

AIRBORNE



FORGING THE

WARRIOR SPIRIT

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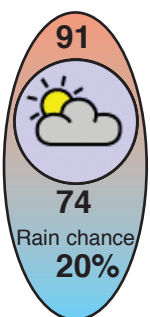


Father, son share love of C-130 aircraft

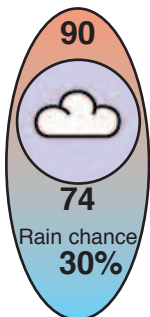
Senior National Guard Advisor for the Joint Readiness Training Center and Fort Polk, Col. Thomas Hanley (last man in right column), approaches the C-130H that will fly him and other paratroopers into the Geronimo Drop Zone July 11. Hanley's father, William B. Hanley Jr., was a test pilot and engineer in the Lockheed flight test community for 40 years, flying nearly every C-130 variant, including some of the aircraft that the younger Hanley jumped from during his military career. For story and more photos on this father/son relationship see page 5 of today's Guardian.

JEAN DUBIEL / GUARDIAN

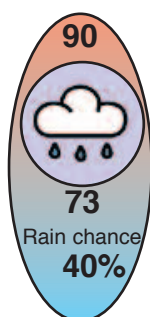
Weekend weather



Today



Saturday



Sunday

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Viewpoint

Three reasons why spirituality matters in Army

By Chap. (1st Lt.) SEBASTIAN KIM
Religious Services

FORT POLK, La. — Few callings are as admired — and misunderstood — as that to be a Soldier. Videogames, movies and other pop culture references often fail to portray the full picture of what it is like to serve this country.

While such a calling was always intensely physical, lately there has been progress in awareness of the importance of mental fitness. However, there is an essential aspect that may be ignored in our generation — spirituality. Here are three reasons why spirituality is so important for the modern warrior.

• **We see the world in a way that few do**

It was Gen. Douglas MacArthur who said, "The Soldier above all prays for peace, for it is the Soldier who must suffer and bear the deepest wounds and scars of war." Soldiering is not for everyone, and there is a reason why we serve in a volunteer Army.

The nature of our profession and its sacrifices are such that few outside the military understand or view the world as we do. We see the good and bad, the comedies and tragedies,

the beauty and the ugliness. We all know that there are many things that happen in this world that should not be.

If you think about it, in every mission handed to our Soldiers rests the universal truth that somehow, and in some way, this world is not supposed to be the way that it is — and this is where our faith traditions help us to understand why.

• **It is an essential part of who we are**

Spirituality differs from mental or emotional health (although certainly they are related). It also differs from morals, ethics or philosophy. Our spiritual beliefs give us meaning and reasoning on the whys and hows of life.

They guide us to understand ourselves, our neighbors and our role in this world. They guide us to do what is right and to reject evil. That's why words usually connected to religion, such as "virtues," are an essential part of the Army's ethical doctrine. Without them our standards would be on a fast track to fall into hypocrisy and inconsistency. With them, our Army Values are sustained by something greater than us.

• **Some of the most spiritual people in history were Soldiers**

While we celebrate Independence Day and remember the sacrifices made at the shores of Normandy on D-Day every June 6, there is one important aspect that should not be ignored: The revolutionary generation and the generation that fought in World War II were deeply spiritual and devout. In fact, in world history, Soldiers from all cultures and times were expected to have some form of spirituality.

It is not hard to imagine a footman in formation (in times where you could see the enemy's entire army on the other side of the field) praying for safety and to be able to survive and go back home after the battle. I would not be surprised if the amount of prayers on battlefields such as Flanders Field, Verdun, Omaha Beach, Bunker Hill and Gettysburg exceeded those of the churches in the surrounding areas of that time.

Although in our popular view we tend to imagine that being a Soldier is the total opposite of being spiritual, the chances are that if you admired any warrior in history, they probably were spiritual people too.

Commentary

In our view

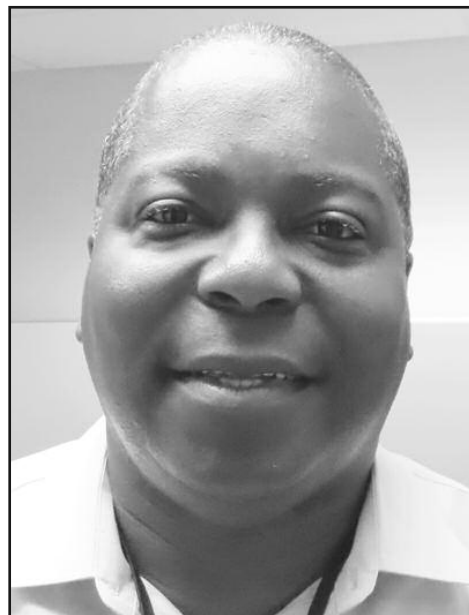
Guardian staff asked Fort Polk community members, "What makes someone a good friend?" Here are their responses:



Sgt. 1st Class Crystal Hageman: "Loyalty and the ability to listen. Someone you can vent to, who knows you well enough to know when to take you seriously."



Lorrie Odom: "Someone who is fun to be around and is always there when you need them."



Hilair Peters: "Trustworthiness, loyalty and commitment. Someone who will treat others as they want to be treated."

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Guardian

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Briefs

Benefits briefing

A Social Security Benefits briefing is scheduled for Aug. 19, from 9-10:30 a.m. at Bayou Theater, 7830 Mississippi Ave. A Social Security Administration employee will discuss program benefits, disability, benefits calculations, eligibility, Medicare and special veterans benefits. Call (337) 531-1799 for more information.

GI Bill extension

The Office of the Undersecretary of Defense has issued an extension to the deadline date on the limits of transferability of education benefits for service members with greater than 16 years of service. Previously, the policy was to go into effect July 12, but the Office of the Undersecretary of Defense has issued an extension until Jan. 12. Official guidance from Human Resource Command is pending and will be distributed when received. Should Soldiers have questions, they can contact their retention officer or visit or call the Education Center in bldg 660, Colorado Avenue, at 531-5269.

Cafeteria conversation

The sixth annual Back to School Cafeteria Conversation and Resource Fair is held Aug. 1 from 5-7 p.m. at Parkway Elementary School, 3585 University Parkway, Leesville. Vernon Parish School District and local agencies will present their resources, special programs and educational opportunities. Participants can visit with Vernon Parish school principals and counselors. For more information call 531-1617. The Back to School Brigade will offer eligible Families free school supplies during the event, to include post 9/11 wounded, ill or injured service members of any rank, either currently serving or no longer serving, as well as active-duty E-1 through E-6. Register at OperationHomefront.org/event.list.

Road repairs

Paving efforts on Mississippi Avenue from Fourth Street to Louisiana Avenue will continue this week. Pavement marking is expected to be completed by July 26. This will require closures, detours and flagging operations to complete the repairs while ensuring safety for motorists and construction crews. Motorists should exercise caution and obey the instructions of onsite crews. Delays should be expected while work is ongoing.

Alternate routes are encouraged to minimize delays and traffic congestion along Mississippi Avenue.



Roseberry briefs state economic leaders

Col. Ryan K. Roseberry, Fort Polk garrison commander, shows where the 82nd Airborne Division will jump into the Joint Readiness Training Center for Rotation 19-08.5 to Don Pierson, secretary of Louisiana Economic Development, and Jeannette Haynie, Ph.D., director of Military Affairs for Louisiana Economic Development, July 16. The guests were then escorted to the Geronimo Drop Zone to observe a night "heavy drop" — vehicles and equipment dropped by parachute into the drop zone.

Hiring fair slated for Thursday

ERP

FORT POLK, La. — A Military Community and Spouse Hiring Fair takes place Thursday from 10 a.m.-1 p.m. at Fort Polk's Youth Services Gym, 1882 16th St., bldg 2070.

Attendees can network with vetted employers, community leaders, senior military spouses and other job seekers. They can also take free professional head photographs for their LinkedIn profile and discover the best websites to work on resumes. Currently, 98 participants are registered for the event.

The following employers have committed to attend: Acadian Ambulance Service; AECOM; Airstream Renewables, Inc.; American Red Cross; AMERISAFE; Averitt Express, Inc.; Bayne-Jones Army Community Hospital; BlueWater Federal; Central Texas College; CVS Health; CW

Resources; Fedex Freight; First Command Financial Services; Fort Polk CPAC; GC&E Systems Group; Geostabilization International; Goodwill Industries of Southeast Texas and Southwest Louisiana; H&R Block; Iberia Comprehensive Community Health Center, Inc.; Kelly Services; Louisiana State Police; Louisiana Workforce Commission — Vets program; Lowes; Magellan Health; Manpower; Military Spouse Employment Partnership; Mondelez International; PRIDE Industries; Protemp Staffing Solutions, Inc.; Spouse Education and Career Opportunities; The American Legion; The Exchange (AAFES); The Home Depot; U.S. Army Recruiting DeRidder; and Walgreens.

Other employers are expected to join the lineup before fair commences.

For more information or to register visit hiringourheroes.org/events.

Army news

One World Terrain allows Soldiers to train anywhere

By **JOE LACDAN**
Army News Service

LOS ANGELES — Carrying only a backpack and a drone, Soldiers could capture and eventually re-create entire sections of forests and steep mountains.

They can map 3D data from the rough, dry wasteland of the Mohave Desert, the dense rainforests of Hawaii or the rocky, hilly landscape of woodlands. They can even replicate the detail of a bustling metropolis.

And with this data, they can capture intricate details down to the species of trees. That data will be optimized and aggregated with data from other geospatial sensors to build a digital environment Soldiers could use to train for war or duplicate an operational battlefield.

A tedious process that once took weeks can now be achieved in three hours: Within that time, Soldiers can fly a drone within a one-square kilometer area and visualize the environment in 3D run-time.

Wherever Soldiers wish to hone skills or where commanders choose to send them, Soldiers will soon have the capability to simulate that environment at their home stations.

“One of the things we identified early on was the existing systems often require that you bring several Soldiers to a central location to get training,” said Col. Marcus Varnadore, project manager for the Synthetic Training Environment Cross-Functional Team. “So what we’ve challenged industry to do is create systems that can actually go to the point of need, where the Soldier is actually training, potentially at their home-station location or even a deployed location.”

One World Terrain, a pillar of the Army’s synthetic training environment, will give Soldiers a tool that could improve readiness by providing training in accurate, realistic representations of theater environments. It would help achieve the vision of Army Chief of Staff Gen. Mark A. Milley and Secretary of the Army Mark T. Esper to build a more lethal force, by providing Soldiers skills at a more frenetic pace.

“It’s rapidly expediting the capability of being able to capture the terrain and creating the terrain environment,” said Kyle McCullough, lead researcher at the Institute for Creative Technologies at the University of Southern California. The ICT works in conjunction with the Combat Capabilities Development Command Soldier Center to research and develop immersive technology advancing realistic, synthetic human experiences.

The capability is being developed at an opportune time in the Army, as the service prepares for possible large-scale ground-combat in environments that contrast starkly with the close quarter counter-insurgency operations in the Middle East. Soldiers soon must prepare to battle in forested areas and massive urban centers.

The technology will also be used to eventually help Soldiers on the front lines map terrain on the battlefield. While connected to command and control systems on the battlefield, they will be able to receive rapid updates provided by the OWT program.

A drone used in the One World Training program flies over Los Angeles. Soldiers will soon be able to use these drones to capture data from a variety of environments, including cities, and recreate it in the form of a digital 3D environment.



“You won’t have to rely on pre-existing data or possibly older data,” McCullough said. “You can get brand new data when you’re actually in a deployed environment, so a commander would have access to the latest state of a battlespace.”

The Army expects to reach initial operating capability for OWT by the end of fiscal year 2021 and full operational capability in fiscal 2023. Earlier this month, the Army awarded a contract to build an OWT prototype to Virginia-based developer Vricon.

The cross-functional team assigned to develop the technology has CFT members collocated with the Program Executive Office for Simulation, Training and Instrumentation in its home base at the University of Central Florida in Orlando, at the Aberdeen Proving Ground in Maryland and here in the ICT.

Tucked in a budding technology park in western Los Angeles, Army ICT researchers have been working on the finer points of the program, including how to transmit the data over a secure connection efficiently.

Data collection and processing can be broken into phases. In the collection phase, a Soldier uses a backpack kit that contains a tablet that runs on special software. Soldiers must simply find the area of environment where they wish to train. The kits have been distributed to 200 Marine Corps units and some units within the Army and Navy.

Once they define the area they wish to train, they use the tablet to draw an extension point on a map. The drone will automatically hover over the area and begin the data collection process. Army units can collect data not just for training but also for intel purposes and battlefield planning.

“Whether it’s an area that they want to train on, an area they want to plan on, an area that they just want better ... cognizant awareness of, it can apply to anything like that,” McCullough said.

The user collects data from multiple sources including still images and underwater topography. Then the users begin the data processing phase, where they transform the collected data into information that can be used in a simulation. The process includes dividing the data into cate-

gories such as road surfaces, structures and vegetation.

In the third phase, data must be stored securely in a repository and then optimized for distribution to locations where Soldiers require the data — at a forward-deployed location or at their home installation.

In the fourth phase the developers have run into a difficult obstacle, as rapid delivery of data has proven to be challenging. Soldiers in deployed locations often do not have access to a reliable internet connection, which could further delay the data transfer.

“We’re able to process efficiently, fully-automated with little human intervention,” McCullough said. “Some of that data can be gigs to tens of gigs in size. The biggest hurdle we’re facing getting this into a higher level of operability, is figuring out how to distribute that data efficiently.”

In the fifth and final phase, Soldiers apply and use the data in their training using lightweight virtual reality goggles that transmit the live 3D map allowing them to interact with the simulated 3D environment.

“It’s one thing to have a whole bunch of data,” said David Krumb, associate director of the ICT’s mixed reality laboratory. “It’s another thing to be able to understand what that data means and employ it in a simulation.”

The data has already been used by units at the National Training Center, Fort Irwin, California. The NTC offers Soldiers a wealth of data collection from its desert environments to unique independent facilities.

The researchers said Soldiers who have tested the One World Terrain have responded positively. Some have even requested to use the kit to map their home installations.

“A lot of the Soldiers really enjoy it,” McCullough said. “They enjoy the ease of it and how quickly they’re able to turn around the data.” By the time the service achieves FOC for One World Terrain, it plans to also support training in the synthetic training environment across each of its six warfighting functions: Mission command, movement and maneuver, intelligence, fires, sustainment and protection.

'I see his fingerprints in the sky'

Love of C-130 shared from father to son

By **JEAN DUBIEL**
Guardian staff writer

FORT POLK, La. — If you were about to take off in a large aircraft, wearing a parachute, mentally preparing yourself for the jump, would you feel more confident about the experience knowing that your own father was the test pilot that flew the very aircraft you were in?

That was the case for many jumps made by Senior National Guard Advisor for the Joint Readiness Training Center and Fort Polk Col. Thomas Hanley.

"My father, William Barrett Hanley Jr., worked as a test pilot and engineer in the Lockheed flight test community for 40 years, and flew nearly every notable C-130 variant," he said.

"Back in April, there was a plane coming into the Geronimo Drop Zone that Keith Morrow (G3 Air) recognized as an older model C-130, and he told me about it," he said. "I was going to be jumping that day, so I looked at it and saw that it was a C-130 H-model, a 1993 plane, and I took down the tail number — it turns out my father did fly the functional check flight for that aircraft, for Lockheed production delivery to the Air Force," he said.

Hanley's father kept exception-

al detail in his aircraft log book, for every test flight he made. When Hanley joined the Army, his father told him to make note of the tail numbers of the aircraft he flew in, and he could look up whether or not he had flown it. The practice became a habit that Hanley has continued through three decades of service.

When Hanley made his first jump after Airborne School in 1989, the plane he jumped from was one his father had tested. On April 3 of this year — 30 years later — Hanley jumped again from an aircraft his father tested.

"My father passed Nov. 23, 2018," said Hanley. "It is a great privilege for me to still touch an airplane that he flew during a flight test. I jumped from that aircraft at Geronimo Drop Zone April 3 in memory of my father.

From time to time it's nice to reflect and see his fingerprints in the sky."

Hanley, who is also an aeronautical engineer as his father was, said the two of them would often have long discussions about the evolving design and mission of the C-130. Before he joined the military, Hanley spent a few months working with his father on some aircraft projects.

"That was a great opportunity for me," he said. "It was nice to be able to work on the aircraft with him."

He explained that during the heyday of NASA's space program, an important purpose of the C-130 aircraft was to find and retrieve astronauts from their space capsules that landed in the ocean or remote areas.

"During NASA's Gemini Pro-

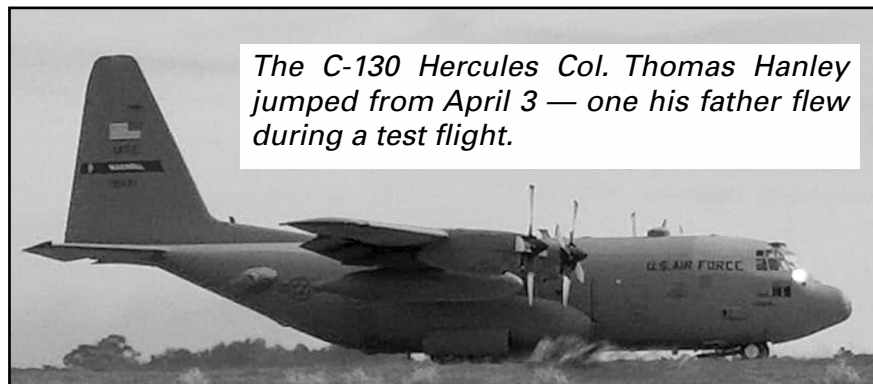
grams (missions to put the first humans on the moon), there was a concern for flight crews becoming stranded in the middle of the ocean. The HC-130H program was created with two aspects to address the recovery of these flight crews — one was the direction finder that could pick up a signal from the downed pilots and hone in the rescue aircraft to that signal, and the other was pilot retrieval."

Pinpointing a locator signal with the direction finder was cutting-edge technology for its time, according to Hanley, and a slew of aircraft (C-130 variants) were developed keeping this concept in mind, like EC-130Q, EC-130H (Compass Call), MC-130Hs (Combat Talon), KC-130R tanker and WC-130 weather airplanes.

"My father was a test pilot for all of these," said Hanley.

But the HC-130H was not just a locator plane — it was also tasked to retrieve the personnel, and it did so using the Fulton Surface to Air Recovery System.

"The aircraft finds the downed pilot, then drops a raft and balloon system. The pilot gets into the raft, puts the balloon up on a long tethered cable, and when the HC-130C comes back for another



The C-130 Hercules Col. Thomas Hanley jumped from April 3 — one his father flew during a test flight.

COURTESY

Please see **C-130**, page 6



COURTESY

Above: William Barrett Hanley, father of Col. Thomas Hanley (right) sits in the cockpit of a C-130 A, used as a test bed flight aircraft for new technology cockpit designs. It was his last experimental flight work before retiring.



JEAN DUBIEL/GUARDIAN

C-130

Continued from page 5

pass, the pinchers mounted on the front of the aircraft catch the cable. A hoist then pulls him up into the aircraft," he said. "The person in the raft will ascend at a speed of about 1G (equal to the force of gravity at the earth's surface, or 9.9 meters per second)."

The pincer move was never needed to recover astronauts as originally planned, but the Special Forces community saw it as a potential method for personnel extraction and subsequently adopted the procedure as a regular practice, said Hanley.

Another application tested in C-130s was finding radio signals, either to gather information or pinpoint an enemy for targeting. That technology was developed to create a system of broadcast radio signals capable of keeping lines of communications open for U.S. forces (fleet to fleet) across oceans, in the event of electromagnetic impulse from nuclear attacks. This flight tested concept, then evolved to be useful for radio jamming enemy signals and attacking enemy networks.

"All these C-130 programs can trace their lineage back to the original model," said Hanley. "My career sort of follows that same path because of the connection with my father."

Using the C-130 family of aircraft at JRTC perpetuates the history of the aircraft, and acknowledges the lineage of its technology, said Hanley.

"Every rotation at JRTC demonstrates the capability of the aircraft," he said. "But when we test different ways of using that aircraft — a new way we want to conduct airdrops or aerial delivery, configurations or with pallets — we are furthering that capability. The more you use something, the better the practice becomes."

For Hanley, seeing one of his "pop's" aircraft at JRTC is always a nostalgic experience, as he recalls the many conversations they had about the aircraft through the years, as well as life-long friends in the Lockheed flight test community.

"It's neat to have had this connection with him," he said. "Here was my father, an Air Force pilot-turned defense contractor to be a test pilot for Lockheed, and me — a paratrooper and infantryman — jumping out of his airplanes."



The HC-130H and its crew, led by William Barrett Hanley (bottom row, second from left) was the test aircraft for the Fulton Surface to Air Recovery System. The capability was originally developed for NASA but found broad employment across Special Forces and U.S. Coast Guard applications.



Col. Thomas Hanley is the first one out during this jump over the Geronimo Drop Zone July 11.

C-130 101: Know these general characteristics of aircraft

WWW.AF.MIL

WASHINGTON — The C-130 Hercules primarily performs the tactical portion of airlift missions.

Using its aft loading ramp and door, it can accommodate a variety of oversized cargo, including utility helicopters and six-wheeled armored vehicles to standard palletized cargo and

military personnel.

In an aerial delivery role, it can airdrop loads up to 42,000 pounds or use its high-flotation landing gear to land and deliver cargo on rough, dirt strips.

Here are the basics of the C-130 family of aircraft:

Length: C-130E/H/J: 97 feet, 9 inches; C-130J-30: 112 feet, 9 inches

Height: 38 feet, 10 inches

Wingspan: 132 feet, 7 inches

Crew: C-130E/H: Five (two pilots, navigator, flight engineer and loadmaster)

C-130J/J-30: Three (two pilots and loadmaster)

Aeromedical evacuation role: A basic crew of five (two flight nurses and three medical technicians) is used for aeromedical evacuation missions. Medical crew may be de-

creased or increased as required by the needs of patients.

Unit cost: C-130E, \$11.9, C-130H, \$30.1, C-130J, \$75.5 (FY 2017 dollars in millions)

Date deployed: C-130A, Dec 1956; C-130B, May 1959; C-130E, Aug 1962; C-130H, Jun 1974; C-130J, Feb 1999

Current inventory: Active force, 145; Air National Guard, 181; Air Force Reserve, 102.



A briefing is held at the Warrior Operations Center to share information and offer an update to the garrison commander, Col. Ryan K. Roseberry (third from right) during Fort Polk's response to Hurricane/Tropical Storm Barry July 14. The WOC was stood up overnight July 13-14 to monitor the situation and begin asset deployment if needed.

JEAN DUBIEL / GUARDIAN

Barry validates installation readiness

By JEAN DUBIEL
Guardian staff writer

FORT POLK, La. — As Hurricane Barry made landfall near Intracoastal City, Louisiana (about 150 miles west of New Orleans) July 14, Fort Polk's Crisis Action Team, or CAT, reported to the Warrior Operations Center to man stations and begin the process of tracking and sharing information to drive the actions of installation assets. After making landfall with winds at 75 mph, the storm weakened, becoming a tropical storm as it moved inland.

At Fort Polk, personnel, equipment, vehicles, aircraft, fuel, food and water were postured to respond to any impacts on the installation or deploy in support of recovery efforts elsewhere in the state. Rotational units were sheltered in hard structure buildings to ride out the impending storm. Facebook, Twitter and all-user emails were used to keep the Soldiers, Families and civilian employees of Fort Polk informed — especially the Families of the rotational Soldiers, as they may have been watching the weather on television, concerned about the safety of their Soldiers training at the Joint Readiness Training Center.

"I felt very confident that the staff members knew what they had to do, and that we as a community would be well protected with the staff in place."

Col. RYAN K. ROSEBERRY
Fort Polk garrison commander

Luckily, the JRTC and Fort Polk was spared the worst of Barry, and the Louisiana Army Na-

tional Guard had ample elements in place to handle the situation along the Gulf coast.

While there was no need to deploy the installation's assets during this weather event, Barry did present a real-world opportunity to validate the crisis response procedures that were tested during a full-scale exercise in June. Mark Leslie, chief of plans and operations for the Directorate of Plans, Training, Mobilization and Security, said Fort Polk is always concerned about the safety of the installation, and both the exercise and this real-world event have proven that Fort Polk is capable of ensuring that safety.

"This past weekend (July 13-14), in anticipation of Hurricane Barry, the CAT was stood up to ensure the safety of the installation population to include the Soldiers, Families and civilians on and off post, and Soldiers here for rotation from Fort Bragg, North Carolina," he said. "While Hurricane Barry was thankfully less than forecasted, the fact that the CAT stood up and did everything possible to ensure the safety of the installation and the entire community should be comforting to the residents of Fort Polk and those that live in the surrounding area.

"The CAT is comprised of specialists from every directorate and unit on Fort Polk, and they worked hard and long hours throughout the storm preparing behind the scenes, doing everything they could to ensure all were safe. I am extremely proud of all of them and I think the residents of Fort Polk should be as well — they had the community in the forefront of their minds as they performed their actions to prepare and mitigate this threat."

Leslie said Fort Polk's response was the result of prudent planning and teamwork from within and outside of the organization.

"We simply put into action the annual severe weather plan that we develop and brief every year. A lot of hard work goes into this plan and it is always nice to see that it was worthwhile," said Leslie. "While we did extremely well and I think the installation was postured as best as it could be, we didn't do this alone. Our relation-

ships across the state, the Governor's Office of Homeland Security and Emergency Preparation (GOHSEP), the Louisiana Army National Guard, the Lake Charles National Weather Service, the Red Cross and our partner parishes allowed us to get a 'feel' for the beat of the storm and response actions and prepare accordingly."

Col. Ryan K. Roseberry, Fort Polk garrison commander, said it's important to have trust in your team, and the actions of the staff over the weekend fostered that trust.

"We assembled quickly, we had our processes and procedures in place, we followed that to a 'T,' we set up good decision points for the installation commander, General (Patrick D.) Frank, and we really didn't have any shortfalls in our response," said Roseberry. "I felt very confident that staff members knew what they had to do, and that we as a community would be well protected with the staff in place."

Roseberry said he was impressed with how well the team addressed three lines of effort simultaneously during the storm.

"Everything went according to plan. There are (Forces Command) requirements that we have to be ready to provide, such as Task Force Truck (vehicle assets) and Task Force Aviation (air assets), and maybe provide command and control; helping the state of Louisiana with flood and evacuation support; and at the same time supporting the 82nd Airborne with its rotation. That's three major events and the staff was able to handle all three of them."

As in any event, there is always room to learn and grow, said Leslie.

"We may not have done everything perfectly, but we learned a few things. Just like any unit that comes to JRTC and does an after action review after rotation, we will do one as well and review lessons learned to make our selves better," he said.

"Our priority is to protect those that work, live and play on Fort Polk and in the surrounding parishes and keep them as safe as possible during and after a severe weather event."

Community

Briefs

PX lighting

Additional lighting poles will be installed at the crosswalks south of the Main Post Exchange to increase pedestrian visibility through Aug. 5.

The contractor will cordon off the area with fencing, caution tape or barricades while work is ongoing.

Please do not enter the work area, exercise caution and remain aware of equipment movement.

Intramural sports

The following sporting events are hosted by Fort Polk Intramural Sports:

- Three on three basketball tournament, Tuesday, 6 p.m., Warrior Fitness Center. Register at evenbrite.com.

- Dodgeball tournament, July 30, 6 p.m. Warrior Fitness Center. Teams may consist of up to eight players.

For information call 531-2056. Open to active duty, Family members, retirees and Department of Defense civilians 18 and over.

Youth sports

Fort Polk Youth Sports is accepting applications for tackle football, cheerleading and fall soccer through Aug. 15. Specifics for each activity are as follows:

- Tackle football — ages 7-15, parent meeting and skills assessment Aug. 7 or 9, 6 p.m., cost is \$75, season runs Sept. 14-Nov. 2.

- Tackle football cheerleading — ages 7-15, parent meeting and skills assessment Aug. 7 or 9, 6 p.m., cost is \$50, season runs Sept. 14-Nov. 2.

- Fall soccer — ages 5-18, parent meeting and skills assessment, Aug. 6 or 8, 6 p.m., cost is \$55, season runs Sept. 14-Oct. 26.

- Fall pee wee soccer — ages 3-4, parent meeting and skills assessment Aug. 6 or 8, 5:30 p.m., cost is \$25, season runs Sept. 14-Oct. 26.

A current physical must be on file at Youth Sports for the duration of the sports season.

Coaches are always needed. To volunteer call 531-6004 or stop by Youth Sports, bldg 400, 6880 Radio Road. Call 531-1955 for more information.

Movie night

Enjoy "Mary Poppins Returns" at the next Fort Polk movie night, July 27, on Warrior Field.

The event is free and hosted by the Fort Polk Directorate of Family Morale, Welfare and Recreation. Concessions begin at 8 p.m. Movie starts at 8:30 p.m.



Col. Ryan K. Roseberry, Fort Polk garrison commander, (Center) stands with Chrissa M. Gross, Fort Polk religious education director, (right) as a chapel volunteer leads her charges to the next activity at the L.E.G.O. Chapel Camp July 15.

L.E.G.O. Chapel Camp builds Biblical connections

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Kids can sometimes find it a challenge to fill the hours of summer with interesting and fun things to do.

Thankfully, Fort Polk offers a wide variety of activities to keep them busy including L.E.G.O. Chapel Camp. With the help of 61 volunteers, the camp hosted 140 registered campers at the Main Post Chapel July 15 through today. Each day focused on a theme taken from a letter of the word L.E.G.O.

Monday: L for love (your neighbor)

Tuesday: E for equip (yourself for life)

Wednesday: G for give (of yourself)

Thursday: O for overcome (adversity)

Today: God is the master builder

Chrissa M. Gross, Fort Polk religious education director, Brittany Zelt, Protestant religious education coordinator, and Sharon Harris, Catholic religious education coordinator, were the driving forces in creating the L.E.G.O. Camp.

Most vacation Bible school themes are bought in the form of a cohesive kit that has everything the church needs for that week including Bible lessons, skits, suggested crafts, songs, decorations and more, said Gross.

"The kits are universal. They work for everyone, but we wanted something that would be specific to our military kids. We created a program that dealt with things like a permanent change of station move, making new friends and going to a new school and tied it into Bible lessons to give kids the skills they need to overcome the challenges they face," she said.

Gross said the kids understood the connection

and relevance of the themes and lessons to their lives.

"They recognize the challenges they face and I think the camp is giving them the tools they need to be successful," she said.

Harris said their own experience as military Family members came in handy when creating this program from scratch.

"It took us months. We started last year as soon as vacation Bible school ended. I think God had a plan," she said.

Though Harris, Gross and Zelt wrote the bones of the program, Zelt said they couldn't have done it without their volunteers.

"The L.E.G.O. Camp was built and accomplished by the Fort Polk chapel community," she said.

Zelt said life can be hectic, even for kids.

"I think we sometimes forget in our fast paced world that God is with us everywhere we go. His word is our foundation and this camp is set up to help remind the kids of that," she said.

L.E.G.O. Camp volunteer De Anna Moffit is the official game leader for the camp. She said games range in complexity based on the child's age. There are children attending camp from pre-school to sixth grade.

"The littlest kids might play duck, duck, goose and the older kids might play a game that has Biblical aspects that tie into the lesson of the day," she said.

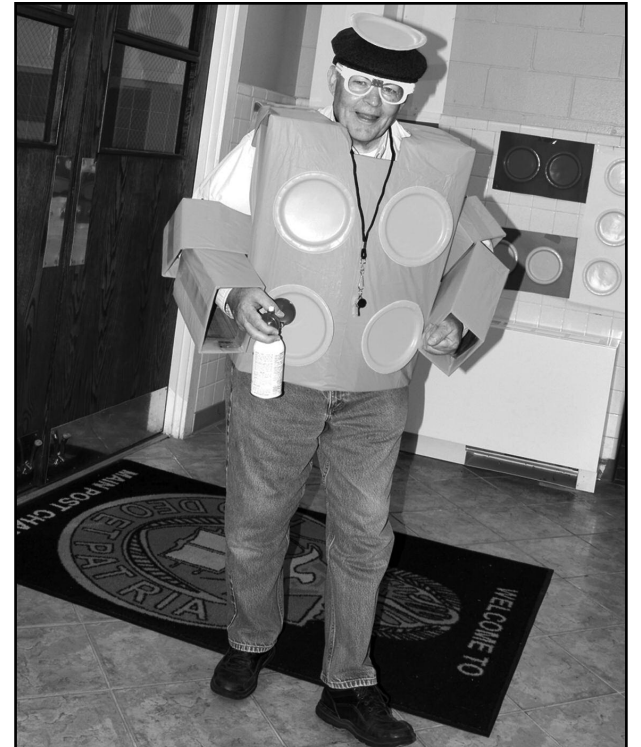
At the end of the day there is an all-camp game that everyone plays together.

"It's a bit of madness when we put all the kids together, but the best kind," she said.

Please see **L.E.G.O.**, page 9



From left to right: May Woods, 13, Emily Glenn, 14, and Trisha Lowry, L.E.G.O. Chapel Camp volunteers, perform a skit as part of the Bible lesson time July 15 at Fort Polk's Main Post Chapel.



Sharrel Cummings, a L.E.G.O. Chapel Camp volunteer, was the time keeper for the camp. With his trusty air horn, he kept the volunteers and children moving along to their next activity.

Kids attending L.E.G.O. Chapel Camp have fun playing a game at the Main Post Chapel July 15



L.E.G.O. —

Continued from page 8

The most important thing about the games is that they are fun, said Moffit.

"We are trying to entertain and teach them at the same time," she said.

Both of Moffit's children are attending the camp. It's another example of the support and dedication the chapel staff shows to the adults and children of Fort Polk, said Moffit.

"That care is priceless to a mom. The best word I can use to describe my feelings is gratitude. This community has become our second family," she said.

Camper Michael Portwood, 10, said L.E.G.O. Camp has been great.

"We get to do a lot of fun activities. I really enjoy Bible story time. It's my favorite because it teaches kids about the Bible," he said.

Camper Marilyn Wise, 5, said she was having a lot of fun at camp.

"I think my favorite part of camp is snack time. I got to help make and eat cookies. The skits are great too because we learn about God and they are funny. They make me laugh," she said.



Ruby Gross, 15 (left) and Madison Harris, 14, L.E.G.O. Chapel Camp volunteers, watch as campers play in a pool of Legos.

Campers learn to defend Fort Polk from zombie hordes

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Fort Polk kids attending Child and Youth Services Youth Sports and Fitness Zombie Apocalypse Outdoor Adventure Camp learned many of the skills necessary if there's a zombie invasion.

First and foremost, they had to battle through the heat of a typical Louisiana summer to wring every bit of adventure out of this fun-filled week held July 15 through today.

Each day provided a different activity for the young zombie hunters. Campers went to the Fort Polk Recreational Shooting Range July 15 for some practice with zombie targets using .22 rifles and skeet shooting.

Testing their ability to shoot a moving target, campers geared up and had paintball fun at Fort Polk's Perez Field July 16.

It was back to the range on July 17 to participate in zombie archery. Running skills and cunning were tested July 18 at Alligator Lake for a zombie run scavenger hunt. Today is a zombie fun day held at the Toledo Bend Recreation Site.

John Stromberg, Fort Polk Youth Sports and Fitness director, said the zombie camp is all about learning to hold off zombie hordes.

"I consider the camp a success if the kids are having fun, but at the same time they also learn important things like gun safety skills and how to kayak, as well as a few life skills, he said.

Camper Carissa Pursley, 12, said she has always been interested in the idea of a zombie apocalypse.

"The zombie aspect is what drew my attention to this camp. It's been fun so far, but super hot," she said. "I've been shooting my whole life, so I loved going to the range to shoot at the zombie targets."

Joshua O'Neill, 14, said he attended the outdoor adventure camp earlier in the summer and liked it so much that he signed up for the zombie camp.

"The camps give me something fun to do in the summer. Paintball has been a blast. I've enjoyed it," he said. "But I'm really looking forward to the zombie fun day filled with swimming, kayaking and barbecue. It's going to be a great day."

Dominic Manzanares, 12, recently moved to Fort Polk from Germany. He said the camp was a chance for him to become involved in his new home. "The camp gave me the opportunity to meet new friends and participate in fun activities that you don't get to do everyday," he said.



ANGIE THORNE / GUARDIAN

Fort Polk youth attending the Child and Youth Services Youth Sports and Fitness Zombie Apocalypse Outdoor Adventure Camp July 16 at Perez Field took a picture with a few of their gory zombie buddies used as target practice while the kids are at the Fort Polk shooting range.



Child and Youth Services Youth Sports and Fitness staff help Zombie Apocalypse Outdoor Adventure Campers put on paintball gear and fill their guns as they get ready for action on the field July 16 at Fort Polk's Perez Field.



Zombie campers peek around a paintball inflatable to shoot at the opposing team July 16.



Zombie campers try to take aim while protecting themselves during a competitive paintball battle July 16 at Perez Field.

Know risks, proper actions to prevent dog bites

CENTERS FOR DISEASE CONTROL

ATLANTA — Dog bites can cause pain and injury, but they can also spread germs that cause infection. Nearly one in five people bitten by a dog requires medical attention. Any dog can bite — know how to enjoy dogs without getting bitten.

Dogs can be a person's closest companions — in the United States, more than 36 percent of households own at least one dog.

Dogs have been proven to decrease stress, increase exercise levels and are playmates for children. But sometimes man's best friend will bite.

In addition to causing pain, injury or nerve damage, dog bites can become infected, putting the bite victim at risk for illness or — in rare cases — death.

Although the idea of being bitten by a dog is scary, it doesn't mean you need to avoid dogs completely. If you work or live around dogs, be aware of the risks.

Know the risks

Children are more likely than adults to be bitten by a dog, and when they are, the injuries can be more severe.

More than half of dog bite injuries occur at home with dogs that are familiar to the victim. Having a dog in the household is linked to a higher likelihood of being bitten than not having a dog.

As the number of dogs in the home increases, so does the likelihood of being bitten. Adults with two or more dogs in the household are five times more likely to be bitten than those living without dogs at home.

Among adults, men are more likely than women to be bitten by a dog.

How to prevent dog bites

Do:

- Always ask if it is okay to pet someone else's dog before reaching out to pet the dog.

- When approached by an unfamiliar dog, remain motionless.

- If a dog knocks you over, curl into a ball with your head tucked and your hands over your ears and neck.

- Immediately let an adult know about any stray dogs or dogs that are behaving strangely.

Don't:

- Approach an unfamiliar dog.

- Run from a dog.

- Panic or make loud noises.

- Disturb a dog that is sleeping, eating or caring for puppies.

- Pet a dog without allowing it to see and sniff you first.

- Encourage your dog to play aggressively.

- Let small children play with a dog unsupervised.

If an unfamiliar dog approaches you and you do not want to interact with it, do the following:

- Stop. Stay still and be calm.

- Do not panic or make loud noises.

- Avoid direct eye contact with the dog.

- Say "No" or "Go Home" in a firm, deep voice.

- Stand with the side of your body facing the dog. Facing a dog directly can appear aggressive to the dog. Instead, keep your body turned partially or completely to the side.

- Slowly raise your hands to your neck, with your elbows in.

- Wait for the dog to pass or slowly back away.

If you are bitten or attacked by a dog, take the following steps:

Protect yourself — put your purse, bag or jacket between you and the dog, and if knocked down, curl into a ball with your head tucked in and your hands over your ears and neck.

When you get to a safe place, immediately wash wounds with soap and water.

For minor wounds:

- Wash the wound thoroughly with soap and water.

- Apply an antibiotic cream.

- Cover the wound with a clean bandage.

- See a health-care provider if the wound becomes red, painful, warm or swollen; if you develop a fever; or if the dog that bit you was acting strangely.

For deep wounds:

- Apply pressure with a clean, dry cloth to stop the bleeding.

- If you cannot stop the bleeding or you feel faint or weak, call 911 or your local emergency medical services immediately.

See a healthcare provider:

- If the wound is serious (uncontrolled bleeding, loss of function, extreme pain, muscle or bone exposure).

- If the wound becomes red, painful, warm or swollen, or if you develop a fever.

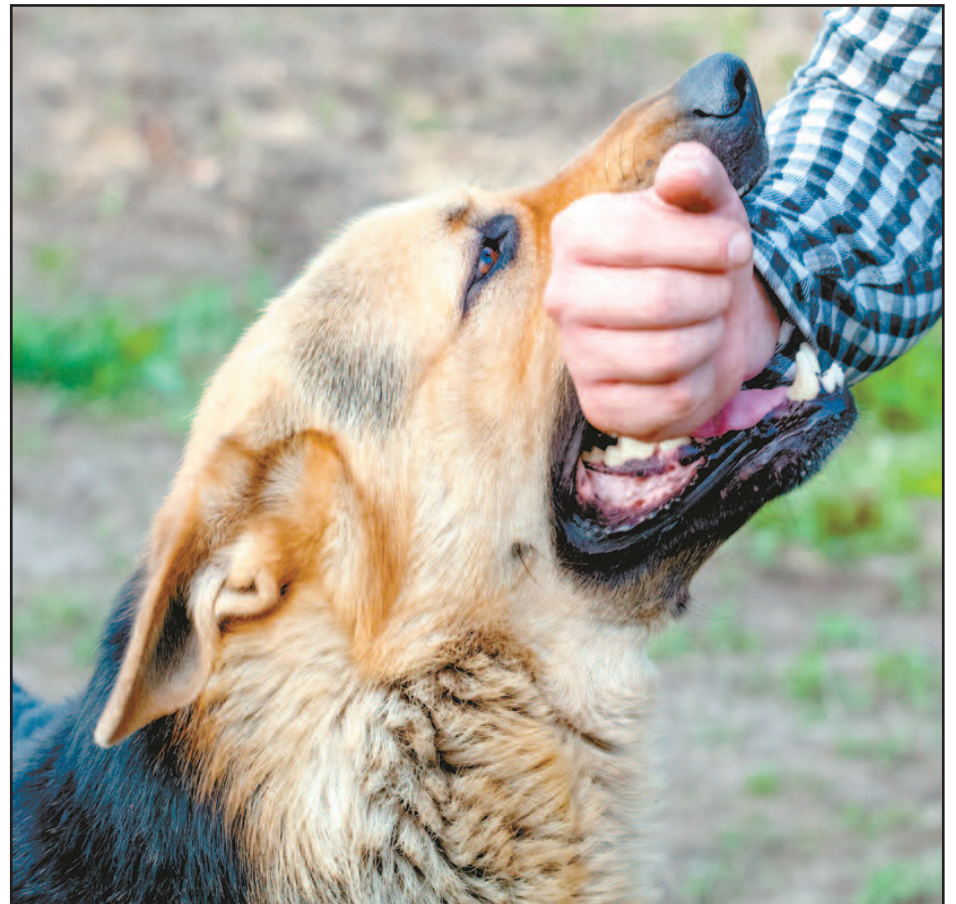
- If you don't know if the dog has been vaccinated against rabies.

- If it has been more than 5 years since your last tetanus shot and the bite is deep.

Report the bite

Because anyone who is bitten by a dog is at risk of getting rabies, consider contacting your local animal control agency or police department to report the incident, especially:

- If you don't know if the dog has been vaccinated against rabies.



- If the dog appears sick or is acting strangely.

If possible, contact the owner and ensure the animal has a current rabies vaccination.

You will need the rabies vaccine license number, name of the veterinarian who administered the vaccine, and the owner's name, address, and phone number.

Diseases related to dog bites

In addition to causing injury, dog bites can spread germs from dogs to people.

Up to 18 percent of dog bites become infected with bacteria. More than 60 different kinds of bacteria have been found in dog mouths, but only a handful of these germs can make you sick. Dog bites can cause the following diseases:

- Rabies is one of the most serious diseases people can get from dog bites.

Although getting rabies from a dog in the United States is rare, it is still a risk. Rabies is a virus that affects the brain and is almost always fatal once symptoms appear. Rabies virus is most commonly spread through the bite and saliva of an infected animal.

The disease can be prevented by vaccinating dogs. People who are bitten by a dog should speak with a healthcare provider to see if rabies vaccination is necessary.

- Capnocytophaga bacteria live in the mouths of people, dogs and cats.

These bacteria do not make dogs or cats sick.

Rarely, Capnocytophaga can

spread to people through bites, scratches or close contact from a dog or cat and cause illness. Most people who have contact with dogs or cats do not become sick, but people with a weakened immune system are at greater risk of becoming sick because it is harder for their bodies to fight infections.

- Pasteurella External is a type of bacteria seen in more than half of infected dog bite wounds. Pasteurella commonly causes a painful, red infection at the site of the bite, but can cause a more serious disease in people with weakened immune systems.

There may also be swollen glands, swelling in the joints and difficulty moving.

- MRSA (methicillin-resistant Staphylococcus aureus) is a type of staph infection that is resistant to a certain group of antibiotics. Dogs and other animals can carry MRSA without showing any symptoms, but the bacteria can cause skin, lung and urinary tract infections in people.

In some people, MRSA can spread to the bloodstream or lungs and cause life-threatening infections.

- Tetanus is a toxin produced by a type of bacteria called Clostridium tetani. This toxin causes rigid paralysis in people and could be a problem in deep bite wounds.

Any dog can bite, but if you understand the risks for dog bites and know how to protect yourself, you will reduce your likelihood of getting sick or injured.

Keep safe when eating fair, festival foods

CENTERS FOR DISEASE CONTROL

ATLANTA — A fun family activity is attending fairs, festivals, carnivals and rodeos.

Fairs and festivals are exciting events and there are always fun things to see and experience, including artwork, music, games and rides. One of the biggest draws to these events is the many different types of foods and drinks available.

Sometimes the usual safety controls in a kitchen, like handwashing facilities, refrigeration, thermometers to check food temperatures and workers trained in food safety, may not be available when cooking and dining at fairs and festivals. This makes it even more important for you to follow food safety tips.

Remember that food safety practices are the same at fairs as they are at restaurants and at home: Clean, separate, cook and chill. Learn more about these steps and reduce your chances of getting food poisoning.

Consumers

What should you consider before buying food from a vendor?

- Does the vendor have a clean and tidy workstation?
- Does the vendor have a sink for employees to wash their hands?
- Do the employees wear gloves or use tongs when handling food?
- Does the vendor have refrigeration on site for raw ingredients or pre-cooked foods?
- Has the vendor been inspected? Is a recent inspection report available? Requirements vary by state, but in general, temporary and mobile vendors, like those at fairs and carnivals, should have a license to sell food and beverages in a particular state or county for a specific time period. You can check with the local health department to see if the vendors are licensed and if a food inspection has been completed.

Are there healthy food alternatives to consider at fairs and festivals?

When purchasing food from a vendor, look for healthy options first. If they are not available, consider bringing your own food to save money and calories. Bringing food from home allows you to eat a healthy meal or snack as a family, while still enjoying the festive atmosphere around you. Don't forget to keep safe food storage practices in mind. Always remember to keep cold foods cold and hot foods hot.

When bringing food from home, what are proper food handling and storage practices?

If you bring food to a fair or festival from home, be sure to keep food handling and storage times in mind. Don't let food sit out for more than two hours. On a hot day (90 degrees or higher), reduce this time to one hour. Be sure to put perishable items in a cooler or insulated bag.

What steps can you take to protect you and your family?

Wash hands often:

- Find out where hand washing stations are located.
- Wash your hands with soap and clean running water for at least 20 seconds.
- Always wash hands after using the restroom, after playing a game or going on a ride, before eating and drinking, after changing diapers or cleaning up a child who has used the toilet and after removing soiled clothes or shoes.



- Bring hand sanitizers or disposable wipes in case there aren't any places to wash your hands.

Report illness

Anytime you think you may have gotten a foodborne illness, report it to your local health department, even if you have already recovered. The local public health department is an important part of the food safety system. Often, calls from concerned citizens are how outbreaks are first detected.

If a public health official contacts you to find out more about an illness you had, talk to him or her. Information from healthy people can be just as important as information from sick people in public health investigations. Investigators may need your help even if you are not sick.

Requirements differ by state, but in general temporary and mobile food vendors should apply for a food license with the fair's state or county health department.

Many community-based organizations set up booths to sell various foods at local festivals and fairs too. There are special exceptions, but it is better to be safe than sorry — get a license.

Fair organizers should try to include a person trained in food safety throughout the planning process, as well as have them present at the fair.

It is important that food safety steps are followed so the food served doesn't make anyone sick. Try to limit the amount of food preparation performed off-site, a practice known as cook-serve. Also follow the four basic food safety steps: Clean, separate, cook and chill.

Now you're on your way to a safe and healthy summer.



Rare but preventable: Know signs of Toxic Shock Syndrome

MILITARY HEALTH SYSTEM

WASHINGTON — Years after Capt. Rebecca Lauters worked in an emergency room, the memory of a young woman who came in gravely ill still stands out. The patient was in her 20s, Lauters thought, with symptoms so severe that she was barely responsive. The diagnosis: Toxic shock syndrome.

The National Institutes of Health defines toxic shock syndrome as a condition caused by a toxin that's produced by some types of staphylococcus bacteria. When the toxins are released into the blood stream, they spread to the organs, which can lead to shock, illness and potentially death.

"Toxic shock syndrome is not common, but we can possibly decrease the prevalence even more by making women aware of the signs and how they can prevent it," said Lauters, a physician specializing in family medicine at Eglin Air Force Base in Florida.

Lauters said in 2016, the Centers for Disease Control and Prevention received reports of 323 cases of TSS in the United States among men and women. Of those cases, 26 were fatal, she said.

"Early symptoms are similar to other infections, but they can progress quickly to become life-threatening," said Lauters. In such cases, she recommends seeking medical attention immediately. Symptoms include a sudden onset of fever greater than 102 degrees, a widespread red rash, nausea and vomiting, headache, muscle aches, abdominal pain, diarrhea or disorientation.

She said women need to be aware of a particular warning sign: "If you're at the onset of your period and you start feeling like this and have this rash, you need to be seen by a provider. The biggest reason for fatality is that toxic shock is not recognized soon enough."

In women, TSS has been linked with tampon use during menstruation, with nearly half of current cases linked to tampon use, NIH said. Lauters said women ages 15-24 are at greater risk, most likely due to the lack of knowledge about proper tampon usage. Diagnoses of TSS spiked during the 1970s and 80s as a result of a substance in the tampons at the time, but the number has since declined and remained steady since the late 1980s, she said.

Lt. Col. Caela Miller, an obstetrician-gynecologist at Tripler Army Medical Center in Hawaii and deputy consultant for obstetrics and gynecology to the Office of the Surgeon General, said the spike in infections caused companies producing feminine products to change how they made tampons.

"After that happened, the rate of TSS became very rare," said Miller, adding that it's unclear why some women develop it and others don't. She recommends women use the lowest absorbency tampon possible and change them frequently, with no more than six to eight hours in between.

"You want to change it as frequently as possible, even on light flow days," said Miller, who advises against wearing a tampon overnight. For women working in a field environment, symptoms of TSS are similar to those of heatstroke, she warned. "If you're in an environment where it's not possible to change tampons frequently, you may want to consider other options, such as pads or birth control that helps delay the menstrual cycle."

Women can develop TSS from diaphragm and

sponge usage as well, Miller said. According to the National Institutes of Health, TSS can also be associated with skin infections, burns, recent childbirth, recent surgery and wound infection after surgery.

Once a person goes into shock, the likelihood of survival depends on how early antibiotics, fluids and blood pressure supporting medications are received, said Miller.

"It's a difficult diagnosis to make, and I think it's something that's hard because tampons are a fact of life in developed countries," said Miller. She recommends going to a facility that has intensive care unit capabilities. Recovery can range

from a couple of days to a couple of weeks, depending on the severity and stage of illness.

Miller warned that women who have developed TSS are more likely to have recurrent infections. After the initial infection, the vagina can become colonized with the staphylococcus bacteria that produces the toxin, so if a woman has survived TSS, she should no longer use tampons, she said.

While the possibility of TSS shouldn't prevent women from wearing tampons, it's important to be aware of the symptoms and seek medical attention if they arise, especially during the first few days of the menstrual cycle, said Miller.

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Protect your family from hand, foot, mouth disease

CDC

ATLANTA — Hand, foot and mouth disease, or HFMD, is a contagious illness caused by different viruses. It is common in infants and children younger than 5 years old. However, older children and adults can also get HFMD. In the United States it is more common for people to get HFMD during summer and fall.

HFMD is usually not serious, and nearly all people recover in seven to 10 days without medical treatment. Rarely, an infected person can develop viral meningitis and may need to be hospitalized for a few days. Other complications can include paralysis or encephalitis (brain inflammation) which can be fatal.

Because HFMD is caused by several different viruses, it is possible to get the disease more than once.

People with HFMD are most contagious dur-

ing the first week of their illness. However, they may sometimes remain contagious for weeks after symptoms go away. Some people, especially adults, may not develop symptoms, but they can still spread the viruses to others.

The viruses that cause HFMD can be found in an infected person's nose and throat secretions (such as saliva, sputum or nasal mucus, blister fluid or human waste).

To reduce your chance of getting and spreading the virus, you should always maintain good hygiene, such as washing hands with soap and water for at least 20 seconds (especially after changing diapers); avoid touching or kissing infected people; and avoid touching contaminated surfaces.

Avoid touching your eyes, nose and mouth with unwashed hands, and disinfect frequently touched surfaces and objects, such as toys and doorknobs, especially if someone is sick.

Symptoms of HFMD often include fever, reduced appetite, sore throat, painful mouth sores that usually begin as flat red spots or a rash of flat red spots that may blister on the palms of the hands, soles of the feet and sometimes the knees, elbows, buttocks or genital area.

There is no specific treatment for HFMD. Fever and pain can be managed with over-the-counter fever reducers and pain relievers, such as acetaminophen or ibuprofen.

It is important for people with HFMD to drink enough fluids to prevent loss of body fluids or dehydration.

There is no vaccine to protect against the viruses that cause hand, foot and mouth disease.

HFMD is often confused with foot-and-mouth disease (also called hoof-and-mouth disease), which affects cattle, sheep and swine. Humans do not get the animal disease and animals do not get the human disease.

View

Continued from page 2



April O'Neill:
"Someone who listens and shows empathy."



Sgt. 1st Class Daniel Wilson:
"Dependability and loyalty. Someone who makes sacrifices for the benefit of others without the expectation of reward."



Dana Horn-Trujillo:
"Someone you can depend on no matter what — all it takes is a phone call and they've got your back."

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Watch hot air balloons fill summer sky over Lake Charles

HOT AIR BALLOON FESTIVAL

LAKE CHARLES, La. — The first Southwest Louisiana Hot Air Balloon Festival, held at Chennault International Airport, 3650 Sen. J. Bennett Johnston Ave. in Lake Charles, is set to launch today and Saturday. The event will be a hot spot of entertainment with two stages featuring live bands and dance teams.

You'll hear some of your favorite entertainers including the Louisiana Express, Jeremy Camp, The Molly Ringwalds and more.

A kids' carnival, jump zone, rock wall, fireworks, balloon glow and fun for the whole family are also in store for festival-goers.

Today is family night. The festival kicks off at 5:30 p.m. with live entertainment followed by a balloon glow, fireworks and the movie "Up."

The excitement continues Saturday at 4:30 p.m. with live entertainment, a beer festival, carnival rides, kids' zone, a second fireworks show, balloon glow, dance routines and more.

If you don't know what a balloon glow is, it means balloons inflate and light themselves from within at night. The sight of hot air balloons lit up like giant light bulbs can be breathtaking. The glow is some-

times themed to music.

Don't miss both nights of high-flying fun. If you are the adventurous type, you can enjoy balloon-tethered rides. Hot air balloon rides are \$20 for adults and \$15 for children. Cash only will be accepted for tethered balloon rides. ATMs are available on site.

Tethered rides will be for four to eight riders at a time and can vary due to weight and pilot's discretion. Balloons will only be in the air during the balloon glow where they will rise slightly in the air while igniting the gas to fill the balloons. Tethered rides will be floating up and down throughout the day.

Festival hours are 5-11 p.m. today and noon-midnight on Saturday.

General admission is \$20 at the gate. Festival-goers may also purchase a weekend pass for \$25. Children 14 and younger are admitted free. VIP tickets are \$125. Tickets may be purchased online. Credit cards only are accepted at all admissions booths for day of ticket sales.

No pets or coolers with outside food and beverages are accepted inside festival gates. For more information on purchasing tickets and a complete schedule of events visit www.swlaballoonfest.com.



Discover strange balloon facts

MENTALFLOSS.COM

If you are interested in hot air balloons, take a peek at some of the following information found at <http://mentalfloss.com>.

- A rooster, a duck and a sheep were the first hot air balloon passengers in 1783 at the French court in Versailles.

- Jean-François Pilâtre De Rozier was the first pilot and also the first air crash victim on Nov. 21, 1783.

- In 1808, there was a balloon duel. Shots were fired by two Frenchmen in a love-triangle. One balloon was punctured, killing its occupants, leaving the other to win his lady's hand.

- During the Civil War, the Union Army had a balloon corps with seven balloons used to spy on enemy movement from as far as 15 miles away. It was disbanded in 1863 since giant balloons make good targets to shoot at during combat.

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What: Vacation Bible School - IN THE WILD

Where: Cooper Baptist Church - 853 Cooper Church Rd

When: July 21st 12PM - 1:30PM VBS KICK OFF Join us for lots of fun.

July 24th - July 28th (Wed. - Sat. 6 - 8:30 PM, Sun. 9:30 Am - 1:00 PM)

Who: EVERYONE - We have classes 4 year old to adults.

Why: We would love for you and your family to join us for VBS this Summer.

We will be providing dinner nightly, Wed. - Sat.

Light snacks will be provided on Sunday following Family Day worship.

Contact us if you have any questions:

337-537-3735 | CooperBaptistChurch@yahoo.com

CooperBaptist.org



Lagniappe

BOSS

• Beach bash

Fort Polk's Better Opportunities for Single Soldiers hosts its annual BOSS Beach Bash summer celebration Aug. 2 from 9 a.m.-4 p.m. at Toledo Bend Army Recreation Site. This event is for single Soldiers only. There will be free food, a live DJ, games, boat rides and free giveaways. A shuttle service is provided from the Home of Heroes Recreation Center, 2165 Ninth St. For more information call 531-1948.

• Lemon lot

Trying to sell your vehicle? Bring it to the BOSS Lemon Lot. Registration is \$5 for 30 days. Cars that are not registered will be towed. Register at the Home of Heroes Recreation Center.

• Volunteer opportunity

The BOSS program encourages you to donate your time to those in need. BOSS lends a helping hand at the DeRidder Soup Kitchen each Monday and Wednesday. Departure time is 4 p.m. from the Home of Heroes Recreation Center.

Festivals

• Cajun festival

The Cajun Music and Food Festival celebrates the preservation of Cajun music and heritage today and Saturday at the Burton Coliseum, 7001 Gulf Hwy., Lake Charles. The festival features continuous live Cajun music, traditional Cajun foods, arts and crafts, Cajun waltz and two-step dance contests and children's activities. Admission is

\$8 per person. Children under 12 get in free. The festival starts at 4 p.m. today and 9 a.m. Saturday. The festival ends at 11 p.m. each night. For more information visit <http://cfmalakecharles.com>.

• Marshland festival

The two-day festival is held July 26-27 at the Lake Charles Civic Center, 900 Lakeshore Drive, and offers music from Zydeco to country to Cajun. The festival features live entertainment, games, arts and crafts booths, food and exhibits. Live music begins at 6 p.m. July 26, and ends at midnight. Admission is \$15 per person. On July 27, the music begins at noon and ends at midnight. Admission is \$20 per person. Children 12 and under are free. For more information, a complete schedule of events and band lineup visit www.marshlandfestival.com or call (337) 540-3182.

• Satchmo Summerfest

This annual festival, held Aug. 2-4, celebrates Louis Armstrong's life, legacy and music. The festival is held at the New Orleans Jazz Museum at the Mint, 400 Esplanade Ave., New Orleans.

The festivities include a seminar series, jazz exhibits, a jazz mass and second-line parade, fantastic food and a host of star-studded performers. Daily admission is \$6 per person. For more information visit <https://satchmosummerfest.org/>.

• Arts & Crabs

Check out the Arts & Crabs Festival that highlights the ties between Louisiana's seafood and culture Aug. 17 at Burton Colise-

um, 7001 Gulf Hwy, Lake Charles. Sample dishes from local chefs, each preparing a unique seafood dish representative of their cuisine's styles. For more information visit www.artscouncilswla.org.

• Duck festival

If you love to hunt fowl, you won't want to miss this festival focused on everything to do with hunting ducks. The Gueydan Duck Festival takes place Aug. 22-25, at 404 Dallas Guidry Road, Gueydan, about two hours south of Fort Polk. The event offers opportunities to enjoy a duck and goose calling contest, skeet shooting, dog trials and decoy carving. This is in addition to great food, live bands, cooking contests and a carnival. For more information visit www.duckfestival.org.

Miscellaneous

• Alexandria Zoological Park

If you love animals, summer is the perfect time to pack up the family and head to the Alexandria Zoo, 3016 Masonic Drive. The zoo is open from 9 a.m.-5 p.m. daily. Admission is \$7.50 per person ages 13-64. Admission for children ages 4-12 is \$5.50. Admission for seniors 64 and older is \$4.50. Children three and under get in free.

For more information visit www.thealexandriazoo.com.

• Kent Plantation House

Take a tour of Kent Plantation House, 3601 Bayou Rapides Road, Alexandria. Admission is \$11 per adult. Admission for seniors and military is \$9 per person. Admission for children ages 6-12 is \$3.50. Children under 6 get in free. The

plantation is listed in the National Register of Historic Places and is an authentic Creole plantation house built circa 1796, prior to the Louisiana Purchase. It is a classic example of French colonial architecture.

Standing on the original land grant from the King of Spain to Pierre Baillio II, it offers a glimpse of the French, Spanish and American cultures that have influenced Louisiana. The plantation house is one of the oldest standing structures in the state of Louisiana. Together with its outbuildings, it preserves the homestead of a successful Creole family typical of a Louisiana colonial era working plantation. For more information visit www.kenthouse.org.

Clubs/groups

• Bass Masters

Join the Fort Polk Community Bass Masters. The club meets monthly on the Tuesday before each tournament.

Meetings are held at 7 p.m. at the New Llano American Legion, Post 387, 500 Vernon St. The August tournament takes place at Sam Rayburn Reservoir, just north of Jasper, Texas, Aug. 6. The entry fee is \$40. For more information visit www.fortpolkcommunity-bassmasters.com.

• 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.

Dental Insurance

This is real dental insurance from Physicians Mutual Insurance Company that helps pay for over 350 procedures – cleanings, fillings, crowns, even dentures.

- No annual maximum, no deductible
- See any dentist you want – including your own
- Over 50? Coverage as low as \$1 per day

Call now to get this **FREE** Information Kit
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Asbestos exposure at refineries, shipyards, chemical plants, power plants, pipelines, on ships, offshore rigs, or other maritime jobs, industrial, construction, manufacturing jobs, or the military may be the cause. Family in the home were also exposed. Throat, Stomach, and Colon cancers may also be asbestos related.

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cancerLA@breakinginjurynews.com.

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ESTATE SALE! FRIDAY & SATURDAY! Friday July 19th - (12- 7pm) Saturday July 20th- (7am - 1 pm). Featured Items: Refrigerator, Deep Freeze, Lots of furniture, Decorations, Christmas decorations, Cloths and Much more! 970 Walnut Hill Rd, Leesville, La.

FOR SALE

FORD F-150 TIRES, Rims, 6 lugs, 305 4OR22 4EA \$700.00 OBO. Call 337-208-6983.

1995 CHEVY SILVER-ADO, Runs Good, Motor Does Smoke But Is A Dependable Vehicle. Extend Cab. Interior And Tires In Very Good Condition. \$1600.00. Text 337-397-6606

MOSSBERG 500A 12 Gauge Pump Camo Turkey Gun \$200.00. Text 337-397-6606

CVA POTIMA 50 CALIBER Black Powder With All Accessories \$200.00. Text 337-397-6606

FOR SALE: TWO 28-FOOT ALUMINUM PONTOONS, connected with partial cover. Pontoons sit on 28-foot trailer, \$6,000. Call 318-352-3618.

REAL ESTATE

NOTICE: All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination. The Guardian will not knowingly accept any advertisement for real estate, which is in violation of the law. All dwellings advertised in this newspaper are

available on an equal opportunity basis.

FOR LEASE IN DERIDDER'S GREEN ACRE SUBDIVISION. Move-In Ready! Beautiful 4 BR, 2 Bath, 2 car garage, extra large living and dining areas, kitchen, den and patio with fenced backyard. Call 318-717-5057.

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BATHROOM RENOVATIONS. EASY, BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 855-238-1870 (LA-SCAN)

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GET A SMARTPHONE FOR \$0 DOWN* WITH AT&T NEXT® AND AT&T NEXT EVERY YEAR? \$250 Gift Card for Switching to AT&T! (*Requires well-qualified credit. Limits & restrictions apply.) 1-844-334-8365 (LA-SCAN)

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SPECTRUM TRIPLE PLAY! TV, Internet & Voice for \$99.97/mo. Fastest Internet. 100 MB per second speed. Free Primetime on Demand. Unlimited Voice. **NO CONTRACTS**. Call 1-844-669-6795 or visit <http://tripleplay-today.com/la> (LA-SCAN)

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ATTENTION: OXYGEN USERS! THE NEW Inogen One G5. 1-6 flow settings. Designed for 24 hour oxygen use. Compact and Lightweight. Get a Free Info kit today: 855-874-9438 (LA-SCAN)

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Fort Polk Guardian
www.thefortpolkguardian.com

Tradin' Post Ads

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

MEDICAL - GRADE HEARING AIDS FOR LESS THAN \$200! FDA-Registered. Crisp, clear sound, state-of-the-art features & no audiologist needed. Try it RISK FREE for 45 Days! CALL 1-866-790-0710 (LA-SCAN)

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STILL PAYING TOO MUCH FOR YOUR MEDICATION? Save on

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* 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.

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

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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FOR SALE

FORD F-150 TIRES, Rims, 6 lugs, 305 4OR22 4EA \$700.00 OBO. Call 337-208-6983.

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#306	132	\$190
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#309	257	\$200
#311	259	\$200
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⁽¹⁾ Example stk# 39223. MSRP \$27,190. \$5,000 Cash Back includes \$3,500 Cash Back from KMF and \$1,500 Dealer Discount. Purchase payments based on \$15.15/\$1,000 financed with approved credit through KMF. Excludes TT&L, registration, insurance & \$150 dealer fee. Ends 7/31/19.

⁽²⁾ Example stk# 39186. MSRP \$41,188. \$6,000 Cash Back includes \$4,000 Cash Back from KMF and \$2,000 Dealer Discount. Purchase payments based on \$15.15/\$1,000 financed with approved credit through KMF. Excludes TT&L, registration, insurance & \$150 dealer fee. Ends 7/31/19.

⁽³⁾ Warranties include 10-year/100,000-mile powertrain and 5-year/60,000-mile basic. All warranties and roadside assistance are limited. See retailer for warranty details