



FORGING THE

WARRIOR SPIRIT

The JRTC and Fort Polk Guardian

Vol. 48, No. 6

Home of Heroes @ Fort Polk, LA

Feb. 12, 2021

Brazilian, U.S. military leaders emphasize partnerships at JRTC

By DONALD SPARKS
U.S. Army South

FORT POLK, La. — During World War II, Brazil was the only South American country to contribute troops to the allied cause; and 75 years later, the Brazilian Army made its mark again with U.S. forces as the first South American company-sized element to train at the Joint Readiness Training Center.

Senior U.S. military leaders including Adm. Craig S. Faller, U.S. Southern Command commander, Gen. Michael X. Garrett, U.S. Army Forces Command commander, Maj. Gen. Daniel R. Walrath, U.S. Army South commander and Maj. Gen. Christopher Donahue, 82nd Airborne Division commander, met senior Brazilian military leaders Feb. 1-2 at JRTC and conducted key leader engagements marking the significance of the bilateral training exercise.

"This Brazilian airborne company presence and participation in one of the Army's combat training centers represents the first time we've had a partner army from South America participate in one of these rotations," Walrath said. "This is a continuation

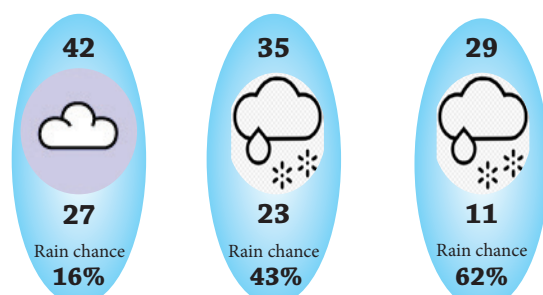
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Maj. Gen. Daniel R. Walrath (left), Army South commanding general, and Lt. Gen. Marcos de Sá Affonso da Costa, chief of training, Land Forces Training Command, Exército Brasileiro, signs a technical arrangement between the Brazilian Army and the U.S. Army as represented by Army South concerning Brazilian participation in combined training exercise in conjunction with Joint Readiness Training Center Rotation 21-04 Feb. 1.

DONALD SPARKS/ U.S. ARMY SOUTH

Weekend weather



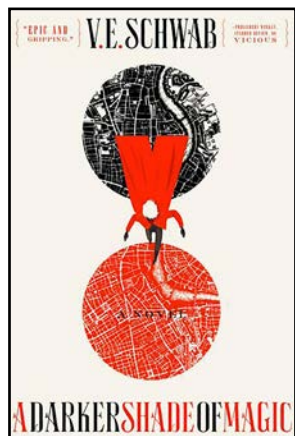
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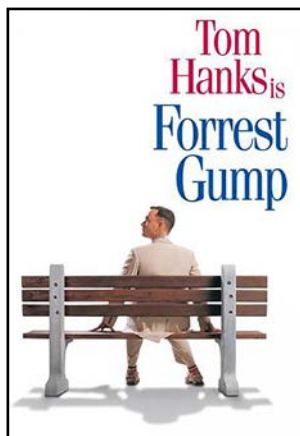
Viewpoint

In our view

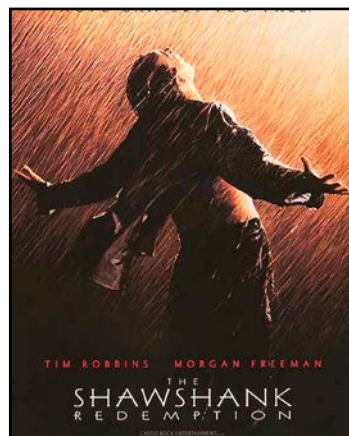
Guardian staff asked the JRTC and Fort Polk community, "What is your favorite quote from a book, show or movie and why?" Here are their responses:



Lisa Travis: "I'd rather die on an adventure than live standing still," from 'A Darker Shade of Magic,' by V.E. Schwab. This quote resonates with me as a military spouse because our lives are one big adventure."

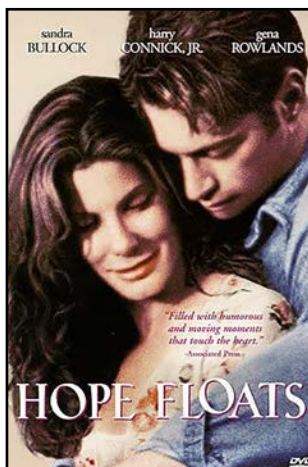


Arlene Van Dongen: "My mom always said life was like a box of chocolates," from 'Forest Gump.' It's a good reminder that it doesn't matter where we are or what we are doing, at any given time life can throw you a curve ball and you just have to knock it out of the field, accept it and carry on."

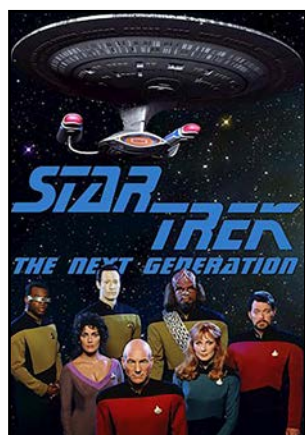


Patty Graver: "I guess it comes down to a simple choice, really. Get busy living or get busy dying," from 'The Shawshank Redemption.' I love it because it is so true. You can live or fade away, and we should all choose living!"

Cynthia Lusby Donelson: "Beginnings are scary, endings are usually sad, but it is the middle that counts the most. You need to remember that when you find yourself at the beginning. Just give hope a chance to float up," from 'Hope Floats.' I think we can all relate to this at many points of our lives."



Luewana Hannon: "Nobody is gonna hit as hard as life, but it ain't how hard you can hit. It's how hard you can get hit and keep moving forward. It's how much you can take, and keep moving forward. That's how winning is done," from 'Rocky Balboa.'"



Valkyrie Gilbert: "It is possible to commit no mistakes and still lose, that is not weakness, that is life," from 'Star Trek The Next Generation.' That put a lot of things in perspective for me as I was growing up. I thank my Trekkie dad for getting me into the series."



Penny Algrava: "Do or do not — there is no try," from 'The Empire Strikes Back.' It reminds me to not make excuses when something needs to be done."



Kristi Lee: "After all this time? Always," from 'Harry Potter and the Deathly Hallows.' It's the realization that love never really fades, no matter the time or distance."



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The Guardian is published weekly by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

The Guardian can be found on the JRTC and Fort Polk web site at **home.army.mil/polk** and the JRTC and Fort Polk Facebook page at **@JRTCandFortPolk/**. Guardian archives can also be found on the JRTC and Fort Polk website.

Links to the Guardian are also included in all-users emails to government email users and by request to non-military units. To be included on all-users messages email **kimberly.k.reischling.civ@mail.mil**.

All editorial content of the Guardian is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

For more information on Fort Polk units and happenings visit the following Facebook pages: **@JRTCOperationsGrp**, **@BayneJonesACH** or **@fortpolkmwr**.

Briefs

BJACH holiday hours

Bayne-Jones Army Community Hospital will be closed for Presidents' Day Monday. Outpatient clinics, pharmacy, laboratory, radiology and the dining facility are closed. The emergency room and inpatient services remain open. ScriptCenter is open for registered beneficiaries to pick up refill prescriptions.

Free seat installation

Join nationally certified technicians, Feb. 26 from 11 a.m.-3 p.m. at Fort Polk's Main Post Exchange parking lot, to reduce serious injuries and fatalities in children by making sure your child's safety seats are installed properly. It's estimated that 96% of all child restraints are installed incorrectly. The technicians can help Fort Polk parents select the proper child restraint, ensure that their child is placed into the restraint properly and that the restraint is correctly installed in their vehicle.

Tuition assistance

ArmyIgnitED replaces the GoArmy-ED system March 8. Soldiers requesting tuition assistance for classes should apply for aid as soon as possible. The staff of Fort Polk's Education Center can assist Soldiers in requesting tuition assistance. Three computer labs are also available for the creation of [ArmyIgnit-ED](#) accounts by appointment only to ensure social distancing. Sessions will be held at 9 a.m., 11 a.m. and 1 p.m. To make an appointment call 531-5269.

BOSS events

Fort Polk's Better Opportunities for Single Soldiers host February events.

- Feb. 19 — BOSS hosts a movie night at 7 p.m. in the 3rd Brigade Combat Team footprint behind Glory Chapel. Bring your chairs and blankets to watch, "Rambo." The event is free.
- Feb. 27 — BOSS hosts a dessert and wine tasting class at the Warrior Center at 5 p.m. The cost of the class is \$15 per Soldier. Participants must be 21 or older. Sign up by Feb. 23.

For more information call 531-1948.



Fort Polk volunteers strive to make difference

By **ANGIE THORNE**

Public affairs specialist

FORT POLK, La. — Have you ever wished you could do something that makes a difference, but you don't know how? It's a quandary, but not one that can't be overcome. Volunteering is one of the ways people can make that drive to help others a reality.

Yamel Munoz, Army Community Service outreach program coordinator, said Fort Polk's Army Volunteer Program functions as a coordinating effort between the organizations on the installation in need of aid and interested volunteers.

"I help Soldiers, Families and Department of Defense civilians who are interested in helping our installation with finding proper placement," she said.

Members of the Fort Polk community can volunteer with organizations such as Bayne-Jones Army Community Hospital, Better Opportunities for Single Soldiers, ACS, the environmental program, the Fort Polk museum, Judge Advocate General's Corps and more.

Munoz said Fort Polk has many organizations that are essentially run and maintained by volunteers.

"For instance, Child and Youth Services coaches are volunteers," she said.

Munoz said there are a number of reasons people volunteer. In some cases, they just want to get out of the house while also trying to help Fort Polk, but others are also trying to learn needed skills at the same time.

"Volunteering as an administrative assistant can equip a spouse with needed skills; or if they are going to school in a medical field, they may request volunteer work at BJACH. Volunteering can add positive work experience to a resume," she said.

Whatever their goal, Munoz said the job of the volunteer program is to link people with well-suited volunteer positions.

Munoz runs the Volunteer Management Information System. This is where the volunteers [register online](#) as a volunteer and apply for a position.

"In order to volunteer on Fort Polk, they have to register in VMIS," she said.

Some organizations have their own organizational points of contact, which manage volunteers within their programs.

"If a person wants to volunteer as a CYS coach, they will be directed to apply via VMIS. My job is to coordinate all the volunteers and organizations under one umbrella," said Munoz.

Munoz said if any volunteer has issues,

Please see **Volunteer**, page 6

DoD participates in new COVID-19 antibody treatment trial

HEALTH.MIL

WASHINGTON — While the Military Health System continues to support the development and distribution of COVID-19 vaccines to counter the ongoing public health threat of the disease, it's investing in other efforts to counter the SARS-CoV-2 virus.

One of those includes evolving therapeutics as part of the operation previously known as Warp Speed through clinical trials of a long-lasting antibody product to prevent COVID-19 among people who have been exposed to the disease.

The intramuscular monoclonal antibody product, called AZD7442 and developed by the multinational pharmaceutical company AstraZeneca, is undergoing a phase III clinical trial in five Department of Defense sites to study its efficacy among eligible MHS beneficiaries who have recently been exposed to others with SARS-CoV-2 infection.

"This study will run for one year, although interim and primary analyses will likely occur much earlier in 2021," said Dr. Simon Pollett, associate scientific director and COVID-19 research area director at the Uniformed Services University of the Health Science's Infectious Diseases Clinical Research Program.

Under the name STORM CHASER, Simon's program is coordinating teams of physicians, nurses, pharmacists and clinical research staff at Tripler Army Medical Center in Hawaii, Madigan Army Medical Center in Washington, William Beaumont Army Medical Center in Texas, Naval Medical Center Portsmouth in Virginia and USU in Maryland to conduct

STORM CHASER. The lead investigators at these sites are Army Col. Viseth Ngauy, Army Col. Anjali Kunz, Dr. Gina Kubicz, Navy Lt. Cmdr. Tida Lee and Army Lt. Col. Jeffrey Livezey, respectively.

This study is designed to optimally reduce morbidity in care homes and sites with enhanced risk, under the sponsorship of AstraZeneca with support from the U.S. health information technology and clinical research firm IQVIA. IDCRP is supported through a cooperative agreement with the Henry M. Jackson Foundation for the Advancement of Military Medicine.

Primarily, STORM CHASER seeks to determine if the antibody injection can prevent COVID-19 in people who were exposed to the SARS-CoV-2 virus — which causes the disease — within the last eight days, but have not yet developed symptoms, explained Pollett. "This may include those exposed by household contacts, in crowded working conditions, in health care settings and other scenarios," he added.

A secondary objective of the study is examining whether the antibody injection can reduce viral shedding in those who may develop the disease after receiving the injection, said Pollett. Viral shedding occurs when the virus replicates inside the body and is released to the environment, making the host person contagious to others.

"Reduced viral shedding may perhaps correlate with reduced transmissibility, but this requires further study," said Pollett.

STORM CHASER also aims to see if those who receive the AZD7442 injection after SARS-CoV-2 exposure experience less severe symptoms of COVID-19.



JANEL CAIN/ U.S. ARMY

Miranda Heilweil gets her blood drawn at Madigan Army Medical Center, Washington, one of five Department of Defense sites where the STORM CHASER trial is conducted.

Likewise, it seeks to explore "sequencing of breakthrough virus to look at antibody escape mutations," said Navy Capt. Timothy Burgess, IDCRP director. This occurs when a vaccinated individual becomes sick from the illness that the vaccine is meant to prevent and will help determine whether AZD7442 protects across a range of SARS-CoV-2 strains, including newly emerged variants.

AZD7442 contains infection-fighting proteins called monoclonal antibodies that work to neutralize the virus, thus preventing COVID-19. Each dose is given once as two intramuscular shots in each gluteal region, within eight days of exposure.

This product is another tool to defeat the COVID-19 pandemic. Two vaccines, by Pfizer-BioNTech and Moderna, are available to the U.S. population older than 16 and 18 years of age, respectively, under the Food and Drug Administration's emergency use authorization, with three more, including AstraZeneca's, expected to follow soon.

The vaccines work inside the body by triggering the immune system to make antibodies that will block or kill the SARS-

CoV-2 spike protein if it enters the body, which results in immunity from coronavirus.

They are given to healthy individuals who have not been exposed to the virus to protect them against getting seriously ill from the disease if they become infected or exposed, and studies are still being conducted to gauge their ability to keep people from spreading the virus.

The AZD7442 shot may provide rapid protection against COVID-19 in individuals who have been exposed because it is given while the virus is incubating, said Burgess. But those who have already received the COVID-19 vaccine are not eligible to participate in the study.

"The product is intended to provide quick immunity after exposure, with up to six months of protection thereafter," said Burgess.

"STORM CHASER is examining the efficacy of this."

If the study is successful in achieving its objective of preventing COVID-19 after exposure, the hope, according to Pollett, is that transmission chains will also be stopped by preventing such COVID-19 cases but further study is required.

Partners

Continued from page 1

of 75 years of history together — certainly a historic milestone — we see it as a continuation of our ever-increasing partnership.”

The Brazilian Army, or Exército Brasileiro, participation in JRTC is the culminating event of a five-year plan developed between the EB and U.S. Army South during the Army-to-Army Staff Talks. The Staff Talks Program promotes bilateral efforts to develop professional partnerships and increase interaction between partner nation armies.

“I am proud of Army South’s and the Brazilian Army’s long term commitment to coordinating and preparing for this exercise over the last four years,” Walrath said. “I am also proud to see our Brazilian Army partners achieve the first-time participation by a South American army at a U.S. combat training center.”

Brazilian military leaders received a JRTC mission and capabilities briefing, an aerial tour of the training area known as “the box,” where Soldiers are exposed to conditions and situations to fight an opposing force, and they observed a nighttime static-line airborne operation by the 82nd Airborne Division into the training area.

“The training environment at the JRTC is unmatched by any other country’s training center — the only thing more difficult is actual combat,” Walrath said. “Partnership with the U.S. Army provides the best opportunities to increase readiness and interoperability to address shared security challenges.”

In solidifying the partnership between Army South and the Brazilian Army, Walrath and Lt. Gen. Marcos de Sá Affonso da Costa, chief of training, Land Forces Training Command, Exército Brasileiro, signed a technical agreement (a non-binding ar-

rangement) that outlines duties and responsibilities of participating units throughout the duration of the JRTC rotation.

“First, our participation rescues the history and traditions of parachutists in Brazil, as it was here (United States) that our pioneers came in the 1940s during World War II to learn about airborne techniques and introduce airborne activity in Brazil,” da Costa said. “The return of the parachutists to the United States at JRTC is undoubtedly a milestone for the Brazilian Army.”

Da Costa mentioned it is worth noting that Brazil is a major non-NATO ally, and its participation in intense multinational combined exercises that simulate combat is important to his nation’s Army.

“The exchange with the U.S. Army provides us a great opportunity to learn lessons useful for doctrine evolution and evaluate the degree of operational preparation of our troops — their discipline and motivation, in addition to the capabilities of our staffs and the leadership of our commanders,” da Costa said. “It is also a time for us to evaluate the military material we use in operations.”

Over the past five years, Army South executed a series of subject matter expert exchanges and planning meetings to help prepare the EB for the rotation during U.S. and Brazil army-to-army staff talks.

“Although the rotation is the culmination of the five-year plan, it is not the culmination of our cooperation with them,” said Sam Prugh, Army South, Security Cooperation Division deputy. “This rotation represents the first in a series of bi-annual combat training center rotations that the EB is planning, with the next one scheduled for 2022 with the 101st Airborne Division and

the EB 12th Infantry Brigade (AASLT).”

Prugh said the rotation represents the first exchange of units with the U.S. Army preparing to send a company from the 101st Airborne Division to train in November 2021 as part of Southern Vanguard — an exercise to produce readiness and security cooperation within the Western Hemisphere.

“Our goal would be regular or routine training exchanges; each time we come together and train, whether in the United States or Brazil; our goal is to continue to elevate the complexity and challenges of the training events,” Walrath said. “Each time the training becomes more difficult and more challenging, but each time it’s strengthening our relationship after each event. The goal is interoperability.”

“We look forward to making training exchanges with the Brazilian Army — both at U.S. training centers and in Brazil — occur on a routine basis.”

As the training opportunities between the U.S. and Brazil expand in the future, da Costa is optimistic the bilateral events will forge the friendship between the two armies.

“We expect to continue seeing Brazilian and American soldiers together in high-intensity exercises, facing on equal terms the most rigorous simulated combat conditions, both in the U.S. and in Brazil, as scheduled for the year 2021 and beyond,” da Costa said. “I am sure that this exchange will visibly enhance quality in the preparation of Brazilian Army troops. We firmly believe in the benefits of this increase in troop training exchanges and know that our partners in the U.S. Armed Forces, through the Southern Command and, in particular, Army South, have the same opinion.”

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Volunteer

Continued from page 3

they are welcome to talk to her.

"It could be the hours, the VMIS system or that a position isn't working for them. At that point, I can place them in a different position. Whatever it is, I'll help them resolve it," she said.

Munoz said one of the greatest gifts the volunteer program gives to its volunteers is exposing them to an array of organizations and opportunities.

"I think it helps Soldiers and Families at Fort Polk because it gives them focus, something positive to do and the tools to discover the resources available for them on the installation," she said. "From Fort Polk's perspective, I think volunteers are part of the installation's 'people first' concept because volunteering brings to light how much Fort Polk values people," she said.

Marissa Schuhlein said she has volunteered her entire life and is always looking for new possibilities to lend a helping hand.

"I guess it's ingrained in me. Wherever we go, I look for opportunities to volunteer in my community," she said.

Volunteering is something that Schuhlein said makes her feel happy.

"Giving back to the community is fulfilling, but it's also a great way to meet people and make friends in a new place," she said.

Schuhlein has worked as an ACS receptionist, a Family Readiness Group leader and more. She said Fort Polk's Volunteer Program is great.

"I love that this program is already in place and well organized. In other locations, it can be overwhelming and difficult to find places to volunteer," she said. "Fort Polk has a straight line of communication through Yamel, and she has a package of 50 places to volunteer. There is something for everyone."

Janine Proto has lived at Fort Polk for four years and said she wanted to do her part to make people happy through volunteering. She volunteers at Mothers of Preschoolers and as an FRG leader.

"I want to give people a reason to get out of the house and discover the opportunities around them," she said. "When I learn new information, I share it with others."

Proto said in addition to being a mother, volunteering gives her purpose.

"It makes me feel focused, well rounded and happier," she said.

Tyana Smith has volunteered at ACS, as an FRG leader, at the Main Post Exchange and more. She is working toward a business



degree and said the volunteering helps her gain experience in real-world situations.

"I've met great people and learned communication skills and more through volunteering. It's more than I ever learned in school," she said.

Smith said the volunteer program is important because, from an educational standpoint, there aren't a lot of opportunities to apply for internships.

"Volunteering fills that gap," she said.

Smith said volunteering isn't all about getting her degree.

"I also volunteer because it feels great to help people," she said. "It's about being selfless and worrying about more than yourself. We all have to work together to make the world a better place."

For more information about the Fort Polk Army Volunteer Program call 531-1895.

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Military training activates, veterans save coworker's life

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Jan. 26 started off like any other day for range maintenance, the Directorate of Emergency Services e-9-1-1 dispatchers and the Bayne-Jones Army Community Hospital emergency room at the Joint Readiness Training Center and Fort Polk. But a mishap on a remote job site brought these entities together with positive results. Through quick thinking, cross-agency communication and luck, tragedy was averted.

Range maintenance crews work long hours to prepare the realistic Military Operations in Urban Terrain sites used at this combat training center. On Jan. 26, James Brannan, Jarrod Jett, James Keller, Steven Stanley and Bruce Wilson were all building a new village in the Kurthwood training area, 45 minutes north of Fort Polk. Their assignment was leveling the ground and putting in railroad ties on which metal structures would be placed that would be used for the village.

After lunch, James Keller was using a 12-inch hand held concrete saw to cut through a railroad tie. He made the cut halfway and then he and Stanley were going to turn the tie over to complete the cut. Keller turned off the saw and while it was slowing down it bucked up and caught his leg. Keller said it all happened so quickly, he set the saw down and he noted the time as 1:05 p.m.

Stanley said Keller started yelling, "I need a belt!" Stanley quickly took off his belt for a tourniquet. While Keller restricted the blood flow, Stanley called over the rest of the team.

"I yelled, 'man down,'" he said. "Within seconds Bruce, Jarrod and James were there."

Wilson was on top of a CONEX when he heard Stanley over

the running equipment, backup alarms and background noise associated with a construction site. He said he looked down and saw Keller on the ground and got there as quickly as he could to help.

"When I got there, the tourniquet was already on," Wilson said. "Our next step was to get him out of there. Our prior military and law enforcement training kicked in. We started throwing stuff out of the truck and cleared the tailgate to load Keller into the back seat without causing further injury."

Jett began to drive off and, with Brannan in the back holding Keller's tourniquet tightly, Wilson said he needed to make some phone calls.

"I knew we needed to let law enforcement personnel know the status of Keller's injuries, who we are, the make and model of our vehicle and that we were heading to BJACH for an emergency," he said.

"Michelle Wanjura and Kelly Williams-Miles, e-9-1-1 dispatchers, were extremely helpful. I explained the status of Keller's injuries, which access control point we'd utilize and our estimated time of arrival."

Wilson said security personnel cleared the lane at ACP 6 and we drove straight through without stopping. "The dispatchers also advised me that they notified BJACH and they were expecting us," he said. "Meanwhile, I helped elevate Keller's leg onto the console and James kept the tourniquet tight to prevent blood loss or loss of consciousness."

Brannan said they pulled up

to the emergency room entrance at approximately 1:30 p.m., he said they disregarded posted speed limit signs to get Keller to the hospital quickly. At the emergency room, medical personnel initially came to his side of the vehicle with a wheel chair.

"I told them we need a gurney. I continued to hold the tourniquet as the BJACH team, Jarrod and Bruce unloaded Keller from the back seat," he said. "I was able to keep him from bleeding the entire trip until I had to turn him loose at the emergency room."

Dr. Gina Angeloupoulos was the receiving physician in the ER that day.

"We were expecting Mr. Keller because dispatch called us and told us there was a leg injury out in the box, but we didn't exactly know how bad it was until he arrived," she said. "Their quick thinking of using a belt

for a tourniquet controlled the bleeding and prevented Mr. Keller from losing consciousness. We removed the material from his wound, cleaned it and placed our own commercial tourniquet on him." Angelopoulos said the injury could have resulted in death from blood loss had the men not acted as quickly as they did. She said had they waited for an ambulance or didn't control the bleeding, the outcome would have been much different.

Upon Keller's arrival, Lt. Col. Matthew Schmitz, chairman of orthopedics for Brooke Army Medical Center, was on site at BJACH because of an airborne operation scheduled for that

evening.

"I was in the hospital and evaluated Mr. Keller with the emergency department team, and we were able to get him into an operating room within an hour of his arrival. The field tourniquet decreased his blood loss, and we were able to put him back together," Schmitz said.

"Mr. Keller was lucky that he missed all major nerves and arteries in his leg and by having a surgeon there that is used to seeing Level-1 trauma. I was able to take care of him locally and not have to rely on off-post facilities for assistance."

Schmitz said Keller's coworkers, the BJACH emergency department, operating room team and inpatient staff were crucial in helping him give Keller prompt and excellent care.

Keller said the doctors told him that, if it weren't for his colleagues' response to his injury, he might not be here to tell the story.

"My stars were so lined up that day, it wasn't even funny," he said. "It just so happened that the Brooke Army Medical Center orthopedic surgeon was in town, so I was in surgery within an hour."

As for his coworkers, he called them "nothing short of heroes," and said he holds them in the highest regard.

"All of these guys are proud and humble men. I believe they acted out of instinct and relied on the training they had from their days in the military," he said.

"The joke of the day was that it was the first time the Army, Marines and Air Force worked together for the betterment of man ... me in this case."

Keller is recovering and looking forward to getting back to work.



Brannan



Jett



Wilson



Stanley


Soldiers punished, separated for UCMJ violations

OSJA

FORT POLK, La. — Across Fort Polk the following disciplinary issues continue to be prevalent: General Order #1 violations, driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, sexual assault and underage drinking. Below are recent examples of adverse legal actions for units within the Fort Polk jurisdiction.

- A sergeant, assigned to 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for failing to report to his appointed place of duty (medical appointment), in violation of Article 86, Uniform Code of Military Justice. The Soldier was sentenced to forfeiture of \$55 pay for one month; extra duty for 14 days; restriction for 14 days, suspended, to be automatically remitted if not vacated within 14 days; and an oral reprimand.

- A sergeant, assigned to 46th Engineer Battalion, was punished under Article 15 for failing to report to his appointed place of duty on six separate occasions, in violation of Article 86, UCMJ. The Soldier was sentenced to a reduction to E-5; forfeiture



JOINT READINESS TRAINING CENTER AND FORT POLK
FORCE HEALTH PROTECTION

UCMJ SUMMARY

On Jan. 4, an E-4, 573D CC, 46TH EN BN, WAS PUNISHED UNDER

GENERAL OFFICER ARTICLE 15

FOR VIOLATING A LAWFUL GENERAL ORDER TO REMAIN IN QUARANTINE AND FOR MAKING A FALSE OFFICIAL STATEMENT TO A SENIOR NON-COMMISSIONED OFFICER, IN VIOLATION OF ARTICLES 92 AND 107, UNIFORM CODE OF MILITARY JUSTICE.

THE COMMANDING GENERAL SENTENCED THE SOLDIER TO:

- Reduction to E-2
- Forfeiture of \$1,000 for 2 months, suspended for 6 months;
- Extra duty for 45 days;
- Restriction for 45 days;
- Oral Reprimand

****Quarantine and isolation orders are for your safety and the safety of the Fort Polk community****

of \$1,740 pay for two months, suspended, to be automatically remitted if not vacated within 90 days; extra duty for 45 days; and an oral reprimand.

- A specialist, assigned to 1st Battalion (Airborne), 509th Infantry Regiment, was punished under Article 15 for failing to report to his appointed place of duty, and violating a lawful order, in violation of Articles 86 and 92, UCMJ. The Soldier was sentenced to extra duty for 7 days and an oral reprimand.

- A specialist, assigned to 2nd Battalion,

4th Infantry Regiment, 3rd BCT, 10th Mtn Div, was issued a General Officer Memorandum of Reprimand for committing a lewd act with a minor, in violation of Article 120b, UCMJ.

- A specialist, assigned to 46th Eng Bn, was punished under Article 15 for wrongful use of a controlled substance, in violation of Article 112a, UCMJ. The Soldier was sentenced to a reduction to E-2; forfeiture of \$972 pay for two months, suspended, to be automatically remitted if not vacated within 120 days; and restriction for 60 days.

Fort Polk's Tax Center offers identity theft, unemployment benefit tax tips

OSJA

FORT POLK, La. — During 2020, millions of taxpayers were impacted by the COVID-19 pandemic through job loss or reduced work hours. Some taxpayers who faced unemployment or reduced work hours applied for and received unemployment compensation from their state. Under federal law, unemployment benefits are taxable income.

Unemployment benefit recipients began receiving Form 1099-G, General Government Payments, in January from the agency paying the benefits. The form shows the amount of unemployment compensation they received during 2020 in Box 1 and any federal income tax withheld in Box 4. Taxpayers should watch their mail for Form 1099-G. In some states, taxpayers may be able to receive the Form 1099-G by visiting their state's unemployment website where they signed up for benefits.

Scammers took advantage of the pandemic by filing fraudulent claims for unemployment compensation using stolen

personal information of individuals who had not filed claims. Payments made as a result of these fraudulent claims went to the identity thieves, and the individuals whose names and personal information were taken did not receive any of the payments.

Taxpayers who receive an incorrect Form 1099-G for unemployment benefits, who did not receive payments, should contact the issuing state agency to request a revised Form 1099-G showing they did not receive these benefits. Taxpayers who are unable to obtain a timely, corrected form from states should still file an accurate tax return, reporting only the income they received.

A corrected Form 1099-G showing zero unemployment benefits in cases of identity theft will help taxpayers avoid being hit with an unexpected federal tax bill for unreported income.

The Internal Revenue Service previously issued guidance, requested by states, on identity-theft guidance regarding unemployment compensation reporting. No Forms 1099-G should be issued to those individuals the states have identified as ID

theft victims.

Taxpayers do not need to file a Form 14039, Identity Theft Affidavit, with the IRS regarding an incorrect Form 1099-G. The identity theft affidavit should be filed only if the taxpayer's e-filed return is rejected because a return using the same Social Security number already has been filed. Additionally, if taxpayers are concerned that their personal information has been stolen and they want to protect their identity when filing their federal tax return, they can request an Identity Protection Pin from the IRS.

An IP PIN is a six-digit number that prevents someone else from filing a tax return using a taxpayer's Social Security number. The IP PIN is known only to the taxpayer and the IRS, and this helps the IRS verify the taxpayer's identity when they file their electronic or paper tax return.

Call the Fort Polk Installation Tax Center at 531-1040 with any questions or to schedule an appointment. If necessary, call 531-2580 to make an appointment with a legal assistance attorney.

Can you hear me now? 3rd BCT deploys TCN-L equipment

By Staff Sgt. ASHLEY M. MORRIS
3rd BCT PAO

FORT POLK, La. — U.S. Army Signal Soldiers in 3rd Brigade Combat Team, 10th Mountain Division finally had the opportunity to utilize the newly fielded WIN-T Tactical Communications Node-Lite (TCN-L) during the brigade-level Mountain Peak training exercise that took place Jan. 16–30.

The brigade was fielded the TCN-Lite and Network Operations Security Center-lite (NOSC-Lite) at the end of last year.

The TCN-Lite replaced the legacy WIN-T Increment 1 system.

The most significant physical difference between the newer and older systems is the size. The Increment 1 systems required 5-ton tactical vehicles for maneuverability.

The TCN-L fits on the back of a regular High Mobility Multipurpose Wheeled Vehicle, making maneuverability and concealment in the field easier.

“Each battalion has a TCN-L that allows them to connect on both regular and secret networks, through voice-over-internet and data,” said Chief Warrant Officer 2 Isaac D. Sims, the brigade network technician. “The brigade is equipped with two TCNs. The NOSC monitors the connections to ensure the brigade can communicate with the battalions throughout the battlespace.”

The TCN-L can secure communication between brigade and battalion signal assets and higher echelons through a satellite. A connection to a more extensive Army network is required for the TCNs to communicate with each other.

During the fielding process, the brigade nodal network system team was given hands-on training from WIN-T representatives from Fort Bragg, North Carolina, using a unique training configuration. After completing the training, the brigade operators were responsible for training all battalion-level operators.

“This is our first big operation using the TCN-L, so we’ve been trying to get some of the bugs out,” Sims said. “We completed validation at fielding, but it was under a completely different configuration. Now we’re using the entire system, and we’re throwing new operators into the mix.”

The deployment of the new equipment did not come without its share of issues. The first few days of the training exercise became a communications challenge as the signal Soldiers tried to figure out why the new systems were not communicating with



Staff Sgt. ASHLEY M. MORRIS/ U.S. ARMY

Spc. Eric D. Dean, a cannon crewmember assigned to Headquarters and Headquarters Battery, 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division, uses a computer connected to the WIN-T Tactical Communications Nodal-Lite system to communicate with the brigade network Jan. 17. Dean will be attending advanced individual training later this year to change his occupational specialty to nodal network systems operator.

each other.

“Troubleshooting is a fine art,” said Sims. “You continue trying different things until you figure it out. You may end up banging your head against the wall a couple of times; but eventually, you’ll figure it out.”

Once Sims and his team were able to identify their issues were the result of an incorrect configuration, the TCN-Ls spread throughout the training battlefield were able to communicate with each other, contributing to a successful training rotation.

Spc. Eric D. Dean, a cannon crewmember assigned to Headquarters and Headquarters Battery, 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division, who is currently in the process of changing his occupational specialty to nodal network systems operator, expressed excitement about the updated system.

“I love this equipment,” Dean said. “Everything is right in your truck, which makes troubleshooting issues easier. It’s also fun to work with.”

Sharing the same excitement as Dean, Sims said overall he is excited about deploying the systems for the first time.

“As a signaler, field exercises are the only opportunities we get to do our jobs outside of a deployment,” said Sims. “We have brand new equipment with great capabili-

ties. It’s an exciting time for us.”

Both Sims and Dean agree that fully functional and easily maneuverable communications equipment is paramount to mission success.

“Being in an artillery battery, we rely heavily on our communications,” said Dean. “Our fire direction teams have to be able to communicate with the cannon crews. If we can’t talk to each other, we’re pretty much out of the fight.”

Although the Mountain Peak training exercise has concluded, the brigade signal team continues to work with field service representatives and battalion nodal network operators to ensure the brigade is ready for their upcoming Joint Readiness Training Center exercise in April.

Got News?



Call the Guardian
at 531-1416

Patriot Warrior Restaurant to offer meal prep options for Soldiers

By Maj. ANDREA L. Kelly
3rd BDE public affairs officer

FORST POLK, La. — As Soldiers across the Patriot Brigade strive to reach their health and fitness goals, nutrition will be one step easier.

The Patriot Warrior Restaurant is launching the Patriot Meal Prep program to support the Holistic Health and Fitness (H2F) program's nutrition pillar.

1st Lt. Rebecca J. Doubet, a registered dietitian nutritionist assigned to Brigade Headquarters and Headquarters Company, 3rd Brigade Combat Team, 10th Mountain Division, collaborated with Sgt. 1st Class Antonio L. Barrett, manager of the Patriot Warrior Restaurant, assigned to Headquarters and Headquarters Company, 710th Brigade Sustainment Battalion, 3rd BCT, 10th Mtn Div, to design colorful meals.

"The Patriot Meal Prep Program is all about supporting Soldier performance," Doubet explained. "Soldiers need balanced, nutrient-dense meals that provide long-lasting energy."

The menu is tailored to the "Athlete's plate" developed by the University of Colorado Sports Nutrition Graduate Program. This guide shows athletes how to build a meal for easy, moderate or hard training days.

Barrett collaborated with Doubet as culinary specialists prepared meal-prep menu options.

Restaurant patrons will have the option to select from three different meal-prep entrees — a pork tenderloin, a shrimp pesto and a steak fajita.

"We will start offering the meal-prep options on Tuesday during the breakfast meal at the Patriot Warrior Restaurant," said Barrett.

This meal prep program is open to all patrons of the restaurant. Meal-card holders will follow standard procedures for meal accountability. Diners who are not meal-card holders will be charged the standard rate of \$5.85 for each meal prep received, regardless of what time they visit the dining facility.

The meals are prepared and packaged in advance, and they are good for consumption for up to 72 hours when refrigerated, in accordance with Food and Drug Administration requirements.

"This program offers a healthier option on the go that Soldiers can store and utilize at a later time," Barrett explained.

The goal of the program is to ensure that



Staff Sgt. ASHLEY M. MORRIS / U.S. ARMY

Sgt. 1st Class Antonio L. Barrett, manager of the Patriot Warrior Restaurant, Headquarters and Headquarters Company, 710th Brigade Sustainment Battalion, 3rd Brigade Combat Team, 10th Mountain Division, garnishes a meal-prep dish at the Patriot Warrior Restaurant Feb. 10. The brigade holistic health and fitness nutritionist designed the grab-and-go style meals to encourage Soldiers to fuel their bodies based on their athletic goals.



A pork entrée will be one of three inaugural grab-and-go meal prep options available to Soldiers utilizing the Patriot Warrior Restaurant Tuesday. Each meal will come with nutritional facts and instructions on how to reheat the meal.

Soldiers have good nutritional options amidst their busy schedules.

"Nutrition is an important component of the performance triad," said Command Sgt Maj. Nema Mobarakzadeh. "These meals are nutritiously balanced, flavorful and convenient. They are a great option for busy or active Soldiers."

Mobar, Barrett and Doubet agree that missing meals is not acceptable.

"Soldiers cannot afford to skip meals," said Doubet. "Athletes don't skip meals and train in a deprived state. Soldiers shouldn't either. Soldiers stay busy, so on-the-go meals allow more flexibility for healthy eating that supports physical performance."



CHRISTY GRAHAM/ GUARDIAN

Quick thinking saves life

Left: Staff Sgt. Herman Main (left), 204th Military Police Company, 519th MP Bn, listens as Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, speaks during an awards ceremony held Feb. 11, recognizing Main's quick thinking which saved a child's life on Jan. 16. Pictured with Main are Gillian Wagner (center), his wife; Herman Main (right), his father; Quinn Main (front row, left), his daughter; and Cameron Main (front row, right) his son.

Above: Brig. Gen. David S. Doyle (left), Joint Readiness Training Center and Fort Polk commanding general, presents Staff Sgt. Herman Main (second to the left), 204th Military Police Company, 519 MP Bn, with the Army Commendation Medal for saving a child's life Jan. 16. Pictured with Main are his parents Herman Main (second to the right) and Kathy Main (right). Check next week's e-Guardian (Feb. 19) for the full story.

IPPS-A data-correctness campaign launches prior to full system roll out

By Staff Sgt. YUNIA CABRERA
G-1, IPPS-A team

FORT POLK, La. — The Integrated Personnel and Pay System — Army is set to launch this December, and it is imperative that Soldiers, human-resource professionals and leaders are involved in making timely data corrections in the appropriate systems, at their respective levels. IPPS-A is a fully compliant, web-based system with on-demand online access and enhanced mobile capabilities. This means visibility and access through an app on a Soldier's phone. The data-correctness campaign is designed to identify and correct inconsistencies within every Soldier's record, aiding to a seamless transition to IPPS-A later this year.

To better understand the importance of data correctness, individuals need to look at the big picture — ensuring that data is correct impacts permanent change of station moves, promotions, transitions and

IT'S YOUR MILITARY RECORD, MAKE IT RIGHT!

By reviewing key online accessible systems, Soldiers can aid in correcting personnel data in preparation of the Integrated Personnel and Pay System - Army (IPPS-A) Go Live for JRTC & Fort Polk in DECEMBER 2021.

Follow these steps and your data will be ready for IPPS-A.

Defense Manpower Data Center (DMDC)

Check the following:

- ✓ Personal Contact Information
- ✓ Family Members (DEERS/ TRICARE)
- ✓ Health Benefits
- ✓ Education Benefits

<https://milconnect-pki.dmdc.osd.mil/milconnect/>

1

Army Training Requirements Resource System (ATTRS)

Access and validate that courses are present and correctly identified for:

- Military education
- Military training

<https://www.attrs.army.mil>

S3 Schools NCO can help you!

2

At your Unit TRAINING ROOM

Make sure the following is up-to-date and correct:

- ACFT/APFT results and scores
- Army Body Composition (Height/Weight) data
- Weapons qualifications

DTMS updates

3

At your Unit S1

Enhanced-Personnel Records Review (E-PRR)

- ✓ Pay: service dates data
- ✓ Benefits (GI Bill, Emergency notification data)
- ✓ Promotions (rank data, civilian ed)
- ✓ Assignments
- ✓ Soldier Core Data

4

WE RESOURCE JRTC & FORT POLK RESOURCE IN THE BACK

pay among other things.

Soldiers will be asked to verify information dealing with personal contact information, Family members, health and education benefits, military education and training, Army Combat Fitness Test/ Army Physical Fitness Test results and scores, Army body composition data and weapons qualification records.

Conducting a proper review will ensure a Soldier's data is correct before it popu-

lates under IPPS-A at the end of the year.

What are some things that IPPS-A will allow service members to do?

- Allow for self-appraisal of unique skills (talents)
- Initiate pay inquiries
- Initiate personnel action requests
- Monitor open slots in other units
- Monitor IPPS-A training
- Request leave
- View complete Soldier record



Brig. Gen. David S. Doyle (second from left), Joint Readiness Training Center and Fort Polk commanding general, visits a military-spouse owned home-based, business booth at an event Feb. 6 in the old Commissary parking lot.

CHRISTY GRAHAM/ GUARDIAN

Fort Polk hosts home-based business event

By **CHRISTY GRAHAM**
Guardian editor

FORT POLK, La. — Despite the misty rain, military-spouse owned, home-based business vendors set up and displayed their merchandise in the old Commissary parking lot Feb. 6, between 9 a.m. - 1 p.m.

To further support military spouse employment, Fort Polk has instituted these events for spouse-owned businesses to market their products and services.

"We do not endorse these businesses, but we provide an avenue by which they can promote and sell their product or service, because military-spouse employment is a priority across the Department of Defense," said Stacey Delgado, Employment Readiness program manager.

These HBBs also offer military spouses an alternative to the conventional, out-of-the-home career, offsetting the need for child-care costs.

"Home-based business permits are a way for military spouses to supplement their income in their households without having to actually go out into the workforce and create a need for daily child care," she said.

To begin, spouses must obtain a command-approved solicitation permit. From that point, Delgado will help military spouses throughout the process in establishing their business.

Delgado said there is a wide array of products and services offered through HBBs on Fort Polk.

"There are bakers, dog grooming and training services, embroidery shops, photographers, Mary Kay representatives and more. HBBs offer military spouses an opportunity to grow a personal talent or hobby into a thriving business," Delgado said.

"Businesses on Fort Polk are growing, but I would like to see a large-scale HBB event where the vendors take up the entire parking lot," she said.

Jessica English and Melodie Fowler, co-owners of Flour Girls, a specialty-cake bakery, said that this was their first event.

"This has been an amazing program to work with; Stacey Delgado made our job easy, fun and rewarding," said Fowler.

Lisa D. Ledbetter is a Mark Kay consultant that participated in the previous HBB event at the Snowflake Festival Dec. 4.

"Being new, I didn't know anyone. The event allowed me to network in ways I otherwise wouldn't have been able to, and that is critical for any business," Ledbetter said.

"One of the neat things about the HBB events is watching military spouses support each other as patrons or as other vendors at the event," Delgado said.

The next HBB event is March 6, from 9 a.m. 1 p.m., at the old Commissary parking lot.

If you are a military spouse interested in establishing a home-based business, contact the Employment Readiness Program at 531-6922 or download the application packet at <https://bit.ly/39VrYbL>.

Briefs

Mardi Gras contest

Fort Polk's Directorate of Family Morale, Welfare and Recreation hosts a Mardi Gras porch float contest for Fort Polk housing residents.

Decorate your front porch or door with your most creative Mardi Gras decorations.

Take a picture and email to ftpolkspecialevents@gmail.com.

The grand prize winner will receive a Traeger grill and two porch rocking chairs, first runner up receives a \$150 Visa gift card and the second runner up will receive a \$75 Visa gift card.

Submit pictures through Monday. Winners will be announced on Tuesday on the MWR Facebook page.

MPC programs

Take note of the Main Post Chapel's special chapel programs taking place in February:

- Wednesday — Ash Wednesday / Lent begins.
- Feb. 25-26 — the Jewish holiday of Purim is observed the evening of Feb. 25 and all day Feb. 26. The garrison religious service officer has copies of the Megillah, "Mishloach Manot" including Hamantashen cookies (traditional pastry eaten during the holiday of Purim).
- Feb. 26 — Ultimate Fighting Championship Mixed Martial Arts fighter Ken Shamrock will speak at the Main Post Chapel at noon.

In addition, the Main Post Chapel's Catholic service is held each Sunday at 11 a.m. and 6 p.m. and the Protestant service is held at noon each Sunday.

Pistol competition

Fort Polk's Directorate of Family Morale, Welfare and Recreation hosts a pistol shooting competition at the MWR recreational shooting range, 4111 California Ave., Feb. 20.

Check-in is at 9 a.m. and the competition begins at 10 a.m.

The first place winner in each category receives a \$100 gift card and first-, second- and third-place winners receive plaques.

For more information call 531-7552.

CDC focuses on symptoms of heart disease in women

By GENEVA MERIDITH
BJACH preventive medicine

FORT POLK, La. — Despite increases in awareness, a little more than half (56%) of women recognize that heart disease is their number one killer.

According to the Centers for Disease Control, heart disease is the leading cause of death for women in the United States, killing 299,578 women in 2017 and accounting for one in every five female deaths.

Coronary heart disease, the most common type of heart disease, affects one in 16 women 20-years old and older.

Approximately 6% of white, black and Hispanic women will develop coronary heart disease, while only 3% of Asian women do.

Coronary heart disease presents itself differently in different women. Some women experience angina (dull and heavy or sharp chest pain or discomfort); pain in the neck, jaw or throat; or discomfort in the upper abdomen and back.

The CDC says that symptoms may occur while at rest or during regular daily activities. Women also may experience nausea, vomiting and fatigue.

Heart disease may be “silent” and not diagnosed until you have other symptoms or emergencies, including heart attack, arrhythmia or heart failure.

Risk factors for heart disease include high blood pressure, high low-density lipoprotein (LDL) cholesterol and smoking.

Half of all people in the U.S. (47%) have at least one of these three risk factors.

Other medical conditions and lifestyle choices can also put people at a higher risk for heart disease.

Diabetes, obesity, unhealthy diet, lack of physical activity and over consumption of alcohol will increase a woman’s risk of heart disease.

To lower chances of getting heart disease, it’s important to do the following:

- **Know your blood pressure.** Having uncontrolled blood pressure can lead to heart disease. High blood pressure has no symptoms, so it’s important to check blood pressure regularly.

- **Talk to your doctor or health-care team about risk factors.** Get tested for diabetes — uncontrolled diabetes raises the risk of heart disease.

Have blood cholesterol and triglycerides checked, also.

- **Quit smoking.** Bayne-Jones Army Community Hospital offers tobacco cessation classes. Sign up for the classes through



the health promotions department.

- **Make healthy food choices.** Obesity raises the risk of heart disease limit alcohol intake to one drink per day or less, and learn to manage stress.

To learn more about classes available through the BJACH Preventive Medicine and Health Promotions department call 531-6880 or call the Army Wellness Center for personalized coaching and feedback at 531-3055.



“I got the COVID-19 Vaccine because I owe it to the Families of Fort Polk to do my part to stop the spread.”

Maj. Ralph Salazar
Commander
C, Company “Cajun Dustoff”
1st Battalion, 5th Aviation Regiment

Arts and Crafts Center hosts Valentine's Day 'Cookies and Canvas' event

GUARDIAN STAFF

FORT POLK, La. — Families gathered at Fort Polk's Arts and Crafts Center, Feb. 6, for its Valentine's Day themed "Cookies and Canvas" event. Participants as young as 3-years old came to enjoy cookies, hot chocolate and an instructor-led art project. Here are a few pictures of Families enjoying their treats and crafts.



CHRISTY GRAHAM/ GUARDIAN



Discover narrative told by African American Heritage Trail

GUARDIAN STAFF

FORT POLK, La. — February is Black History Month.

Immerse yourself in the saga of African Americans of the past from New Orleans and Baton Rouge to Alexandria, Natchitoches, Shreveport and throughout cities across the state.

A great way to do that is through the Louisiana African American Heritage Trail.

Whether you take this journey by physically retracing the footsteps of African Americans as they blazed trails through Louisiana history or virtually pursue their stories at your fingers by tapping a keyboard and traveling from one website to the next, now is the perfect time to take that first step into days gone by.

You can walk the streets where jazz was born, learn about America's first black governor, hear how enslaved blacks fled the plantations to fight for the Union army and how one man's refusal to move from his seat on a train led to a long struggle against segregation and the eventual triumph of the Civil Rights movement. It all happened right here, in a place like no other — Louisiana, according to the Louisiana Travel website.

Though there are more than 40 locations you can visit listed on louisianatravel.com, to narrow things down for those living on or around Fort Polk, a couple of the closest sites are in Alexandria and Natchitoches:

- Arna Bontemps African American Museum

The museum, located at 1327 Third St., Alexandria, is a turn-of-the-20th century wood frame house that serves as a memorial to the life and work of Arnaud "Arna" Wendell Bontemps, a prolific African American writer.

Bontemps' writing dealt with black life in Louisiana and the South and, as a novelist, poet, playwright, essayist, librarian

and historian, he continually opposed the injustices of segregation.

A leading member of the Harlem Renaissance movement of the 1920s, he later went on to serve as the head librarian at Fisk University in Nashville, one of the nation's premier all-black colleges.

Visitors to the museum, the author's birth home, discover the many contributions Bontemps made to African American history and culture. Exhibits focus on his Louisiana background, varied career and works, including his poetry, short stories, children's literature, anthologies and biographies of famous African Americans.

If you would like a private tour, the museum is open by appointment only Monday through Saturday and closed on Sunday.

For more information visit www.arnabontemps.org or call (318) 704-6462.

- Oakland Plantation and Magnolia Plantation

Established as a historical park by the United States Congress in 1994, the Cane River Creole National Historic Park is comprised of Oakland Plantation and parts of Magnolia Plantation. The park is located at 400 Rapides Dr., Natchitoches.

Within the park, you can see 63 historic structures, vast plantation landscapes, family and plantation records and an extensive collection of tools, equipment, furniture and personal items from the region's history.

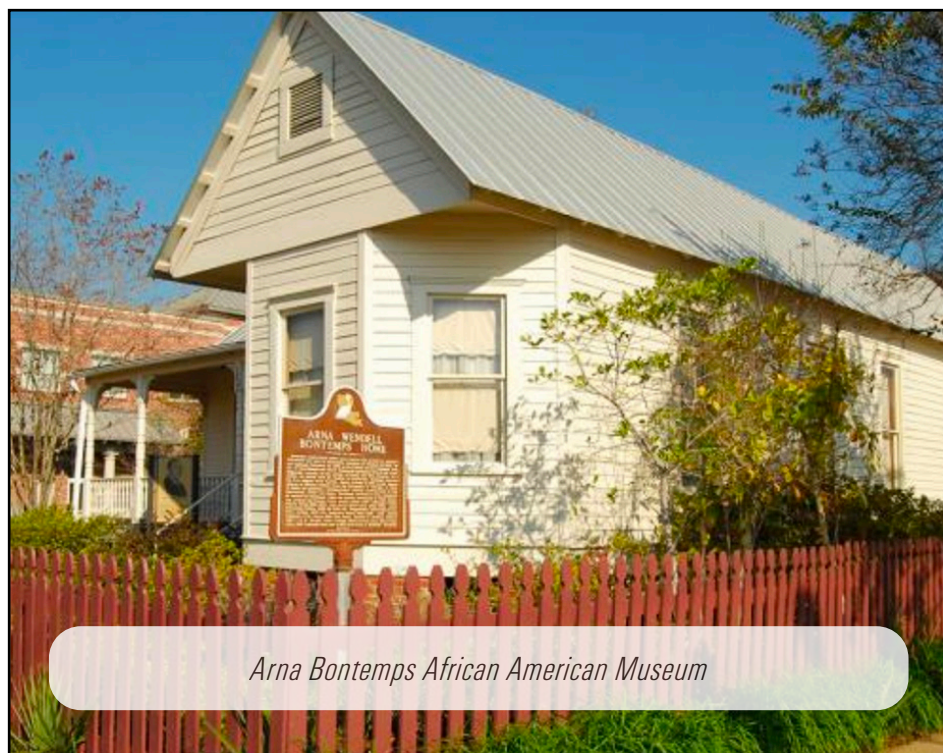
Visitors learn about colonial times in this part of Central Louisiana, the rise of cotton, the ruin and rebirth associated with the Civil War and the changes brought about by modernization in the 20th and 21st centuries.

In particular, the park relates the story of plantation enslavement in the area, particularly the complex intersections of French and African cultures in the cre-



Magnolia Plantation on Cane River Creole National Historical Park

LOUISIANA TRAVEL



Arna Bontemps African American Museum

ation of a truly "Creole" society. Interpretive programs highlight the different aspects of everyday life at these plantations and along Cane River in general.

The grounds of Oakland and Magnolia Plantations are open daily from 9 am to 3:30 pm. The Oakland Main House is open on weekends from 10 a.m.-2 p.m., with limited occupancy.

The park's COVID-19 response:

Face masks are required in all federal buildings and federal lands. Park operations vary based on local public health

conditions. Before visiting, check for more information at www.nps.gov/coronavirus or call (318) 352-0383.

If you can't get to all the locations, or don't feel traveling is safe yet due to COVID-19, you can still learn all about the African American Heritage Trail at www.louisianatravel.com/african-american-heritage-trail. There are pictures, additional information, websites and an audio component narrated by Louis Gossett Jr., an American actor, that brings the history-steeped trail to life.

THE FORT POLK ARMY VOLUNTEER PROGRAM

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PAINT AND LUNCH OUTREACH EVENT

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FREE GUMBO AND RICE

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EVENT WILL BE LIMITED TO 20 PARTICIPANTS. PLEASE CALL 337-531-1895 TO RESERVE YOUR SPOT

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