



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

Vol. 46, No.44

Home of Heroes @ Fort Polk, LA

Nov. 1, 2019

Fort Polk sets pace for ACFT implementation

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — Soldiers assigned to the Joint Readiness Training Center and Fort Polk are leading the way as the Army transitions from the Army Physical Fitness Test to the Army Combat Fitness Test.

Slated to be the standard fitness test for Soldiers beginning Oct. 1, 2020, every JRTC and Fort Polk Soldier will take the test by the end of November with a second test scheduled for April.

The ACFT prepares Soldiers for the rigors of combat.

The new test will take time for Soldiers to learn and acquire equipment and facilities to execute the test.

Soldiers assigned to JRTC and Fort Polk will take the ACFT prior to Thanksgiving so they can complete the familiarization process of the new test.

The new test is age- and gender-neutral, and measures strength and conditioning that accurately mimics the movements necessary on the battlefield.

The JRTC command team and staff executed the ACFT on Oct. 21.

JRTC and Fort Polk has a total of 14 level three ACFT trained Soldiers who can conduct ACFT validation training in a three-day training event that prepares graders, OICs and NCOICs for the Army's new fitness test.

JRTC and Fort Polk also has 25 level two ACFT

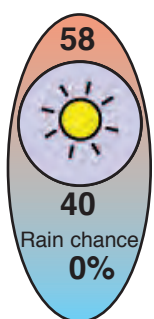
Please see **ACFT**, page 7



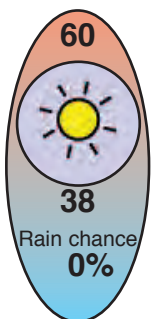
CHUCK CANNON / GUARDIAN

Soldiers with Fort Polk's 519th Military Police Battalion take the Army's new Army Combat Fitness Test during a train-the trainer class in January. By the end of November, every Fort Polk Soldier will have taken the ACFT, an entire training quarter before the second quarter fiscal year 2020 guideline set by the Army.

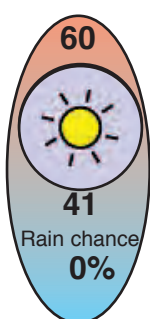
Weekend weather



Today



Saturday



Sunday

Inside the Guardian

| | | | |
|----------------------|---|------------------------|----|
| Clearing burns | 3 | Moving wall | 9 |
| Joint ops | 5 | Coffee with cops | 10 |
| Polk justice | 6 | Ren fest time | 14 |

Viewpoint

Franks offers lessons for today's leaders

By Lt. Col. (Ret.) MARK LESLIE
Director, DPTMS

FORT POLK, La. — My mission for this column is to review the Chief of Staff of the Army's recommended reading list. In doing so, I hope to spark interest in leaders, relay a few lessons and try and relate the book and the lessons to our profession.

Although my mission is to com-

plete the rather extensive CSA recommended reading list, that is not all I read, nor does this list contain all the books worthy of a warrior leader's attention. Recently, a senior leader in our Army that I genuinely respect and admire gifted me the book by Tom Clancy: "Into the Storm, A Study in Command." This book was so compelling and relevant to the transition the Army is in

today that I feel obligated to share it with you.

Not a small book, nor a quick read by any measure, this book is — as described by Armor magazine — a "compact analysis of military philosophy and war fighting theory." But it is also much more than that. This is the story of Gen. Fred Frank's career

Please see list, page 7

In our view

Guardian staff asked Fort Polk community members, "If you could be anywhere in the world where would it be and why?" Here are their responses:

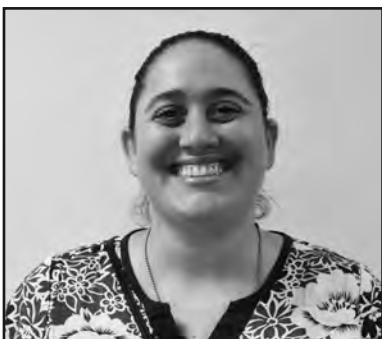
Jackie Brown: "I would go to Italy. I have seen so many beautiful pictures of it."



Ester Taryn-Bove: "It would have to be Germany for the culture."



Luna Mulligan: "I would love to go to China. I have been before and there is such a diverse culture."



Bruce Martin: "Normandy Beach. My father was a WWII veteran."



Sarah Sedlacek: "I would go to Egypt to see the pyramids and check out some ruins."



Jessica Ballard: "Clarksville, Tennessee because my family is there and I miss them."



Victoria Randle: "Bora Bora. It seems beautiful and I need a good vacation."



Sgt. Henry Waite: "I would go to Wales because my family originates from there."



Guardian

Editorial Staff

Brig. Gen. Patrick D. Frank
Joint Readiness Training Center
and Fort Polk commanding general

Col. Ryan K. Roseberry
Garrison commander

Kim Reischling
Public affairs officer

Chuck Cannon
Command information officer

Angie Thorne

T.C. Bradford

Keith Houin
Staff writers

Editorial Offices

Building 4919, Magnolia Street
Fort Polk, LA 71459-5060
Voice (337) 531-4033
Fax (337) 531-1401

Email: Kimberly.Reischling@us.army.mil

Trading post ads:

tradingpostads@yahoo.com

Fort Polk Homepage

<http://www.jrtc-polk.army.mil>

Advertising

For advertising contact
Theresa Larue
(337) 404-7242

Email: sales@thefortpolkguardian.com

The **Guardian**, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the **Guardian** are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or Fort Polk.

The **Guardian** is published weekly by the Public Affairs Office, Joint Readiness Training Center and Fort Polk. Printed circulation is 13,000.

Everything advertised in this publication shall 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.

A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source.

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

The **Guardian** is printed by the **Natchitoches Times**, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Polk. The civilian printer is responsible for commercial advertising.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or the **Natchitoches Times** of the products or services advertised.

Briefs

Veterans Day

The Joint Readiness Training Center and Fort Polk hosts a Veterans Day celebration Thursday, from 9-11 a.m., at Polk Army Airfield. A meet and greet is held from 9-10 a.m. in Hangar No. 4297 for veterans of all conflicts. Veterans and their guests can enjoy coffee, donuts and fruit as they renew old bonds and create new ones. Following the meet and greet, the veterans are invited to march down, with fellow veterans from each of the nation's conflicts, to Hangar No. 4239 for the ceremony which begins at 10 a.m. The guest speaker is Brig. Gen. Patrick D. Frank, commander, JRTC and Fort Polk.

PT hours

Army physical readiness training has been expanded from 6:30-8 a.m., Monday through Friday. This necessitates the closure of the one ways along Alabama and Georgia avenues from 6:30-8 a.m. Monday through Friday. Signs are being updated with the new times and road blocks/barri- cades will be in place. Please exercise caution when encountering Soldiers conduct- ing PT.

Road repair

Phase 3 of the Louisiana Avenue road re- pair project requires the closure of Bell Richard and Holmlund avenues and Mag- nolia Drive at the intersections with Louisiana Avenue from 7:30 a.m.-3 p.m. through Nov. 15. Repairs include the milling and asphalt paving from ACP 1 (Entrance Road) to La. Hwy 467. This phase will require changes to the traffic pattern of Corvias housing residents due to these intersections being closed to traffic. Residents will be required to utilize de- tours along these routes to access and de- part the housing areas from La. Hwy 467. Additionally, ACP 4 (Louisiana Avenue and La. Hwy 10) will remain open Monday through Friday from 4-6 p.m. for outbound traffic. Through traffic on Louisiana Av- enue from La. Hwy 467 to ACP 1 will be open for in and outbound traffic, but mo- torists are encouraged to utilize alternate routes due to traffic congestion. Note: ACP 2 (University Parkway and La. Hwy 467 North) and ACP 5 (La. Hwy 467 and La. Hwy 10) will resume normal operating hours during this phase.

Drainage repair

A contract was awarded to repair the failed drainage structure at Turtle Pond on

Please see **Briefs**, page 6



Shane Johnson, Fort Port Direc- torate of Public Works forestry prescribed burn manager, interacts with housing resi- dents while pa- trolling a complet- ed prescribed burn. DPW will begin its annual prescribed burn- ing near Fort Polk housing areas during November.

Prescribed burns to begin in November

GUARDIAN STAFF

FORT POLK, La. — Every winter, foresters throughout Louisiana take advantage of the dead foliage and cooler temperatures to do a little woodland-style housekeeping by way of pre- scribed burning.

To those unfamiliar with this concept, it is the burning of underbrush, debris and detritus that chars the forest ground into a black carpet. The fires are slow enough that any woodland crea- tures can easily escape or take cover, and the charcoal produced adds nutrients to the soil that improves the health of local flora. Burning dead or fallen trees in addition to the underbrush also reduces the amount of fuel available for potential wildfires and decreases the amount of debris that may become airborne during a tornado or hurri- cane. Prescribed burns take place about every three years depending on the amount of growth, according to Bruce Martin, chief, Fort Polk's En- vironmental and Natural Resources Management Branch.

Another benefit to prescribed burning is im- proved visibility in the woods. It's harder to hide in a cleared forest, so lost children or pets are more easily found, and criminals will find no refuge among the trees.

The only down side to the burn appears to be with the smoke. With foresters, safety personnel, Directorate of Emergency Services firemen and military police standing by (and constant patrols around the burn site before, during and after the burn), these fires stay low to the ground and pro- duce some smoke. Burning at this time of year produces the least amount of smoke because plants have not yet begun to sprout and there is less green foliage, according to Shane Johnson, prescribed burn manager for the ENRMD Branch.

"When we conduct these burns (in housing ar- eas), we try to give an ample heads up to every- one," said Johnson. "We will start in November

in the areas North of Louisiana Ave., depending on the weather. Before we start, we'll contact the Corvias (Military Living) officials and their may- ors so they can notify residents."

Johnson said he will also work with Fort Polk's Warrior Operations Center (all users), so- cial media outlets and as much door-to-door as possible. Those with Family members that have respiratory issues should notify the Exceptional Family Member Program Family Support office at Army Community Service. Appropriate notifi- cation of burn days will be coordinated between EFMP and Corvias to allow Families to make plans to be out of the area during the designated timeframe (smoke dissipates after a few hours). If you just don't want to smell the smoke, you will have enough time to leave before the fires are lit. Alternatively, you could simply stay in- doors with the windows and doors closed. The fires are kept small and any smoke produced is short-lived.

The foresters that plan the prescribed burns take much into account: Wind speed and direc- tion, time of day (they try to complete burning before school lets out) and potential wind shifts. The goal is to avoid schools, day-care facilities and Bayne-Jones Army Community Hospital as much as possible. Areas that receive priority for burning are those that lay closest to man-made structures, because fire easily jumps from tree- tops to roofs.

"We're not too concerned if the wood line is 100 or more feet away from any buildings," said Johnson. "But in some of these areas, the wood line is less than 25 feet from a home, so those have to be addressed first."

So don't be too worried if you see the woods around housing areas smoldering and blackened in the coming weeks. By summer these areas will all turn a vibrant green, creating new shoots and leaves for the wildlife to eat, a healthy soil com- position and a safer environment for Fort Polk housing residents.

Army wrestler takes silver at Military World Games

By Petty Officer 1st Class
GULIANNA DUNN
Army News Service

WUHAN, China — One of the Army's fiercest competitors on the wrestling mat isn't what you'd expect.

Standing at 5 feet and 3 inches tall with long blonde hair, this Soldier took silver during the 7th CISM Military World Games here.

Staff Sgt. Whitney Conder, from Puyallup, Washington, has been a member of the Army's World Class Athlete Program, or WCAP, for the past six years.

She and 11 members of the Armed Forces Wrestling team were selected to represent the United States in the CISM wrestling competition, which featured Greco-Roman as well as men's and women's freestyle.

Conder, who has been wrestling since she was eight years old, said, "I grew up watching my brothers wrestle who are eight and 10 years older than me. While watching them as a little kid, I was like I want to try it too, so my dad started coaching me until I started junior high school.

"I wrestled on the Puyallup High School boys' team and I ended up

being the first girl in the state of Washington to place in the state competition."

In China, she competed in the women's freestyle 50-kilogram events and took on Belarus wrestler Kseniya Stankevich during her first match. Conder won the match 9-2.

"I knew she was a tougher opponent. She could be down at the beginning of the match, but come back and win the match," Conder said.

"For me, I just had to focus on wrestling a really smart match. I was scoring and I had to think, OK this is where she turns it on. She got a takedown because I let her and I was able to pin her when she tried to turn me."

During her second match, Conder defeated Egyptian wrestler Nada Ashour with a score of 11-0.

"Whitney has been my teammate for a quite a while," said Sgt. Ellis Coleman, who wrestled Greco-Roman at 97 kg. "I didn't expect anything less than that out of her. I knew she was going to get a medal and I think they're just going to pile on for her."

Conder had competed against Ashour before and knew she was a strong opponent. She looked for weaknesses before turning her to score points.



SFC, 1st CLASS IAN CARVER/ARMY NEWS SERVICE

Army Staff Sgt. Whitney Conder with the U.S. Armed Forces Wrestling Team competes against Egypt in the 50 kg. weight class at the Council of International Sports for Military games (CISM) in Wuhan, China Oct. 22.

"I talked to my coach before the match to remind me of what to do against her, but I had to go with what worked," Conder said. "You can go in with a strategy, but you use what you can to get points."

The team's coach, Staff Sgt. Spenser Mango, said even though Conder lost gold to China, it came down to a couple of small mistakes.

"It was a very close match, but I

think we've all learned from that match," Mango said.

While Conder lost to China's Li Yuan, 6-5, she said that she was grateful to be able to represent her country, the military and her family.

"I am thankful for my team and their support, as well as my family," she said.

"I'm so glad to be here and doing what I love."

Dislocation allowance now available before PCS moves

By **SEAN KIMMONS**
Army News Service

FORT MEADE, Md. — Soldiers and their Families can now receive dislocation allowance ahead of a permanent change of station move after the Army updated its policy to reduce the burden of moving.

The new policy was effective Oct. 10, when Gen. James C. McConville, chief of staff of the Army, and Secretary of the Army Ryan D. McCarthy signed the policy. Soldiers who possess an individually-billed government charge card are eligible for the advance payment.

Dislocation allowance, or DLA, partially reimburses Soldiers for the expenses incurred while relocating to a new duty station on PCS orders. Payment rates can range from about \$978 to nearly \$5,000, based on rank or if a Soldier has dependents. The allowance does not have to be paid back.

The change comes after McConville asked for a review of certain policies to alleviate the peak PCS season that occurs every summer.

"His intent was to try and lessen the burden of a PCS move on Soldiers and Families," said Larry Lock, chief of compensation and entitlements at the Army's G-1 office. "This was just one of

those areas that we took a look at and saw that we had the policy flexibility to make those changes."

The new policy modifies a 2014 policy that directed government charge cards to be used for all PCS travel and relocation expenses. That policy, officials said, was to benefit cardholders so they wouldn't have to pay for moving expenses out of their own pocket. Officials still urge Soldiers to use their travel cards for PCS moves.

"The new policy change only affects DLA," Lock said. "The policy still requires the use of the government travel card for all other travel allowances."

To request a DLA advance, Soldiers need to fill out the Defense Finance and Accounting Service Form 9114. Or, they can receive the DLA after their move is completed when they fill out their Defense Department Form 1351-2 travel voucher.

The Army is also pursuing efforts to ease other challenges during PCS moves. One initiative being considered is getting Soldiers their orders 120 days before their PCS date, said Maj. Gen. Michel M. Russell, G-4 assistant deputy chief of staff.

Further, the Army is developing a knowledge-based smartphone application to assist with the household goods, or HHG, process, he said. The app will streamline all HHG resources and poli-

cies into one location, allowing Soldiers and their families to discover benefits that can help them before, during and after the HHG process.

"People are not aware of all the benefits that they have," Russell said at the forum. "One of the things that we're going to get after is making sure everybody understands how to empower themselves and take back the household goods move."

McConville said the Army is looking to incentivize "do-it-yourself" personally procured moves for Families interested in doing so, which could put less strain on commercial movers during peak periods.

Soldiers are now eligible for 95 percent, and sometimes up to 100 percent if approved, of what the government would pay a commercial mover as part of a personally procured move.

The change to an automatic 100 percent payment for PPMs, which currently make up less than 2% of all PCS moves, is currently being worked on.

Lock said it was a necessary thing to do to help Soldiers and Families.

"If we have the flexibility to do it," he said, "without bringing on additional burden administratively for the Army and at the same time helping Families, it's a win."

CRW Airmen enhance mobility readiness during exercise Green Flag

By **TECH. SGT. LILIANA MORENO**

621st Contingency Response Wing Public Affairs

LITTLE ROCK, Ark. — Airmen from the 621st Contingency Response Wing based out of Joint Base McGuire-Dix-Lakehurst, New Jersey, and Travis Air Force Base, California, coordinated air mobility operations during exercise Green Flag Little Rock, Oct. 19-27.

About 106 Contingency Response Airmen participated in the exercise operating out of Alexandria (Louisiana) International Airport and the Joint Readiness Training Center at Fort Polk.

"Throughout JRTC 20-01, our contingency response element's job was to ensure U.S. Army and Air Force resources efficiently flowed into the simulated theater of combat operations," said Maj. John Zirkle, CRE director of operations. "To facilitate this, we set-up a small base on their international airport's north ramp. Here, we provided critical command and control, aerial port, quick-turn maintenance, and in-transit visibility functions to the forces headed into theater."

The exercise not only supported joint and combined partners, it also provided many airmen the chance to advance their contingency response training goals. From aerial porters, aircraft maintainers, command post personnel and contracting and communication officers, built-in training objectives kept things interesting by "injecting" realistic training scenarios that tested and challenged even the most skilled member.

"This is the first contingency response exercise some of our airmen have been a part of," said Chief Master Sgt. Matt Collingridge, 621st Contingency Response Support Squadron superintendent.

"This exercise provided a great opportunity to train some of our airmen that are newer to the CRW, and for some of our more seasoned CRW airmen to share their experiences and expertise as subject matter experts."

For Staff Sgt. Nicholas Haddad, 621st CRSS intelligence analyst, it is the first exercise he has been on since joining the CRW.

"It's been a fantastic exercise. The importance of intelligence is to provide commanders with the information that they need to know in order to make sure that they can get their team to a location safely," Haddad said. "We had a list of the different types of tasks that we wanted to accomplish out here throughout this entire week, and so far everything has been going well."

During the exercise, the team loaded and downloaded tactical vehicles, airdrop bundles and a variety of other pallets to support the Army.

"Throughout a typical day, we would 'catch' 10-12 cargo aircraft, download their cargo, upload cargo for their next airland or airdrop mission and launch them," Zirkle said. "We facilitated these operations continuously, providing round-the-clock support to our users. We also supported several real-world cargo missions per Alexandria Airport's request. We had a lot of fun. In short, this exercise has better prepared our forces to rapidly deploy and support mobility operations in contested and austere environments throughout the globe."

The exercise also gave airmen a unique opportunity to enhance partnerships with joint and allied partners.

"The ability to execute mission objectives in

contested, degraded and operationally limited environments with our joint and combined partners is a critical skill that CR airmen need to develop to prepare themselves for future real-world operations," Collingridge said. "Exercise Green Flag Little Rock has provided our airmen a chance to hone those skills while developing relationships with our sister service and multinational partners."



TS/SGT LILIANA MORENO / 621st CRW PUBLIC AFFAIRS

Airman 1st Class Elizaveta Woodcock, 321st Contingency Response Squadron aerial porter, moves cargo onto a U.S. Air Force C-130 aircraft during exercise Green Flag Little Rock, Oct. 24, 2019, Alexandria International Airport, Louisiana. During the exercise the team loaded and downloaded tactical vehicles, airdrop bundles, along with a variety of other pallets to support the Army.

6th Field Artillery Regiment honors unit history with live fire

By **CAPT. MATTHEW PARGETT**

27th Public Affairs Detachment

FORT POLK, La. — On Oct. 22, 1917, the artillerymen of Battery C, 6th Field Artillery Regiment were preparing firing positions near the



CAPT. MATTHEW PARGETT / 27th PAD

Soldiers with the 3rd Battalion, 6th Field Artillery Regiment remember their World War I for bearers during a live-fire exercise on Peason Ridge. They commemorate the first artillery round fired during World War I by Charlie company, 6th FAR on October 17, 1917.

French town of Bathlemont to prepare for the imminent battle against the Germans. The battery commander, Capt. Idus R. McLendon, ordered his men to move a 75mm, M1897 artillery piece to a new position.

Through mud, under the cover of darkness, and wearing gas masks to protect them from the lingering German attacks, they moved the 3,400-pound gun, by hand, into firing position. At first light, McLendon gave the command to fire, and the first American artillery round of World War I was sent downrange.

The round impacted at sunrise on Oct. 23, 1917. One hundred and two years later, as the sun was rising over the Peason Ridge Training Area at the Joint Readiness Training Center at Fort Polk, Soldiers with the 3rd Battalion, 6th Field Artillery Regiment, were remembering their World War I brothers as they prepared to enter a live-fire exercise. As the sun breached the horizon, they initiated the attack for the 1st Brigade Combat Team, 10th Mountain Division training rotation.

Each year 3rd Bn, 6th FA Reg remembers those who came before them and the world-changing challenges they fought to overcome. Though these remembrances are usually held in formal ceremonies, the unit couldn't let the anniversary pass without paying homage to those who earned some of the first streamers on their guidon.

"It's always important to remember the contributions of those who came before us because

they all have played a part in building our history," said Lt. Col. Brandan Rooney, commander, 3rd Bn, 6th FA Reg.

As one of the Army's premiere training centers, JRTC isn't often the location chosen for a World War I remembrance.

The challenges of the training environment not only presented obstacles to hosting such a tribute, but also a unique opportunity to re-enact a historic event. Rooney said it offered the perfect chance to understand the sacrifice of those World War I Soldiers from a perspective that is best experienced when living in similar conditions.

"Shared hardship forges men and women into a cohesive unit," Rooney said. "It's amazing when you look at what those Soldiers did in order to get into position to fire. They understood the end-state, and were able to overcome the physical demands to accomplish the task. Privation is extremely important in today's modern training because it alleviates doubts in individuals and units — both will meet high expectations when given the opportunity. The more the unit succeeds, (the more) confidence is built to meet those expectations."

As the artillery battalion continued to train at JRTC, its Soldiers learned about the hard work and the effort that goes into reaching an objective successfully.

Although they may not be fighting through the trenches of World War I like the Soldiers who came before them, they are walking in the footsteps of history as they prepare for the future.

Recalling America's 'Day that lives in infamy'

By Lt. Col. KEITH IRONS
Special assistant to the CG

FORT POLK, LA. — As we approach Veterans Day 2019, I can recall an interview from a war veteran of his personal experience at Pearl Harbor. Below is his story ...

"I sat on my boat with my lieutenant and a 14-man crew. I loved my assignment on the Hawaiian islands. The day felt warm, the sun stilled in the sky provided just enough heat to bake my backside. The sky resonated a cool blue like a 1940 Ford Coupe Hot Rod with white puffy seats.

Our skipper maneuvered our PT boat into place, ready to practice shooting predesignated targets aligned in the harbor. Lots of ships filled the harbor that day, so the skipper said, "No live ammo."

We simulated the training with blanks. My PT boat belonged to the USS Tennessee, one of the smaller ships in battleship row. The USS Tennessee sat in the middle of the USS Arizona and USS Maryland, with USS West Virginia adjacent; I can't remember the other ones at this point. But I know they were close by.

In about an hour our little boat would be hoisted back onto the ship, just in time for some hot chow. I couldn't wait, but the hot chow never came — at least that day it didn't.

As I rounded the corner on the stern side, I saw a plane flying low in the middle of the harbor. The commander briefed us on the markings of American planes, but I couldn't make out this one. I thought maybe the Air Force was practicing some sort of training maneuvers this morning.

My body shivered. "A reaction to the weather," I thought to myself, or a shiver for some other unknown reason. I shivered because my mind registered one thing: The plane flew too low!

I stared, and in an instant, I saw something that I never wanted to see: A red circle on the side of the plane, a Japanese zero. I gasped. Although, I was just a lowly seaman, I extended my arms and pointed toward the sky, and roared as loud as I possibly could, "Japanese!" Everyone

turned, but by then the sky turned from a cool winter blue with puffy clouds, to a dark gray. The Japanese zeros were now filling the sky with terror.

In that moment, my life began to flash before me like a roll of 8mm movie film. I froze in place, not remembering my training. Instead, I continued to yell in the hopes everyone would begin reacting to the threat.

The lieutenant yelled and my three years of training kicked in. I ran below deck to retrieve the live ammo. Exactly three minutes later our small boat laid down groves of ammunition toward the Japanese planes. With every bullet from

my gun, I tried not to focus on the thousands of rounds shot by the Japanese planes. I focused trying not

to hear and see the devastation around me as I saw life-size bombs fall from the sky right into the USS Arizona. I covered my eyes from the blast as the explosion lit the sky like a fireworks show. Black smoke bellowed mixing with the grey clouds.

I turned and could see seven planes flying low and dropping torpedoes in the water. You could see the torpedoes swimming underwater like tadpoles, straight toward the USS West Virginia. I raised my arms back and forth thinking I could get their attention to abandon ship, but I was helpless. Then that ship exploded into a fireball.

The screaming and shouting of my fellow sailors — scrambling to conduct their real battle drills — lives with me to this day. Even the best-trained sailors could not get to their posts fast enough to return fire.

The Tennessee could not hoist us up, so our little boat rocked and rocked in the turbulent water like a shrimp boat in a bad storm. I continued to fire, waiting for my doom, like my fellow sailors. I didn't want to die but I knew the choice stopped being up to me 20 minutes ago.

I survived Pearl Harbor on that day, Dec. 7, 1941. Years later my career took me to two more wars and three water landings across the Pacific. I stand here now on 9 Nov. 9, 2017, Veterans Day at Fort Polk, Louisiana, telling my story to a

young lieutenant colonel, named Keith Irons ..."
Veterans Day is about the memory of those who served in the past, the present and those that who will serve in the future.

Commentary

Briefs

Continued from page 3

Warrior Hills Golf Course. The project requires the replacement of the riser and drainage pipe across the fairway of hole 18. The fitness trail will require a closure and detour through Nov. 12.

During PT hours (6:30-8 a.m.) a detour will be utilized that follows the cart path adjacent to hole 18's fairway. Pedestrians should exercise caution during this time as lighting is limited along this route. Pedestrians are asked to either avoid the work area or utilize the signalized intersections at La. Hwy 467 and Corps Road and La. Hwy 467 and Louisiana Avenue to detour the construction zone between the hours of 8 a.m. and 6:30 a.m.

Abandoned vehicles

The Directorate of Emergency Services Traffic Section will release the following vehicles to a

towing company for disposal on Dec. 8 if they remain unclaimed. Vehicles are listed with the last four numbers of their VIN number. If one of these vehicles belongs to you please contact the Fort Polk Police Traffic Section 531-1806/2677.

| | | |
|----------------|----------|------|
| 2008 KIA | SPORTAGE | 7546 |
| 2011 CHEVROLET | 1500 | 4608 |
| 2001 KIA | RIO | 5378 |
| 1999 CHEVROLET | 1500 | 5469 |
| 2002 SATURN | VUE | 7797 |
| 2009 VW | JETTA | 0049 |
| 2006 KIA | OPTIMA | 9904 |
| 2012 NISSIAN | VERSA | 8379 |
| 2006 GMC | 1500 | 3847 |
| 2008 BMW | X5 | 4757 |
| 2003 TOYOTA | COROLLA | 0139 |
| 2006 MAZDA | 3 | 9500 |
| 2010 KAWASAKI | KLR650 | 9760 |

Justice beat

STAFF JUDGE ADVOCATE

FORT POLK, La. — The preamble to the Manual for Courts Martial states, "the purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote the efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States."

Here at the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

Across the installation, the following disciplinary issues continue to be prevalent: Sexual assault, driving under the influence, wrongful use/possession of controlled substances, inappropriate relationships, fraternization and domestic violence. Below are recent examples of adverse legal actions across the installation.

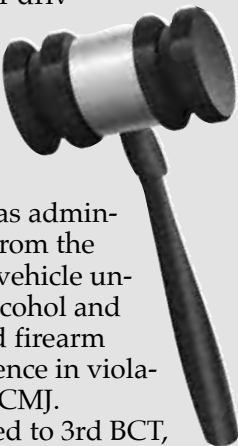
- A staff sergeant, assigned to JRTC Operations Group, was issued a General Officer Memorandum of Reprimand for driving his vehicle under the influence of alcohol in violation of Article 92, Uniform Code of Military Justice.

- A staff sergeant, assigned to 509th Infantry Regiment, was punished under Article 15 for making a false official statement, wrongful use/possession of a controlled substance, and an inappropriate relationship in violation of Articles 107, 112a and 134, UCMJ. The service member was sentenced to a reduction in rank, forfeiture of \$1,698, suspended for one month and 30 days extra duty, suspended for one month.

- A sergeant, assigned to 3rd Brigade Combat Team, 10th Mountain Division, was issued a General Officer Memorandum of Reprimand for driving his vehicle under the influence of alcohol in violation of Article 92, UCMJ.

- A private first class, assigned to 3rd BCT, 10th Mtn Div, was administratively separated from the Army for driving his vehicle under the influence of alcohol and possession of a loaded firearm while under the influence in violation of Article 112a, UCMJ.

- A private, assigned to 3rd BCT, 10th Mtn Div, was administratively separated from the Army for wrongful use/possession of a controlled substance in violation of Article 112a, UCMJ.



List

Continued from page 2

and his contributions to our Army and reflections on those contributions.

This book has 18 chapters, but I divide it up into four sections:

- Franks in Vietnam
- Rehabilitation and the Cold War
- Desert Storm
- Post Desert Storm and “thoughts.”

While some of the focus of this review will be on action and lessons

learned in Desert Storm, they will not be the entire focus. Much of what I liked about this book was the story of Gen. Fred Franks himself.

While I think if he were to read this, he would be embarrassed in the way I talk about him, it is evident he is the epitome of a passionate professional. While I have many of the pages of this book “dog-eared,” underlined and highlighted, in each

chapter, the section that I found most relevant to us here at the Joint Readiness Training Center and Fort Polk was Frank’s time in the Cold War.

The time in between Vietnam and his horrific wounds (if you didn’t know, Franks lost a leg in Vietnam while with the 11th Ar-

mored Cavalry Regiment, and begged to stay on active duty) until Desert Storm is a treasure trove of insights on training. Franks was part of the officer corps that was sickened with what had happened to the Army throughout and as a result of the Vietnam War and he fought to stay on active duty and save our Army from itself. To me, this speaks volumes about not only his character, but also his commitment to our country, Army and Soldiers.

The leaders he lists in his book that he worked with and shaped the Army that won Desert Storm, read like a “who’s who” of Army legends: Gen. Don Starry, Gen. Carl Vuono, Gen. Creighton Abrams, Gen. Cavazos and the list goes on. I came in the Army in the 80s and served in Desert Storm, so I know many of these names and what they did for our Army. They are legends in our Army and left a legacy that will last many generations. If you don’t know their names, you should. Read this book and you will know why.

If you’re looking for something to strive for and wonder if what you do every day matters to our Army, read this book. These great leaders never lost sight of why what they were doing is important,

and why passion for the Army profession matters. The results, as the author points out, were evident in Operation Just Cause in Panama and even more so in Desert Storm.

Franks relays the four main ingredients of combat power (firepower, protection, command and

leadership, and maneuver) early in the book and masterfully spends adequate time throughout the book relaying real life examples of each one of them. I especially liked his discussions (and they genuinely felt like discussions) on command and leadership. The best way to describe how he comes across is sincere.

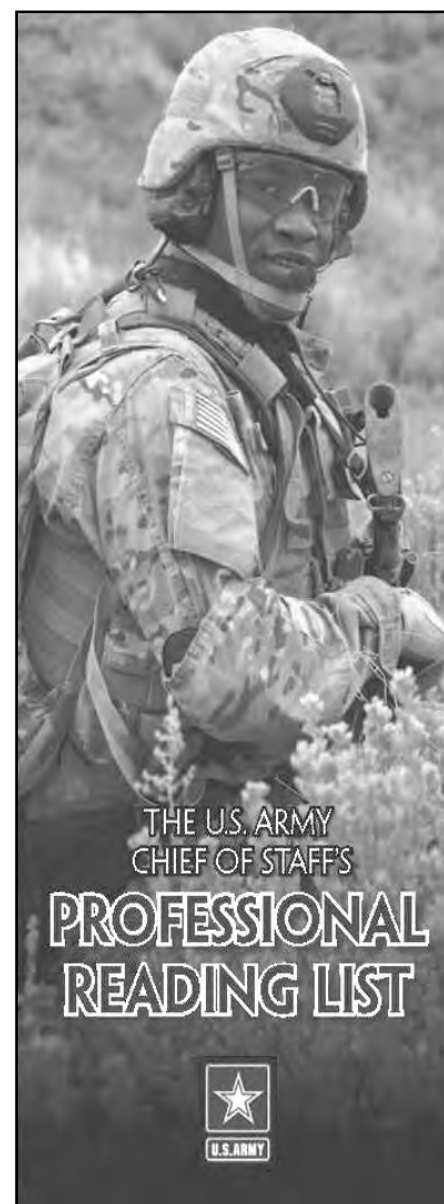
Franks was — and is — obviously a professional, but not at the expense of empathy. I think his own personal memories and his generation of leaders that rebuilt the Army after Vietnam had a passion for our profession and love for the Army and

those in it, and to never — ever — let what happened to the Army in Vietnam happen again.

It is apparent throughout this book, and he even mentions that he thought of Vietnam every day in Desert Storm. It impacted him that much, but he didn’t just think of Vietnam, he thought of those he served with and those he was serving now.

Probably one of the best passages for me was how the author and Franks managed to eloquently capture the clarity and heightened senses that combat brings. The state of mind that enables a leader that is in touch with his unit, his operating environment and has an intimate, in depth knowledge of his enemy to make the right call, at the right time.

This small passage is the best definition on the “art of command” that I have ever seen or read. I have struggled for years to try and relay this to others that have not seen brutal combat and my efforts fell flat in comparison to this short but powerful part of the book. It is easily overlooked



and I am not going to tell you where it is, you will have to read it to find out.

In this book you will learn that Franks is more than the one-legged Vietnam veteran commander of the VII Corps “Jay-hawks” in Desert Storm, more than the TRADOC commander and more than just another general.

You will also learn by reading this book, that a war almost 30 years ago has plenty of lessons on maneuver warfare that are as applicable to us today as they were then.

There is no better way to prepare yourself personally

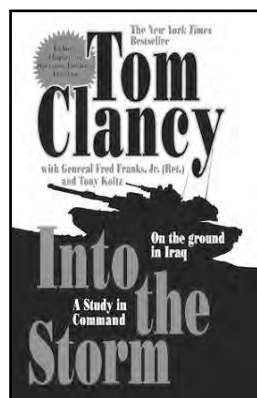
for the threat of near-peer combat than to study your profession. This book is just that: A study of our profession — maneuver warfare, leadership and combat at all levels. A well-read field grade officer is a well-armed field grade officer. Do yourself, your unit, your Soldiers and their Families a favor. Read this book, dog-ear it, reference it and try its lessons out in the training areas. It may just save a life and help us win the next conflict.

I think that is why Franks wrote it. He is a humble servant leader and it is apparent the book wasn’t about him personally. The author and Franks just used his story as a vehicle to relay some powerful lessons on the most noble of professions to another generation. I recommend we heed them.

BOOK: Into the Storm. A Study in Command

AUTHOR: Tom Clancy and Gen. Fred Franks

ALLEN MEMORIAL LIBRARY CALL NO: MS 956.70442 Clancy



Commentary

ACFT

Continued from page 1

trained Soldiers. Level two consists of 20-24 hours of training and testing and increases administrator competency and grader accuracy and objectivity.

Level two Soldiers serve as the OIC/NCOIC for a record ACFT and are responsible for the following:

- Validating a testing location
- Validating the testing equipment
- Supervising the setup of ACFT testing lanes

- Supervising ACFT Graders
- Administering a record ACFT re-test
- Grading the six ACFT events

- Grading the three alternate cardio events in the Modified ACFT for permanent profile Soldiers.

In April of 2020 JRTC and Fort Polk will host a team arriving to train more Soldiers in preparation for the ACFT for October 2020.

Rotation 20-01 features 1st BCT, 10th Mtn Div Soldiers

GUARDIAN STAFF

FORT POLK, La. — Soldiers from the 1st Brigade Combat Team, 10th Mountain Division, from Fort Drum, New York, are currently in the midst of Rotation 20-01 at the Joint Readiness Training Center and Fort Polk, honing their combat skills against the Army’s premiere training site and its formidable opposing force — 1st Battalion, 509th Infantry Regiment. The photos on this page show the 1st BCT Soldiers in action during a live fire exercise at the JRTC’s Peason Ridge training area and in the JRTC “Box” during the rotation.



JRTC OPS GP



Community

Briefs

Women's health

A Women's Health Transition Workshop, sponsored by the Fort Polk Soldier For Life — Transition Assistance Program is held Tuesday from 9 a.m.-4 p.m. at the Warrior Center, 1321 Corps Road. Women veterans are invited to learn about Veterans Administration and Department of Defense benefits. Lunch is available for purchase at the Warrior Center. Call 531-1591 for more information or to register.

School lunch menu

The following school lunch menu is for Vernon Parish schools for Monday through Nov. 8. Meals are served with salad bar and choice of milk:

Monday: Hamburger on whole wheat bun, French fries, ranch style beans, lettuce/tomato/pickle cup, orange wedges.

Tuesday: Pinto beans and sausage, whole grain rice, mustard greens, orange wedges, whole wheat cornbread.

Wednesday: Barbecue beef on whole wheat bun, potato rounds, green Lima beans, fruit.

Thursday: Chicken and sausage gumbo, steamed rice, potato salad, green beans, peach crunch, crackers.

Nov. 8: Cheesy chicken or beef/chili/cheese nachos, corn on the cob, ranch style beans, apple wedges.

Animal week

The Fort Polk Veterinary Treatment Facility hosts a "One Health Animal Week" Monday through Thursday. There is no charge for heartworm tests, but an exam fee is still required. Call 531-1322/1323/1320 for an appointment.

Holiday hours

The Fort Polk Commissary will observe the following hours of operation during the Thanksgiving holiday period:

- Nov. 24 — 10 a.m.-6 p.m.
- Nov. 25-27 — 8 a.m.-8 p.m.
- Nov. 28 — closed
- Nov. 29 — 8 a.m.-8 p.m.
- Nov. 30 — 9 a.m.-8 p.m.

Call 531-7678 for more information.

Health benefits fair

The Fort Polk Civilian Personnel Advisory Center hosts a health benefits fair for appropriated fund employees Thursday at the Education Center, 7460 Colorado Ave., bldg 660, room 101, from 9 a.m.-1 p.m. Health-care reps will address questions, offer brochures and open season health plan packages in conjunction with the Federal Employees Health Benefits open season.

Please see Briefs, page 12



CHUCK CANNON / GUARDIAN

A Vietnam War veteran etches the name of a fallen comrade on the Moving Wall during its last visit to DeRidder in July 2011. The wall returns Thursday through Nov. 11 at the War Memorial Civic Center, 250 West Seventh St., DeRidder.

Vietnam Moving Wall comes to DeRidder

GUARDIAN STAFF

FORT POLK, La. — The Moving Wall, the nation's traveling Vietnam Veterans Memorial, will be on display next to the historic War Memorial Civic Center, 250 West Seventh St., DeRidder, during Thursday through Nov. 11.

A brief ceremony is slated for 4 p.m. Thursday and the wall will remain open 24 hours a day through Nov. 11. Vietnam veterans who gave their lives and their Families will be recognized for their sacrifices. There are currently 58,307 names on the Moving Wall, with 887 from Louisiana and eight from Beauregard Parish.

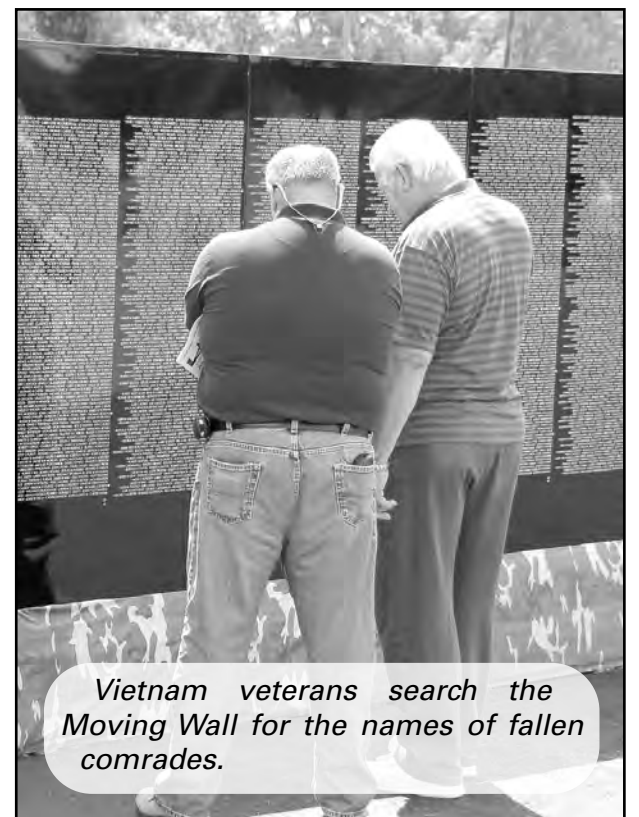
John Devitt, a former helicopter door gunner and Army veteran, visited Washington for the dedication of the Vietnam Veterans Memorial and to participate in the National Salute to Vietnam Veterans in 1982. Devitt, founder and chairman of the Moving Wall and Vietnam Combat Veterans, Ltd., wanted to capture the spirit he felt at the memorial and share it with people who were unable to travel to see the monument.

He and some friends spent 22 months and \$28,000 in donations to build the original Plexiglas replica of the memorial in 1983. The replica is half the size of the Washington Vietnam Veterans Memorial and measures 253 feet in length. It is now constructed of aluminum with the names silk-screened on black panels. The replica cost about \$60,000 in donations.

The wall is open to the public and no admis-

sion fee is charged. DeRidder police and Beauregard sheriff's deputies will provide security each night.

For more information call (337) 463-7212 or email directorwmcc@gmail.com.



Vietnam veterans search the Moving Wall for the names of fallen comrades.

Community converses with law enforcement over Cuppa Joe

By KEITH HOUIN
Guardian staff writer

FORT POLK, La. — Corvias housing community centers were abuzz with police activity Oct. 23 for Coffee with a Cop.

While Corvias provided coffee, hot chocolate, donuts, lemonade and popcorn, the Directorate of Emergency Services police and 519th Military Police Battalion Soldiers provided static displays and police demonstrations.

The event wasn't just to have a little fun, but served a larger purpose.

"The event brings awareness of the resources available here on Fort Polk, and helps the residents feel safe by being able to discuss community concerns," Christina Andrews, Palmetto Terrace resident manager said.

"Coffee with a Cop allows residents to meet law enforcement officials and for the community to share safety concerns and issues with those officials. At the same time, it allows law enforcement officials to share actual crime trends and data with the community to highlight the low crime rate in our housing areas," Bobby Lungrin, Fort Polk Chief of Police, said.

Coffee with a Cop also helps law enforcement do its job better.

"Effective law enforcement depends on information from the community to point us in the right direction. Events like Coffee with a Cop are great opportunities for law enforcement personnel to build relationships and trust with the community in general," Lungrin said.

The event was met with smiles and laughter by children, and a sense of community and optimism by parents.

"I'm surprised to see how many people came out and it's great to see our neighbors that we don't recognize. The more you see them at these events the more secure you feel and it really helps bring the neighborhood together," Arianna Hagan, Palmetto Terrace resident, said.

"It's a great event. The kids not only get to react with other kids, but they get to meet the MPs and get to know them. You know when the kids see the MPs they see the guns and that can be scary for some of them. This helps put them at ease about what the MPs are there for," Diana Mavrinnac, Palmetto Terrace resident, said.

Events like this are great for the entire community, Mavrinnac said. "I can't wait for the next one."



Fort Polk police officer Troy Slate shows Cinthia (center) and Ashley Guzman how to run the lights and siren on his motorcycle.



Spc. Ian Smith and his military working dog Faro take down Staff Sgt. Douglas Carter during an MWD demonstration at Coffee with a Cop.



The 519th Military Police Battalion Special Reaction Team demonstrate search procedures on a dangerous suspect's vehicle.



Fort Polk police officer Amber Hoagland demonstrates her police car's spotlight to Maximus (left) and Chloe Mavrinnac.

Breast cancer survivors gather at annual Fort Polk luncheon

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Fort Polk's annual breast cancer awareness luncheon, honoring survivors and those still battling breast cancer, was held at the Warrior Center Oct. 24.

Col. Jody Dugai, Bayne-Jones Army Community Hospital commander, said the event honored the determination and strength of breast cancer survivors and those still battling breast cancer.

She explained that one in eight women — mothers, sisters, friends, co-workers and neighbors — will develop breast cancer during the course of their lifetime.

Dugai said she wasn't sharing the statistics to scare women because women are already scared about breast cancer.

"I am telling you these facts because despite the numbers, you have the power to reduce your odds of getting this disease," she said. "The survivors here today are a living testament to beating the odds."

Dugai said the Joint Readiness Training Center and Fort Polk trains America's elite fighting force and recognizes warriors when they see them.

"You too are warriors exhibiting tremendous courage. You stand against an enemy (breast cancer) and your battle inspires us," she said. "I see your bravery, determination and intense desire to beat this disease."

Dugai said the luncheon was about supporting the fighters, admiring the survivors and honoring the taken.

"We must vow to never give up hope. At any given moment you have the power to say, 'This is not how my story ends.' Cancer may have started this fight, but you will finish it," she said.

The guest speaker was Dr. Oluwayemisi M. Ojemakinde, Byrd Regional Hospital diagnostic radiologist. Ojemakinde talked to those in attendance about the importance of imaging for breast cancer detection.

After explaining the composition of the breast and the different cancers that can be diagnosed, Ojemakinde went back to the basics and defined what cancer is.

"Cancer is a term for diseases in which abnormal cells divide without control. If you find a lump, sometimes is malignant — it can end in death — or benign — harmless," she said.



Col. Jody Dugai, Bayne-Jones Army Community Hospital commander, offers opening remarks at the Fort Polk breast cancer luncheon Oct. 24.

She emphasized that if you see something you should say something.

"If you feel a lump or abnormal texture, you need to get it checked out. It's all about detection," she said.

Margie Morris, a breast cancer survivor, attended the event. She said she is proud to be a survivor.

"This is an event that impresses on people the importance of recognizing the symptoms of breast cancer and getting checked," she said.

Morris said she is a fighter.

"I will never forget the day they told me I had cancer. Of course, it scared me but I made up my mind it wasn't going to beat me. After 33 radiation treatments I beat it and have been clear ever since," she said.

Elaine Crews is also a breast cancer survivor. Crews was diagnosed with breast cancer in 1983.

"At the time, no one talked about having cancer. For a while, I was the only person in the area that had gone through all of this and survived," she said.

Having beaten the odds, she said the American Cancer Society called on her to talk to other women who had been diagnosed.

"I would reach out to them to help and support them as they fought cancer. I've called people across the United States because they had no support system in place at the time. Thank goodness things have changed. That's why events like this where those still fighting cancer can connect with survivors who have won the same battle they are fighting are important," she said.



Breast cancer survivors are asked to stand for applause at Fort Polk's annual Breast cancer awareness luncheon at the Warrior Center Oct. 24.

ANGIE THORNE / GUARDIAN

MILITARY PERSONNEL

★ **MONDAYS** ★

20% OFF

WITH VALID MILITARY ID

TUESDAY - SUNDAY

10% DISCOUNT

THANK YOU FOR YOUR SERVICE!

VISIT US AT:

1102 S. 5th Street, Leesville • 812 N. Pine Street, DeRidder

Only at participating KFC locations. Must show valid Military ID to receive discount. ©2019 KFCC. 057430-2



Week highlights advances in public education

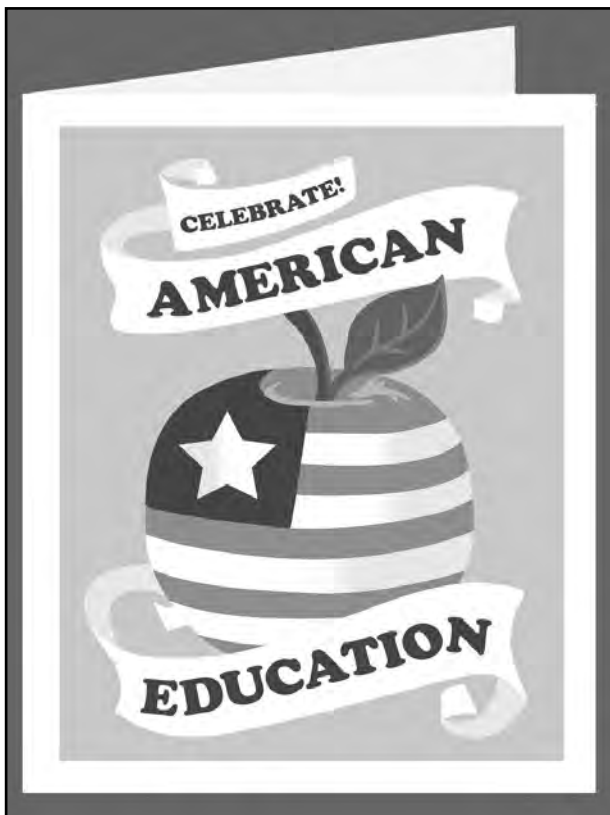
By **CHEVINA PHILLIPS**
Education services officer

FORT POLK, La. — During World War I, 25% of draftees were found to be illiterate and 9% were found to be physically unfit. To enhance the educational opportunities for citizens several educational associations (National Education Association, American Legion, U.S. Office of Education, Parent Teacher's Association) met in 1919 to discuss strategies to enhance public education awareness and enlist support for education enhancements. The beginning foundation for American Education Week was born.

In 1921, American Education Week was adopted and observed annually to keep the public abreast of the accomplishments and needs of public education. As an added initiative, the goal was to secure the cooperation and support for public involvement and financial support for public education.

The first observance of American Education Week occurred December 4-10, 1921, with the National Education Association and American Legion as co-sponsors. A year later, the U.S. Office of Education joined as a co-sponsor followed by the Parent Teacher Association in 1938.

As the movement evolved, several organizations became co-sponsors: U.S. Department of



Education, National Parent Teacher Association, American Legion, American Legion Auxiliary,

American Association of School Administrators, National School Boards Association, American Federation of Teachers, American School Counselor Association, Council of Chief State School Officers, National School Public Relations Association, National Association of Elementary School Principals and the National Association of Secondary School Principals.

This year's National American Education Week is scheduled for Nov. 18-22. The Fort Polk Education Center will celebrate its Education Week Nov. 12-15 to enhance the value of education and its benefits.

Several educational events are scheduled for the week:

- Two days of testing, Nov. 12-13 (TABE, CLEP and DSST Testing). Tests are free for military personnel and a minimal fee for civilians. All examinees desiring to test must preregister by calling 531-5269.

- Open House Nov. 14, will consist of professional academic counseling, and opportunities to explore career paths with university and college representatives.

- On Dec. 5, a Fall Combined College Recognition Ceremony is held at 5 p.m. in Bayou Theater.

Events are open to the Fort Polk community. For more information contact the Education Center at 531-5269.

Briefs

Continued from page 9

which begins Nov. 11. Visit www.ebis.army.mil/login.aspx for more information.

Fall fellowship

The Fort Polk Garrison Chapel hosts a community gathering fall fellowship Nov. 9 from 1-7:30 p.m. at Alligator Lake. Enjoy faith, food and fellowship. Field events take place from 1-4 p.m. Dinner is at 4:30 p.m. Call 531-7056 for more information.

Messiah rehearsals

The Vernon Community Choir, led by Gene Davis, has issued a

call for vocalists who would like to participate in this year's presentation of G.F. Handel's classic "Messiah" Dec. 8 at 3 p.m. in the Leesville High School Auditorium, 802 Berry St. Rehearsals are held each Saturday, Nov. 9, 16, 23 and 30 from 10 a.m.-noon at the Vernon Middle School music room. Final rehearsal is Dec. 7 at 10 a.m. in the high school auditorium. For more information call Davis at (337) 424-7118, (337) 238-1036 or (337) 238-2540.

Giftwrapping

Volunteer groups can raise money and get in the holiday spirit by

partnering with the Army and Air Force Exchange Service to provide gift wrapping services for military shoppers this holiday season. The Fort Polk Exchange provides wrapping paper, tape and other supplies for volunteer groups at their stations.

Groups can seek donations in exchange for gift wrapping. Groups can sign up to wrap gifts from Veterans Day, Nov. 11, through Christmas Eve, Dec. 24. Interested organizations can contact the Fort Polk Exchange at 537-1792 or Beltzc@aafes.com for information on scheduling a time to participate in the program.

Beauty event

Shoppers can stop by the Fort Polk Exchange Saturday for the Fall Beauty Event from 11 a.m. to 2 p.m. and enjoy free samples, giveaways, mini makeovers, kids' nail painting and more. Call 537-1792 or email Beltzc@aafes.com for more information.

MCY nominations

Operation Homefront is accepting nominations for the 2020 Military Child of the Year Awards, as well as applications for the 2020 Military Child of the Year Award

for Innovation. Nominations are open through Dec. 9, and awards will be presented at a recognition gala April 2 in the nation's capital. The awards will recognize seven young people ages 13 to 18 who are legal dependents of a service member or military retiree. Six Military Child of the Year recipients will represent a branch of the armed forces — Army, Marine Corps, Navy, Air Force, Coast Guard and National Guard.

The seventh award is the Military Child of the Year Award for Innovation to a military child who has designed a bold and creative solution to address a local, regional or global challenge.

To nominate a child for the award go to www.militarychild-oftheyear.org and click on the nominations tab. Award recipients will be flown with a parent or guardian to Washington, D.C., and recognized at the April 2 gala, where they will receive \$10,000 each and a laptop computer.

WIC acceptance

The Fort Polk Commissary can now process Louisiana Women, Infants and Children (WIC) electronic benefits transfer (EBT) card purchases. For more information call 531-7678.

WAWF Registrant

EAB CATERING

— Since 1996 —

**Food, Beverages, Bartenders,
Event Planning, Décor, DJs,
Linens, Emergency Food
Service & Much More!**

ALCOHOL CATERING PERMITTED | MILITARY DISCOUNT'S AVAILABLE

Rose Epperson, Owner
401 MLK Drive | 337-401-0444
eabcatering96@gmail.com

For good grade on bone health, aim for D — vitamin D

MILITARY HEALTH SYSTEM COMMUNICATIONS OFFICE

WASHINGTON — Vitamin D is essential to building and maintaining strong bones, health experts say. Yet so many Americans — women, in particular — aren't getting enough of it. According to a report to the secretaries of the departments of Agriculture and Health and Human Services, the Dietary Guidelines Advisory Committee called vitamin D a "shortfall nutrient ... of public health concern."

"Vitamin D is required for calcium absorption, and calcium is one of the major minerals in the bone," said Erin Gaffney-Stomberg, a research physiologist and principal investigator formerly at the U.S. Army Research Institute of Environmental Medicine, or USARIEM, in Natick, Massachusetts.

"So if you don't have adequate vitamin D status, your calcium absorption will be impaired," said Gaffney-Stomberg, now at the U.S. Army Combat Capabilities Development Command Soldier Center's Combat Feeding Directorate, in Natick.

In adults, severe vitamin D deficiency may lead to fragile, soft and misshapen bones, a condition called osteomalacia. Osteoporosis is a disease in which the density and quality of bones are reduced over time. More than 80% of the 10 million Americans who have osteoporosis are women, according to the Department of Health and Human Services' Office on Women's Health.

Women are more affected because they typically have smaller, thinner and less-dense bones than men, said Joanne Porwoll, a nurse practitioner in endocrinology at Fort Belvoir Community Hospital in Virginia. Other risk factors for osteoporosis include smoking and drinking more than three alcoholic beverages daily.

Lifestyle changes can lower the risk for osteoporosis, Porwoll said. Those changes include doing weight-bearing activities and ensuring

there's enough vitamin D in the diet. Porwoll said people with the highest risk of having a vitamin D deficiency include those who live or work in environments with minimal sun exposure, have darker skin pigmentation, have health disorders that affect gut absorption of nutrients or who take medications that affect the metabolism of vitamin D.

"Vitamin D really is unique because it can actually be made in our bodies," Gaffney-Stomberg said. She explained that in response to sunlight, a form of cholesterol in the skin is transformed into vitamin D. But exposing unprotected skin to the sun has health risks, the American Cancer Society warns.

People also can get vitamin D through foods, including fatty fishes such as salmon and mackerel, and dairy products and cereals that have been fortified with vitamin D. However, studies have found that people generally have a very poor intake of vitamin D from food sources.

Gaffney-Stomberg cited a study of Soldiers in initial Army training that found 70% of the women consumed less than a third of recommended levels of vitamin D. For men, the figure was 55 percent. These statistics are similar to those found in the civilian population, she said.

Decreased bone mass at any age can lead to an increased risk of fracture. That's what led Gaffney-Stomberg and other USARIEM researchers to collaborate with the Combat Feeding Directorate to develop a food item called the Performance Readiness Bar. The PRB is a supplemental snack bar fortified with vitamin D and calcium to support bone health. The aim is for Army recruits to consume the bar to prevent stress fractures.

"Stress fractures are one of the most common injuries during initial Army training," Gaffney-Stomberg said. "Trainees are 18 times more likely to sustain a stress fracture compared to active-duty service members, and women have a four



times greater risk than men."

The PRB is a result of research that showed Army recruits who consumed two bars containing calcium and vitamin D every day during basic training experienced greater increases in bone density compared to those who ate a placebo bar, Gaffney-Stomberg said.

She added that a four-year study of 4,000 recruits is underway by scientists at USARIEM to understand the risk factors associated with stress fractures in recruits and the extent to which the PRB makes a difference.

Porwoll suggests Military Health System beneficiaries talk with their primary care providers about whether they should take vitamin D supplements. She noted that some calcium supplements also contain vitamin D, and too much vitamin D can be harmful. The National Institutes of Health's Office of Dietary Supplements provides recommended dietary allowances.

While vitamin D previously had been thought to lower the risk of some types of cancer, a large clinical trial by the NIH's National Cancer Institute recently concluded there was no link. When it comes to good bone health, however, there's no dispute about the benefit of vitamin D.



Abominable fun

The Army and Air Force Exchange Service has a special offer for Families looking to spend quality time together during November's Military Family Month. The Fort Polk Reel Time Theater will screen "Abominable" at 3 p.m. Saturday, and military Families who purchase tickets will be entered to win a \$100 Subway gift card. Each ticket purchased earns an entry for the gift card. For more information contact Carrie Beltz, (337) 537-1792 or Beltzc@aafes.com.

studio 6

Located at the Main Gate of Fort Polk at 1304 Entrance Rd.
75 kitchenettes

337-653-6200
studio6leesville.com

Look to renaissance festivals as unique way to celebrate holidays

GUARDIAN STAFF

FORT POLK, La. — Step back in time to a world of peasantry, fantasy and regal refinement filled with period costumes, foods, entertainment and fun at the Texas and Louisiana Renaissance fairs.

Imagine walking along the midway enjoying a turkey leg and mead while watching jousting competitions, blacksmith and glass blowing demonstrations, skits and jokes from modern-day jesters and vendors with hand made crafts galore.

You don't have to, but you can also have a blast planning your wardrobe as you dress up in Renaissance garb to blend into your surroundings and get a better sense of the themed festival.

Sounds like fun doesn't it? Though the Texas festival has been in full swing for several weeks, the Louisiana festival begins Saturday. So, there's still plenty of time to make plans to head to your medieval adventure just in time for the holidays.

Texas Renaissance Festival

The annual renaissance festival is located in Todd Mission, Texas, 21778 FM 1774, about 55 miles northwest of Houston. The festival started in 1974 on the location of an old strip-mining site and claims to be "the nation's largest Renaissance theme park."

In addition to the general fun to be found, the festival has themed weekends that go beyond just the regular Renaissance rigmarole. Find

your favorite weekend and dive right in.

- Saturday and Sunday is Return to the Renaissance — for the festival's sapphire anniversary (45 years), the focus is on the theme that started it all. The royal courts of Europe arrive with King Henry and his English nobles to welcome the King and Queen's royal guests. Flaunt your stately attire in the Renaissance themed costume contest or eat like a king in the food contest.

- Nov. 9-10 is Heroes and Villains — the mightiest heroes and heroines clash with the darkest of villains and vixens from history and legend. Show off your alter ego in the heroes and villains costume contest. If your superpower is eating, accept the challenge of winning the themed food contest.

- Nov. 16-17 is Barbarian Invasion — join the great horde and feast, drink and plunder your way through the village during this barbaric rumpus. Are you the worst dressed barbarian around? Prove it in the costume contest or show off your worst table manners in the turkey leg-eating contest.

- Nov. 23-24 is Highland Fling — the pipes are calling lads and lassies to a celebration of the joys of Scotland. Witness the thrill of the Highland games, show off your Scots finery in the bonnie knees contest, and see if you have the misneach (courage) to participate in the haggis-eating contest.

- Nov. 29-Dec. 1 is Celtic Christmas — Father Christmas, Mother Christmas and all the Christmas elves welcome children of all ages to the final three-day celebration of the coming Yuletide season. The kingdom is transformed into a Christmas wonderland and holiday music fills the lanes.

Find the perfect gifts for everyone on your list in the more than 400 shoppes at the festival. There's also holiday costume and the pumpkin pie eating contests to add to your Christmas cheer.

Hours are 9 a.m.-8 p.m. Saturdays, Sundays and Nov. 29 — the Friday after Thanksgiving.

General admission is \$23.95 per adult and \$11.95 per child. Parking is \$15. There are special deals and packages on the website.

For more information visit www.texrenfest.com or call (800) 458-3435.

Louisiana Renaissance Festival
If you would rather stay within

the boundaries of Louisiana, visit the Louisiana Renaissance Festival, 46468 River Road, Hammond. This is a Renaissance fair that takes place on a location that emulates a historical 16th century village in England during the 1565 fall harvest festival.

- Saturday and Sunday is the mask weekend — save your Halloween mask and wear it to the opening day of La-RenFest. You are even welcome to wear your entire costume, regardless of age, to this family-friendly event.

- Nov. 9-10 is Heroes and Pirates — on Veterans Day weekend the festival honors heroes and has fun with pirates. In history, many pirates were actually heroes as well: Pirating was a huge part of ensuring freedom for the United States. In the Battle of New Orleans, Jean Lafitte's pirates secured victory for the United States. This weekend, veterans, active-duty military, first responders and Boy and Girl Scouts get 50% off at the ticket booth.

- Nov. 16-17 is Celtic weekend — wear your kilt, colors or tartan or be Celtic any way you want. Bagpipe and Drum Competition starts at 8 a.m. Nov 16, and Sunday, Nov. 17.

- Nov. 23-24 is Romance weekend — bring the one you love to Ren-Fest. The first 200 couples dressed to match receive a toy rose. Note: Costuming is called "garb." Wearing matching garb with the one you love is called "Honey Garb."

- Nov. 29-Dec. 1 is time travelers and family weekend — not sure what to do with all the family members that traveled to your house and didn't leave after the feast? Bring them to RenFest.

Nov. 29 is family day. Time travelers and cosplayers are encouraged to travel through time and space to visit the festival on this holiday weekend.

- Dec. 7-8 is the fireworks finale — the festival has one of the best fireworks displays around. It happens about an hour after the festival closes.

Anyone who attends faire that day is welcome to stay and spread a blanket on the grass surrounding the lake to lay back and watch the fireworks (Saturday and Sunday).

Hours are 9:45 a.m.-5 p.m. (rain or shine). Single day admission for adults is \$20 and children is \$12.

For more information visit <https://secure.la-renfest.com/> or call (985) 429-9992.



INDULGE YOUR INNER SUPERFAN

LOUISIANA SPORTS HALL OF FAME & NORTHWEST LOUISIANA HISTORY MUSEUM NATCHITOCHES, LA

Snag a front-row seat to dazzling exhibits that bring Louisiana sporting legends to life. Plan your family's next educational outing by visiting LouisianaStateMuseum.org.

SHARE YOUR LOVE OF LOUISIANA.



JOIN THE BAYOU KREWE TODAY!



©2018 Louisiana Department of Culture, Recreation & Tourism

LouisianaTravel.com

Discover ancient Louisiana cultures through archaeological sites

By **KEITH HOUIN**

Guardian staff writer

FORT POLK, La. — Anyone who has spent a little time in Louisiana knows the state has some distinct cultures — Cajun, Creole and others. However there are other cultures that predate them by hundreds even thousands of years.

Long before Europeans, Africans and South Americans settled the area, the Poverty Point, Marksville, Tchefuncte and other indigenous cultures either settled in Louisiana or harvested its vast natural resources to take and use in other areas of what is now the United States.

Remnants of these cultures can still be seen today at various locations across the state.

- The UNESCO World Heritage Site Poverty Point about, 55 miles east of Monroe, dates back more than 3,400 years.

Though the people left no written records, archaeologists know the site was a ceremonial center that was home to hundreds, or maybe thousands of people, as well as a trading hub unmatched by any in North America at that time.

Archaeologists learned about these people by the materials they left behind — artifacts and archaeological features — as well as what they didn't leave behind, such as burials and crop remains.

Today, Poverty Point's centerpiece is a collection of earthworks built during a 600-year period. Its concentric half-circles, measuring 4 to 6 feet tall in places, have an outside diameter of three-quarters of a mile apart.

Bird Mound is one of the largest in North America. Everything about the earthen structures at Poverty Point suggest a concerted effort to build a massive residential and ceremonial center that had no rival in terms of scale and size.

To get there, take La. Hwy 28 East to La. Hwy 124 North in Jonesville. Turn left onto La. Hwy 124 North and go to La. Hwy 8 East in Harrisonburg. Take La. Hwy 8 East to La. Hwy 134 East in Epps. Continue on La. Hwy 134 East to Poverty Point.

- Approximately 40 miles north of New Orleans on the north shore of Lake Pontchartrain lies another ancient site once settled by the Tchefuncte people.

The Tchefuncte site is more than 2,600 years old.

It was during this time people began making and using ce-

ramic pots for storing and cooking food. Archaeologists found more than 47,000 fragments of pots at the Tchefuncte site, nearly five times more than any other type of artifact. No other site has a larger number of pottery pieces.

Because of its significance, the site was listed on the National Register of Historic Places in 2000.

To get there, take La. Hwy 10 East to US-167 South. Follow U.S. Hwy 167 South to U.S. Hwy East/Interstate 12 East. Continue on U.S. Hwy East/I-12 East for 137 miles. Turn right onto La. Hwy 1089. Your destination will be on your right inside the Fontainebleau State Park.

- West of the Tchefuncte site on Lake Pontchartrain is the Bayou Jasmine site. This site was also settled by the Tchefuncte people about 2,800 years ago.

Though mostly underwater now, the Bayou Jasmine site is of great significance to studying the Tchefuncte culture due to its large midden (a built-up deposit of household trash) the size of a football field.

From the midden, archaeologists determined the diet and many aspects of the Tchefuncte daily life.

To get there, take La. Hwy East to U.S. Hwy 167 South. Follow U.S. Hwy 167 South to U.S. Hwy 90. Take U.S. Hwy 190 East to Interstate 10 East in Baton Rouge. Follow I-10 East to Old U.S. Hwy 51. Turn left on Old U.S. Hwy 51. You should reach your destination in about 9 miles.

- Another significant site that tells the story of the indigenous people of Louisiana is just 39 miles southeast of Alexandria. The Marksville State Historic Site is a National Historic Landmark and a State Commemorative Area.

Archaeologists consider this prehistoric indigenous American ceremonial center to be of unique national significance because the Marksville culture is a southeastern variant of the Hopewell culture centered in Ohio and Illinois. The similarities demonstrate how connected the indigenous people of the country actually were.

This culture was characterized by



Poverty Point today

COURTESY PHOTO

elaborate mortuary ceremonialism, the construction of conical burial mounds, complex trade networks, decorative pottery and the importation of certain raw materials.

The main portion of the site is surrounded by a 3,300 foot long semi-circular earthwork that ranges from 3 to 7 feet in height. Openings in the earthwork suggest that its purpose was ceremonial rather than defensive.

To get there take take La. Hwy 28

East to La. Hwy 107 South in Pineville. Follow La. Hwy 107 South for approximately 30 miles to your destination

This is just a small portion of the archeological sites to be found through Louisiana.

To learn more go to www.crt.state.la.us/cultural-development/archaeology or for a map of the Louisiana Ancient Mounds visit archive.archaeology.org/online/features/lamounds/map.html.

Fleur de Lis CHRISTMAS CRAFT MARKET

Saturday, November 30
Natchitoches Events Center
750 Second Street
9 A.M. - 4:30 P.M.
352-6068



**Free
Admission**

Handcrafted items include: jewelry, fine woodcrafts, seasonal decor, soaps, quilts, candles, turned wooden bowls, birdhouses, pottery, toys, children's clothes, woven items, homemade jellies, photography and more!!!

Over 100 Vendors

Call today to connect with a

SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.

There's no cost to you!

(855) 494-4381

! We're paid by our partner communities

Lagniappe

BOSS

Take note of Better Opportunities for Single Soldiers upcoming events and volunteer possibilities.

- **Toy drive**

Donate toys for families in need this holiday season. There will be a ruck march Nov. 20 and Toy distribution takes place Dec. 12. For more information contact your BOSS representative or 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. For more information call 531-1948.

Festivals

- **Sugar Day festival**

Head to Kent House for the 26th annual Sugar Day Festival Nov. 9 from 9 a.m. to 5 p.m. Learn how sugar is made in the reproduction 1840s sugar mill. There will be live folk music, demonstrations, dancing, children's activities, handmade arts and crafts and more. Admission is \$5 per person and children 3 and under get in free. Kent House is located at 3601 Bayou Rapides Road, Alexandria. For more information call (318) 487-5998.

Miscellaneous

- **Museum exhibit**

The Alexandria Museum of Art hosts the "Pelican State Goes to War" — a look at Louisiana's contribution to World War II on loan from the New Orleans World War II Museum. The event can be seen from Nov. 2-Feb. 22. There will also be panels, performances and discussions in conjunction with the exhibit throughout its stay. Admission is free. For more information visit <https://themuseum.org/#>.

- **Society celebration**

The Vernon Historical and Genealogical Society hosts its 25th anniversary celebration with a seminar held Saturday at the Vernon Parish

Library meeting room, 1401 Nolan Trace, Leesville. Topics include locating cemeteries and unmarked graves, memoirs of a World War II Soldier, understanding DNA and what it means to you and digging into family history to tell a story. The seminar begins at 8:30 a.m. and is free of charge, but limited to 50 guests. Please preregister by Oct. 26 at

vhgsociety@gmail.com or call (337) 353-7541.

- **Free concert**

The United States Army Field Band Jazz Ambassadors hosts a free concert at the Lake Charles Civic Center's Rosa Hart Theater, 900 Lakeshore Drive, Saturday at 7 p.m. For more information about obtaining free tickets visit www.cityoflakecharles.com.

- **Veteran's run**

The Kiwanis of Vernon Parish host a Veteran's Day 5K run/walk Nov. 9 at 8 a.m. Preregister by today to guarantee a T-shirt. The pre-registration fee is \$25 per person. Race day registration is \$35 per person. The event is held in downtown Leesville at the Veteran's Memorial on Third St. For more information call Devin Averitt at (337) 208-6405 or Wes Bailey at (337) 424-5495.

- **Community choir**

The Vernon Parish Community Choir presents Handel's "Messiah." The community is encouraged to participate. Rehearsals begin Saturday and continue Nov. 9, 16, 23 and 30 from 10 a.m. to noon at the Vernon Middle School music room. The final rehearsal takes place Dec. 7 at 10 a.m. at the Leesville High School auditorium, 502 Berry St. Leesville. The performance is held Dec. 8 at 3 p.m. at the LHS auditorium. For more information call (337) 424-7118, (337) 238-1036 or (337) 238-2540.

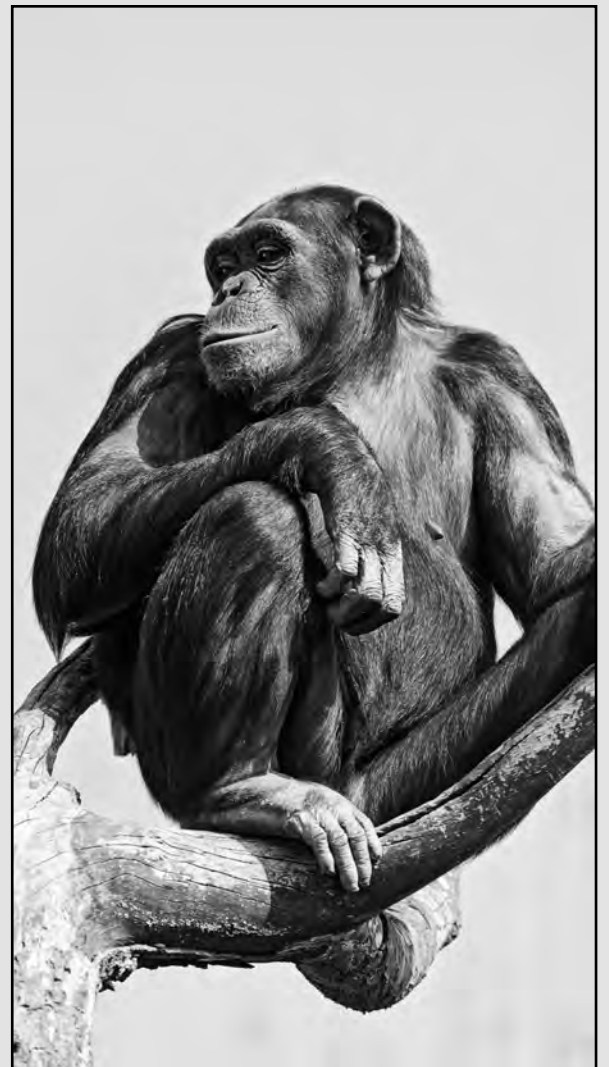
- **Discovery Days**

Chimp Haven's Chimpanzee Discovery Day is open to the public Nov. 16. It is an entertaining and educational event for the entire family. Visitors to Chimp Haven will have the chance to observe the chimpanzees in forested habitats; talk to staff about their personalities and natural behavior and discover the wonders hidden on the nature trail.

Admission for adults (13 and older) is \$10 per person. Admission for children (6-12 years old) is \$5 per child and children (5 under) get in free. Chimpanzee Discovery Days is held from 9 a.m. until noon.

- **Winter pops**

The Lake Charles Symphony takes the stage at the Rosa Hart Theatre, inside the Lake Charles Civic Center, 900 Lakeshore Drive, Lake Charles, under the direction of guest conductor Carl Topilow for Winter Pops: A Space



Spectacular Nov. 10 at 3 p.m.

The performance features music from a number of popular space-themed films, as well as classical composers' best imaginings of the cosmos. The varied program showcases musical representations of space from the past century, as well as older music that was re-envisioned as humanity turned its sights toward the stars.

Music is choreographed to photos and features footage from NASA displayed on a large screen behind the orchestra. Doors open at 1:30 p.m., a discussion with Topilow begins at 2 p.m., and the concert begins at 3 p.m. Tickets start at \$40. For more information contact the symphony office at (337) 433-1611 or visit www.lcsymphony.com.

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 6 p.m. at the New Llano American Legion, Post 387, 500 Vernon St. The meeting takes place Nov. 12. The November tournament takes place at Sam Rayburn Lake Nov. 16. The entry fee is \$40. For more information visit www.fortpolkcommunitybassmasters.com.

- **Lose weight**

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



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

1-855-409-6083
dental50plus.com/statewide



*Individual Plan. Coverage not available in all states. Acceptance guaranteed for one insurance policy/ certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250G); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN) 6197

AW19-1034

GUN TRANSFERS
PREMIUM PAWN

246 Keyser Avenue, Natchitoches, LA

318-238-4050

FOR SALE

6 TICKETS TO SEE THE GARY ALLAN CONCERT at the Coushatta Resort in Kinder Louisiana. Please call 337-396-1832 for more information.

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

FLOOR MATS FOR 2016 FORD PICKUP TRUCK. Carpet, Black. Set of four. \$20. Call 537-3507.

HARLEY DAVIDSON REMOTE CONTROL TRUCK. Black. Goes forward, sideways and backwards. Great condition. \$10. Call 537-3507.

SAMSON ST100. Barely used. \$50. Front and back picture and carrying case. Call 537-3507.

GENERATOR- 5600 KW \$250. Call 337-718-8004

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.

STATEWIDES

PREGNANT? CONSIDERING ADOPTION? **CALL** us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 855-780-8359 (LA-SCAN)

APPLYING FOR SOCIAL SECURITY Disability or Appealing a Denied Claim? Call Bill Gordon & Assoc., Social Security Disability Attorneys, 1-844-883-2045 FREE Consultations. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. (TX/NM Bar)] (LA-SCAN)

GET THE EDUCATION YOU need for a career in Healthcare from Ultimate Medical Academy. Call and Press 1. 866-746-4143 (LA-SCAN)

TRAIN AT HOME TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months!

Call 866-350-4447. (M-F 8am-6pm ET) (LA-SCAN)

BECOME A PUBLISHED AUTHOR. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-866-593-1462 or visit <http://dorranceinfo.com/lapress> (LA-SCAN)

HAVE 10K IN DEBT? Credit Cards. Medical Bills. Personal Loans. Be Debt Free in 24-48 Months. Call NATIONAL DEBT RELIEF! Know Your Options. Get a FREE debt relief quote: Call 1-844-290-9978 (LA-SCAN)

OVER \$10K IN DEBT? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 877-327-5302 (LA-SCAN)

PROBLEM CREDIT REPORT? LEXINGTON Law helps works to challenge inaccurate negative items including: identity theft, collections, late payments, liens and more from your credit report. Call for a free credit repair consultation: 877-804-2354. John C. Heath, Attorney at Law, PLLC, dba Lexington Law Firm. (LA-SCAN)

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



We're looking for sales talent!

Are you a hard-working, professional, confident person with an out-going personality? Interested in selling print media along with some direct mail advertising? If so, then perhaps a job at *The Natchitoches Times* is for you!

The Natchitoches Times offers a flexible work schedule along with salary and benefits. Interested candidates should contact Steve Colwell, General Manager, at 318-352-3618 or via email at scolwell@natchitochestimes.com

The Natchitoches Times is an equal opportunity employer.

Advertising in The Fort Polk Guardian

With a phone call your ad can be seen by over 40,000 readers!

call
Theresa Larue

337-404-7242

or email her at sales@thefortpolkguardian.com



Guardian Tradin' Post Ad

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

* Businesses will not receive free advertising. All business ads must be prepaid. We accept Visa and Mastercard. (This includes child care, quarters-cleaning, or the sale and/or breeding of multiple pedigreed/registered animals)

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

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: _____

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

HELP WANTED

Vernon Home Health is currently looking for Full Time and Part Time Registered Nurses. Must have one year of nursing experience. Flexible hours, good benefits, and competitive pay! Call 337-238-0506 for more information or come by the office at 213 Alexandria Hwy in Leesville.



"Because there's no place like home"

(337) 238-0506 213 Alexandria Highway Leesville, LA 71446

SAVE YOUR HOME!

ARE you behind paying your MORTGAGE? Denied a Loan Modification? Threatened with FORECLOSURE? Call the Homeowner's Relief Line now for Help! 866-470-1641 (LA-SCAN) Struggling With Your Private Student Loan Payment? New relief programs can reduce your payments. Learn your options.

Good credit not necessary. Call the Helpline 877-781-4209 (Mon-Fri 9am-5pm Eastern) (LA-SCAN)

GET NFL SUNDAY TICKET FREE w/ DIRECTV Choice All-Included Package. \$59.99/month for 12 months. 185 Channels PLUS Thousands of Shows/Movies On Demand. FREE Genie HD DVR Upgrade. Call 1-866-734-0452 or satellitedealnow.com/LPA (LA-SCAN)

HUGHESNET SATELLITE INTERNET - 25mbps starting at \$49.99/month! Get More Data FREE Off-Peak Data. FAST download speeds. Wi-Fi built in! FREE Standard Installation for lease customers! Limited Time, Call

1-844-253-8788 (LA-SCAN)

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 (LA-SCAN)

STAY IN YOUR HOME longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-877-318-1753 or visit www.walkintubquote.com/LA (LA-SCAN)

TWO GREAT NEW OFFERS from AT&T Wireless! Ask how to get the Next Generation Samsung Galaxy S10e FREE. FREE iPhone

with AT&T's Buy one, Give One. While supplies last! CALL 1-866-429-3991 or www.freephonesnow.com/LA (LA-SCAN)

VIASAT SATELLITE INTERNET UP to 12 Mbps Plans Starting at \$30/month. Our Fastest Speeds (up to 50 Mbps) & Unlimited Data Plans Start at \$100/month. Call Viasat today! 1-855-801-0860 (LA-SCAN)

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)

ATTENTION: OXYGEN USERS! GAIN freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 855-382-4168 (LA-SCAN)

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)

****STOP STRUGGLING ON THE STAIRS**** Give your life a lift with an

HUNTING & FISHING LICENSE ARCHERY PRO-SHOP

STARTING AT:

\$340

QUALIFIED PERSONNEL AT SPECIAL PRICES! AR & AK ACCESSORIES FFL TRANSFERS

P: (337)537-1756 1074 ENTRANCE RD.
F: (337)537-2579 LEESVILLE, LA 71446
WWW.STARGUNANDARCHERY.COM



FINANCING AVAILABLE!



ARCHERY PRO SHOP

STAR PAWN GUN & ARCHERY

SYCAMORE POINT
TIMBER RIDGE

2 Bedroom Apartments starting at \$820/month

2 BR/2 Bath Flat @ \$835/month

2 BR/1.5 Bath Townhome @ \$820/month

2 BR/2.5 Bath Townhome @ \$835/month

3 BR/2 Bath Flat @ \$890/month

Washer/Dryer Included with a 12 month lease

Sycamore-Point.com • (337) 537-0028
Timber-RidgeApt.com • (337) 537-2900

You Deserve
A Neighborhood

ACORN STAIRLIFT! Call now for \$250 OFF your stairlift purchase and FREE DVD & brochure! 1-877-839-5197 (LA-SCAN)

VIAGRA AND CIALIS USERS! 50 Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. CALL NOW! 855-403-6345 (LA-SCAN)

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)

ELIMINATE GUTTER CLEANING FOREVER with LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. Call 1-866-846-0785 (LA-SCAN)

HUGHESNET SATELLITE INTERNET - 25mbps starting at \$49.99/mo! Get More Data FREE Off-Peak Data. FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-844-811-7274 (LA-SCAN)

AT&T INTERNET. STARTING AT \$40/month with 12-mo agreement. Includes 1 TB of data per

month. Get More For Your High-Speed Internet Thing. Ask us how to bundle and SAVE! Geo & service restrictions apply. Call us today 1-866-369-1097 or visit www.more4-yourthing.com/LA (LA-SCAN)

BEST SATELLITE TV WITH 2 Year Price Guarantee! \$59.99/month with 190 channels and 3 months free premium movie channels! Free next day installation! Call 888-670-6475 (LA-SCAN)

DIRECTV NOW. NO SATELLITE Needed. \$40/month. 65 Channels. Stream Breaking News, Live Events, Sports & On Demand Titles. No Annual Contract. No Commitment. CALL 1-855-920-9336 (LA-SCAN)

DISH TV \$59.99 FOR 190 Channels \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Call 1-855-721-4040 (LA-SCAN)

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

GET DIRECTV! ONLY \$35/MONTH! 155 Channels & 1000s of Shows/Movies On Demand (w/SELECT All Included Package.) PLUS Stream on Up to FIVE Screens Simultaneously at No Additional Cost. Call DIRECTV 1-866-734-0452 (LA-SCAN)

HUGHESNET - FINALLY, SUPER-FAST internet no matter where you live. 25 Mbps just \$59.99/month! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 855-617-0968 (LA-SCAN)

HUGHESNET SATELLITE INTERNET FOR BUSINESS. 25mbps for just \$69.99 per month! Get More Data FREE Off-Peak Data. Built-in Wi-Fi for wireless devices. FREE Standard Installation. CALL 1-877-573-7981 (LA-SCAN)



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

SECURE YOUR HOME WITH Vivint Smart Home technology. Call 844-296-2609 to learn how you can get a professionally installed security system with \$0 activation (LA-SCAN)

DENTAL INSURANCE FROM PHYSICIANS Mutual Insurance Company. NOT just a discount plan, REAL coverage for [350] procedures. Call 1-855-268-0108 for details. www.dental50-plus.com/morning 6118-0219 (LA-SCAN)

PSYCHIC
*****By Mrs. Jane
HEALER & ADVISOR
Do you feel lost? Are you confused?
Are you missing something in your life?



Mrs. Jane will:
Remove Bad Luck
Reunite Love Ones
Fix Drug Problems
CALL NOW
Open 7 Days a Week
10AM - Midnight
318.357.9217
4364 Hwy 3278 Natchitoches, LA 71457

REPAIRS, REMODELING & PAINTING

Residential or Commercial
Small jobs welcomed.
When your time is tight, call on us!

MORRIS TEAM REALTY LLC
337-239-3885
or 337-424-9522

MATTRESS CLEARANCE SALE
NEW PREMIUM SETS 50-80% OFF RETAIL

KING SETS STARTING AT - \$275
QUEEN SETS STARTING AT - \$150
FULL SETS STARTING AT - \$140

Pillowtop, Plush, Firm & Gel Memory Foam
\$40 Down - Take it Home Today
THE BEST DEALS IN TOWN!
DELIVERY AVAILABLE

YOU WON'T FIND PRICES LIKE THESE IN A RETAIL STORE!

CALL OR TEXT


337-353-8449

 **MATTRESS BY APPOINTMENT®** LEESVILLE

 FIND US ON FACEBOOK
@MattressByAppointmentLeesville



GUN TRANSFERS
PREMIUM PAWN
246 Keyser Avenue, Natchitoches, LA
318-238-4050



COMPLETE FAMILY DENTISTRY

Including:
• Orthodontics • Preventive Dentistry • Oral Surgery
• Same Day Service On Dentures & Partials
• Cosmetic Dentistry • ZOOM Whitening
• Botox • Juvaderm • Restylane

Dr. Charles Hudson • Dr. Warren Thomas
Dr. Grace Garbo • Dr. Sandra Culp • Dr. Julie Evans-Steiner

DENTAL INSURANCE WELCOME

LEESVILLE
238-3384
1-800-737-7363
706 S 6th St

DERIDDER
463-6545
1-888-737-2423
1808 Hwy 190 W Ste. D

FINANCING AVAILABLE

NOW LEASING RAILWAY OFFICE/RETAIL SUITES

| Suite | Sq. Ft. | Rent |
|-------|---------|-------|
| #300 | 110 | \$160 |
| #301 | 345 | \$230 |
| #302 | 906 | \$530 |
| #306 | 132 | \$190 |
| #308 | 659 | \$390 |
| #309 | 257 | \$200 |
| #311 | 259 | \$200 |
| #313 | 305 | \$230 |

CAN BE COMBINED FOR LARGER UNIT, UTILITIES INCLUDED IN ABOVE IN LEESVILLE, CLOSE TO FT. POLK

Also Available:

| # | Sq. Ft. | Rent |
|----|---------|--------|
| #1 | 1227 | \$1030 |
| #2 | 297 | \$250 |
| #3 | 264 | \$220 |
| #4 | 336 | \$280 |

Units may be combined Six Month and Up Lease Terms
337-239-3885
Morris Team Realty, LLC


EXTENDED STAY
Fully furnished, Jacuzzi, TV cable & internet, quiet location.

UNFURNISHED HOUSES & APARTMENTS for lease.

OFFICE & RETAIL UNITS for lease.

MORRIS TEAM REALTY LLC
337-239-3885

Have you ever wanted a book published or to write a movie?

FREE  Take your writing to the next level

Deep South Creative Writing Workshop
Meets every Tuesday at the education center
Fort Polk - Room 208

11:30-12:30

Whether you write Fiction Books, Non-Fiction or want to try your hand at writing a movie - This class is for the beginner and novice writer.

Learn - Share - Gain Knowledge - Have Fun - Get Published

- Call or text Keith for any questions. 337-274-2764. Hurry, seats will fill up fast



WALKER



318-445-4122 | WalkerKia.com
1515 DORCHESTER DR., ALEXANDRIA LA 71301



THE



ARE OUT!

NEW 2019 KIA
FORTE LXS



\$17,900 (2)

\$34,390 (3)



NEW 2019 KIA
SORENTO 3.3L EX

NEW 2019 KIA
OPTIMA EX



\$22,695 (4)



WALKER 100

One Family | One Dealer | One Century

WE PAY EXCEPTIONAL TRADE IN ALLOWANCES!

(1.) Warranties include 10-year/100,000-mile powertrain and 5-year/50,000-mile basic. All warranties and roadside assistance are limited. See retailer for warranty details.

(2.) Example stk#30042. MSRP \$20,385. Includes \$750 customer cash from KMF, and \$1,735 dealer discount. Excludes TT&L, registration, insurance & \$150 dealer fee. Ends 10/31/19.

(3.) Example stk#39206. MSRP \$40,390. Includes \$4,000 customer cash from KMF, and \$2,000 dealer discount. Excludes TT&L, registration, insurance & \$150 dealer fee. Ends 10/31/19.

(4.) Example stk#39130. MSRP \$28,695. Includes \$2,500 customer cash from KMF, and \$3,500 dealer discount. Excludes TT&L, registration, insurance & \$150 dealer fee. Ends 10/31/19.