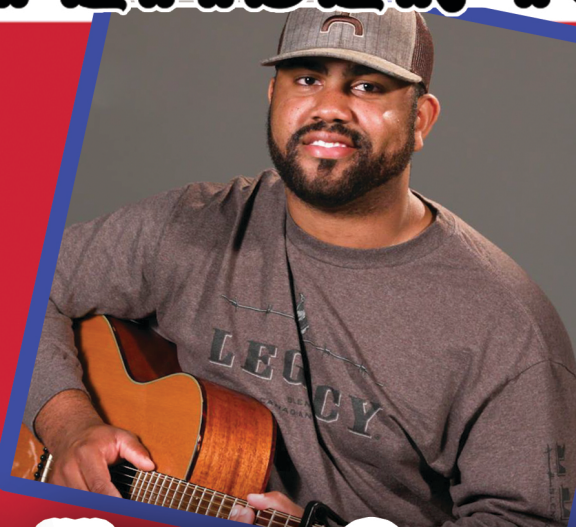
# CELEBRATION



## SEPTEMBER 15TH



**CHARLEY RIVERS**  
7PM - 9PM



**HORACE GREEN**  
5PM - 7PM



**JERAD BRIDGES**  
3PM - 5PM



**MIKE SOILEAU &  
RUSS CONRAD**  
4PM - 7PM

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