Staff Sgt. Christopher Bober, Joint Readiness Training Center Operations Group, tackles the confidence course May 29 during the first day of competition for the JRTC and Fort Polk NCO and Soldier of the Year competition. Bober, along with Soldiers and NCOs from units across Fort Polk, were competing for the right to represent the installation at the Forces Command NCO/SOY event at Fort Bragg, N.C. later this year. For more photos see page 8 of today's Guardian.
In our view
Guardian staff asked Fort Polk Soldiers, “What items are in your EDC (every day carry)?”
Here are their responses:

Sgt. Edna Avitia: “Pens, phone, chapstick, the standards and discipline book, water and my keys.”

Randy Behr: “Phone, keys, billfold, pencil, wedding ring and this pencil behind my ear!”

Pvt. Dusty Colley: “Keys, pen, phone, ID, debit card and water.”

Sgt. Hakeem El Krim: “My phone, wallet, keys, notebook, a chaplain’s coin from Germany and motivation!”

Pfc. Rose White: “Bandage, scissors, a pocket knife, chapstick, notebook, pencils and pens, keys, phone, wallet and ID.”

Sgt. Duster Slaugh: “My CAC, dog tags, IDs, note pad and pen, phone, keys, wallet and a multi-tool.”

Spc. Ryan Felker: “Phone, wallet, keys, knife and a lighter.”
**Pharmacy closure**

The Bayne-Jones Army Community Hospital pharmacy is closed June 14-17 to move back to its newly renovated state-of-the-art location inside BJACH Entrance B. Refills called in to the ScriptCenter, inside Entrance A, are available during the closure, but you must be registered to use the service. The outpatient pharmacy will reopen June 18 at 7:30 a.m. inside Entrance B.

**Corvias portal**

The Corvias Resident Portal, available in a mobile app and web browser, enables Fort Polk housing residents to issue and track maintenance requests, upload photos and provide feedback on service performance. The portal is accessible via the Corvias installation page, while the app is available to both Apple and Android users. Visit www.fortpolkcorvias.residentportal.com to sign up.

**Geronimo DZ 10K**

The Joint Readiness Training Center and Fort Polk, along with the Directorate of Family Morale, Welfare and Recreation, host the Geronimo DZ 10K Saturday from 7-11 a.m. The event consists of an adult 10K run, adult 10K bike race, youth 10K bike race and youth 5K run. There are categories for both male and female in each race which starts at the Geronimo War Memorial and take place on the running trails around Geronimo Drop Zone. Check-in and same day registration begins at 6 a.m. The event is free and open to authorized DFMWR users ages 8 and older. Race packet pick up is today at Alligator Lake Recreation Site. Call 531-2056 or email sean.p.mccroary.naf@mail.mil for more information.

**DENTAC CoC**

The Fort Polk U.S. Army Dental Health Activity holds a change of command ceremony June 7 at 10 a.m. on Warrior Field. Lt. Col. Paul Colthirst will relinquish command to Lt. Col. Melissa Tucker. Call 531-2327 for more information.

**ASIST training**

Fort Polk’s Suicide Prevention Program offers Applied Suicide Intervention Skills Training June 12-13 from 9 a.m.-4:30 p.m. at the Fort Polk Education Center. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan to support their immediate safety. Class size is limited to 15. Email john.l.pilgrim.civ@mail.mil or call 531-6187 for more information.

DIPG claims life of young Warrior

By CHUCK CANNON

Command information officer

VINON, La. — Drake Quibodeaux, the young boy who captured the heart of the Joint Readiness Training Center and Fort Polk Family and people worldwide with his battle against diffuse intrinsic pontine glioma, passed away during the early morning hours of May 27.

DIPG is a non-operable brain tumor in the pons region of the brain that carries with it a life expectancy of less than two years. The 8-year-old Quibodeaux was diagnosed with DIPG after suffering a seizure following a day on the lake with his family March 11, 2018.

“He showed us strength, determination, humor and a Warrior spirit.”

Brig. Gen. PATRICK D. FRANK

Commander, JRTC and Fort Polk

“All 8,000 Soldiers at JRTC and Fort Polk are greatly saddened by the loss of Drake — we all feel like he was a member of our Family too, the U.S. Army — the world’s strongest team,” said Brig. Gen. Patrick D. Frank, commander, JRTC and Fort Polk.

Quibodeaux’s plight came to the attention of the Fort Polk Family when he sent out a request for 190 Christmas cards in December. The response was overwhelming as thousands of cards arrived at the Quibodeaux home in Vinton, La.

Cpl. Vaughn Douglas, former president, Fort Polk Better Opportunities for Single Soldiers, and Command Sgt. Maj. Jerry Dodson, former Fort Polk garrison command sergeant major, paid Quibodeaux a visit at his home on Dec. 19, delivering Christmas cards and presents from Fort Polk. While there, Dodson invited the Quibodeaux family to visit Fort Polk, where Drake’s dad, Christopher, had served with the 25th Artillery Regiment.

On March 1, Drake made the trip to Fort Polk where he was enlisted for the day at the rank of general and given the reins of Fort Polk.

“We truly enjoyed having Drake join our ranks for a day as a U.S. Army Soldier at Fort Polk — he gave us more than we ever provided him,” Frank said. “He showed us strength, determination, humor and a Warrior spirit. Our thoughts are with the entire Quibodeaux Family. All the way.”

For those unfamiliar with DIPG, the pons controls essential bodily functions such as heartbeat, breathing, swallowing, eye movement, eyesight and balance. There is no cure at this time.

Public visitation is 2-9 p.m. June 1 and 9-11 a.m. June 2 at Victory Worship Center, 1410 West Napoleon St., Sulphur. The funeral is at 11 a.m. Saturday at Victory Worship Center.
COLUMBIA, S.C. — Soldiers and trainees got a unique opportunity to meet and train with the Secretary of the Army Mark T. Esper, May 21, at Fort Jackson, South Carolina.

Esper, a retired Pathfinder and Ranger qualified lieutenant colonel, didn't hesitate to join trainees during basic combat training at Victory Tower during his tour.

"I had a wonderful visit today," Esper said. "I had a chance to meet with a group of drill sergeants and observe several hours of basic training that's happening down here."

Esper came to Columbia to attend the Civilian Aide to the Secretary of the Army Conference. These civilian aides, often referred to as CASAs, are business and community leaders appointed to advise and work with local military leaders to bridge the gap between Army and civilian communities. CASAs also assist with Army recruiting efforts and advise the Secretary of the Army on public sentiments towards the Army.

As the Secretary of the Army, Esper has statutory responsibilities for matters relating to the Army that include recruitment, organization, training, equipping and care for 1.4 million active-duty, National Guard, Reserve component Soldiers, Department of the Army civilians and their Families. A visit to Fort Jackson was an opportunity to see his efforts in action.

"I'm very impressed with what Fort Jackson is doing with regard to training America's next generation of young Soldiers," Esper said.

Escorted by his spouse Leah, the pair toured remote sites where trainees were conducting forge operations. They also observed trainees at Victory Tower where the tables turned and trainees observed their Secretary of the Army conduct the same training they were. Esper, without hesitation, tied himself into his Swiss Seat and rappelled Victory Tower alongside other trainees.

"It's important for leaders to lead and show by example," Esper said. "These are important tasks. That whole setup up there is about teaching confidence more than it's about teaching a skill."

In the wake of the privatized military housing crisis, Esper and his wife took time to visit the Escamilla Family, Fort Jackson military housing residents. Esper spoke to the Family about a water leakage issue that took longer than expected to be repaired and may have been linked to illnesses their daughter endured.

While Fort Jackson housing was formally inspected in the wake of the crisis, the damages and unaddressed repairs that were found were minimal. The Escamilla Family's leak issues have since been resolved.

Later in the afternoon Esper met with Soldier Support Institute Soldiers and leaders. While at the institute, he participated in a media engagement alongside Congressman Joe Wilson from South Carolina's Second District. The pair spoke about the day's tour and the CASA conference.

Secretary of the Army Mark T. Esper rappels down the side of Victory Tower during his tour of Fort Jackson, S.C. May 21.

Esper and Wilson spoke about many topics, but the most dominant was the Army's plan to increase its number of active-duty Soldiers and what impact that will have in Columbia.

"It's important for leaders to lead and show by example ... The whole setup ... is about teaching confidence more than it's about teaching a skill."

DR. MARK T. ESPER
Secretary of the Army

"The Army is growing," Esper said. "Right now we are ramping up to 480,000 (Soldiers). We are projecting a steady state growth of 2,000 (Soldiers) year over year."

The Army's goal is to have 500,000 Soldiers on active duty status by the year 2028. Wilson said an increase of Soldiers cycling through basic combat training at Fort Jackson could mean increased revenue for South Carolina. Every graduating class means traveling Families will need housing, meals, fuel and other services that are provided by the city. This could mean a boost in profits to local business owners, big and small.

"More than 60,000 persons come through training here every year," Wilson said. "At any one time we have 10,000 persons in training in basic combat training. I don't think people realize how many people come through here and what that means to the economy. The ripple effect is positive for South Carolina."

As the tour and media engagement came to a close, Esper and his wife boarded a plane to return to the District of Columbia to continue his work, share the information he gathered from the CASA conference and his observances of Fort Jackson's basic combat training.
Issues with housing?
Center offers solutions for housing, barracks, Army lodging

By JEAN DUBIEL
Guardian staff writer

FORT POLK, La. — The recent housing crisis that placed a spotlight on health and safety issues in privatized military housing throughout the country and across all service branches has brought about sweeping changes in how residents and housing representatives interact. At Fort Polk, one of those changes is the relocation of the Housing Assistance Office. Once co-located alongside Corvias Military Living on Magnolia Street, the office is now housed in bldg 330 on Corps Road, the former site of the Network Enterprise Center.

The reason for the move, according to Housing Chief Betty Beinkemper, was to avoid confusing residents who often thought the two entities — Corvias and Housing Assistance — were the same thing.

“One of the things that came out of the Department of the Army Inspector General survey was that residents did not know there was a difference between Corvias and the Army side of housing,” said Beinkemper.

“We were in different buildings, but right next to each other, and people thought we were the same organization. As a result, many residents felt like they didn’t have anyone to go to with their issues, so they kept their concerns to themselves. They didn’t know they could go to the Army side of housing and explain that they weren’t getting the service they required from Corvias.”

Now that the Army Housing Assistance Center has moved into its own stand-alone building, Beinkemper said the next step is letting people know who they can contact if they have issues, concerns, complaints or compliments about their on-post housing — including the barracks.

“We are here for them and stand ready to assist,” Beinkemper said.

“We handle good and bad with family housing, the barracks and Army lodging, and are the link between Corvias and Soldiers and their families. We have 35 barracks on the installation, and Soldiers living there can call or visit the office with any issues they have, from a light out in their bathroom to paint peeling off the walls — anything.”

The Housing Assistance Center is also where Soldiers will clear or check in when they leave or arrive at Fort Polk.

In addition to the relocation of the office, daily housing inspections are also taking place.

“We have hired some additional inspectors, and they provide quality assurance when residents have work done in their home. The inspectors look at homes as Soldiers move in or out to ensure they are ready for new tenants, and check for life, health or safety issues. We submit a daily report to Corvias on things we find when we walk the housing area and follow up on their repairs,” she said. “Since the addition of these inspectors, we have seen an increase in residents reporting issues and also telling us what they are satisfied with.”

Beinkemper said there is a slow yet steady improvement occurring in housing, but the most important thing she wants residents to know is that they can visit or call the Housing Assistance Center with any concerns. “Corvias is our partner, but we are here to help the residents.”

Residents can call 531-6000/9883 to report any issues, or visit the office.

Privatized Army Housing: Residential Communities Initiative explained

ASSISTANT SECRETARY OF THE ARMY, INSTALLATION, ENERGY AND ENVIRONMENT

WASHINGTON — Residential Communities Initiative, or RCI, is the Army’s privatized housing program in the United States. RCI includes several companies who manage housing on Army installations.

There are 34 RCI projects in the U.S. encompassing 49 locations. The Army’s privatized housing inventory consists of 87,000 homes. The current occupancy rate is higher than it has ever been. Fort Carson is the Army’s oldest RCI project and is celebrating 20 years in 2019.

What are the current and past efforts of the Army?

The Army is engaged with privatized housing companies at the highest level of leadership and working continuously to enhance the program. Recent developments include the following.

• Developing a Tenant Bill of Rights: The Army is working in collaboration with the Air Force and Navy to develop a Tenant Bill of Rights which will be shared with residents for input and feedback before the final document is published. The Bill of Rights is a step forward in ensuring quality housing for service members and families as well as accountability at all levels of service from maintenance to oversight.

• Re-negotiating the Incentive Fee Structure: The Army is re-negotiating the incentive fee structure with the housing companies, a strategic move that enables garrison commanders to strengthen performance and ensure high caliber services are consistently provided. By monitoring customer satisfaction and work order completion rates, garrison commanders are able to measure resident satisfaction.

• Training for Army Leaders: There is renewed emphasis on training for Army leaders who manage installations and work with RCI companies.

• Hotlines and mobile apps: Army hotlines have been established at many installations to report housing-related issues. Each RCI partner has developed a mobile app intended to improve communication flow. The Fort Polk app is available for download on the Fort Polk website at https://home.army.mil/polk/index.php.

What continued efforts does the Army have planned?

The Army will continue to work with privatized housing company leaders and staff to ensure excellent housing and housing related services.

The project companies will carefully invest in privatized housing that is as good as, or better than, off post rental housing. Investments in the next five years are targeted at new home construction or major renovations of existing homes.

Why is this important to the Army?

The enduring obligation of the Army is to take care of people — Soldiers and their Families. Housing is a significant quality of life issue and therefore a focus area when it comes to readiness and retention.
Bayne-Jones Army Community Hospital hosts change of command

By ANGIE THORNE
Guardian staff writer

FORT POLK, La. — Fort Polk’s Bayne-Jones Army Community Hospital command was passed from Col. Marla J. Ferguson, outgoing commander, to Col. Jody Dugai, incoming commander, at a change of command ceremony May 29 at Fort Polk’s Warrior Field.

As part of the official party for the ceremony, Brig. Gen. Jeffrey J. Johnson, United States Army Regional Health Command Central, commanding general, said it was a wonderful day to be at Fort Polk to help transition two great leaders, as well as honor the achievements of an institution that does so much for its patients, both military and civilian.

Johnson said that for more than 75 years, BJACH has fostered a culture of medical excellence in Louisiana. “Today, BJACH is an integrated team of military and civilian health professionals who make history every day,” he said.

Johnson praised Ferguson’s accomplishments while commander at BJACH. “Ferguson and her team of more than 700 Soldiers, civilians and contractors have worked hard to meet the requirements of the more than 65,000 troops who rotate through JRTC each year, in addition to taking care of their families,” he said.

Johnson said Ferguson has developed new standards, policies and programs and supervised health-care support to Soldiers and units who participated in field training exercises.

“As an example of one policy, she has had an impact on minimizing heat injuries in the last year by helping to conserve Soldier’s fighting strength,” he said.

From a quality perspective, during her time as commander, Johnson said Ferguson led BJACH through the Joint Commission Accreditation process. “The Joint Commission provided a benchmark for validating the quality and competency of every aspect of care that takes place at Fort Polk as personnel provide care for this community,” he said.

BJACH is now accredited. “That should allow people to sleep better tonight,” said Johnson.

Ferguson also focused on safety for Soldiers and civilians that work in the hospital, as well as each patient that walked through BJACH’s doors, said Johnson.

“During her tenure here, the hospital was recognized as an Army safety site and occupational health star site — the accumulation of a three-year effort and the 243 separate safety tasks. Less than 10 percent of the Army’s units have been recognized with this designation,” he said.

Johnson said Ferguson and her staff have elevated the level of care at BJACH. “Your contributions set the standard for safety and excellence, touching many lives along the way,” he said.

“You leave a legacy at BJACH having shown unwavering professionalism, integrity and dedication to duty as a highly successful and visionary leader.”

Ferguson said it was a bittersweet day.

“It has been an absolute honor to be the commander of Bayne-Jones Army Community Hospital and the director of health services for the Joint Readiness Training Center and Fort Polk,” she said. “I can’t think of a better mission to support than building readiness for the U.S. Army and supporting the medical readiness of our Soldiers and their families. It has been a privilege to provide medical support for the 22 infantry brigade combat teams that came to Fort Polk to engage in decisive action against our enemy forces,” she said.

In addition, Ferguson said she is extremely proud of the patient centered care delivered by BJACH’s providers and staff and it was an honor to provide health care services to the Soldiers and Family members at Fort Polk.

“An average day at BJACH consists of approximately 500 primary care appointments, 600 prescriptions filled, 60 emergency department visits, 400 laboratory services, 120 rehabilitation evaluations and 600 laboratory tests. In addition, we deliver approximately 40 babies per month. The staff does all of this with the quality and safety of our patients at the forefront of their minds, while understanding the unique circumstances of what it means to be a Soldier and Army Family,” she said.

Johnson welcomed Dugai as the newest in a long line of great leaders at BJACH.

“I know that you are the right leader at the right time for BJACH, the region and military medicine. In addition to your knowledge and skill as an emergency and trauma nurse, you possess the leadership necessary to ensure this command continues to excel as an organization through professional development and attention to the important challenges that lie ahead for us as the military health system continues to transition into the future,” he said. “You will champion readiness and oversee this command as a premiere expeditionary and globally integrated medical force. I’m confident in your skills as a leader. Under your guidance the BJACH health-care team will continue to excel in its role as a partner with JRTC and the surrounding communities.”

Dugai said it was with enormous pride that she joined BJACH, JRTC and the Fort Polk Family.

“I am honored and humbled as I stand before you today. BJACH is an incredible unit, but it’s also a team made up of Soldiers, civilians, contractors and Families, each of whom share the same kinds of values. Thank you all for what you do and I look forward to serving with you,” she said.

ICE key customer service tool for IMCOM, Fort Polk garrison

By MARK LOWRY
PAIO

FORT POLK, La. — Interactive Customer Evaluation continues to be an Installation Management Command and Fort Polk garrison key customer service tool to hone service delivery for customer feedback. Without positive comments or areas where improvement can be made, the garrison may be limited in how quality service or improvements are identified. The goal is to improve the quality of service the customer receives while on the installation.

ICE can be accessed at the Joint Readiness Training Center and Fort Polk website — https://home.army.mil/polk — at the bottom of the page.

Customers may find the following errors when entering information into the ICE system:

- When text is copied from a Microsoft application such as Word or Outlook and then pasted into an ICE text field such as the Notes field found in the follow-up-to-a-submission. The issue can sometimes be resolved by first copying and pasting the text into Notepad application that comes with Microsoft Office. Once copied into Notepad, you can paste it into ICE.
- When using special characters such as #%&^@! in text fields in ICE, or when the character limit exceeds 2,000 in the Notes field. Remove any special characters and make sure the character limit is not exceeded. Customers who receive a response from the organization will find that the site comment follow-up is normally a 1,000 character limit. In such cases it may be more beneficial to contact the customer directly answer the customer’s comment.
- When customers include ranks or titles in the name field on the comment card. For example, “Master Sgt. John Smith” should be entered as “John Smith” on the comment card. Once the rank or title is removed, the submission can be submitted.

FORT POLK, La. — Soldiers and NCOs from units assigned to Fort Polk began the annual Soldier and NCO of the Year competition May 28. The event takes place through today with the winners tabbed to represent Fort Polk at the annual Forces Command Soldier and NCO of the Year contest at Fort Bragg, North Carolina in June.

The competition began with an Army Combat Fitness Test and continued with such events as drown proofing, land navigation, weapons qualification and other Soldier skills.

See next week’s Guardian for a full story and more photos of the event.

**Above and right:** Contestants participate in a drown proofing exercise. **Below:** Participants take the Army Combat Fitness Test. **Left:** A Soldier tackles the rope climb on the confidence course.
Competition

Continued from page 7
Army turns to smart technology to defend against threats to installations

By JOE LACDAN
Army News Service

WASHINGTON — Assistant Secretary of the Army for Installations, Energy and Environment Alex Beehler doesn’t need proof of threats to military and government installations. He is reminded every day.

His office sits next to the point of impact where American Airlines Flight 77 crashed into the western side of the Pentagon nearly 18 years ago during the 9/11 attacks.

“It’s a constant daily reminder that the Pentagon, (which) is the Department of Defense’s foremost installation, clearly can be ... under a surprise attack,” said Beehler.

As the variety and complexity of threats continue to increase, security at U.S. military installations has taken increased importance in the years since 9/11. Potential U.S. adversaries can threaten American bases in cyberspace and at their perimeters.

Vulnerabilities

While defending against attacks to U.S. installations has always been a priority for the Defense Department, information technology and the possibility of lethal attacks before major conflicts have made military posts more vulnerable than ever before.

“The homeland is no longer a sanctuary,” said Richard Kidd, deputy assistant secretary of the Army for strategic integration. “We’ve been treating our military installations as if they were sanctuary cities for a very long time, immune from the effects of the adversary. That is no longer the appropriate assumption.”

The Army plans to use smart technology to help defend against the increasing complexity of these security threats. Beehler said the Army needs to build a “technology-enabled” force by 2028.

Lt. Gen. Gwen Bingham, assistant chief of staff for installation management, said it has been in discussions for the past 18 months to bring 5G wireless connectivity to all of its installations.

Army installations serve an important function as the strategic support area, which is part of the service’s multi-domain concept. The strategic support area features frequent communication between commanders and support agencies as well as housing crucial warfighting components such as cyber, command and control.

“Installations are really part of the battle front,” Beehler said. “One of the things that you need to be concerned about: What happens when the grid goes down and there’s no power on military bases or in the surrounding communities, which service the military bases?”

Smart technologies

The Army is currently exploring 10 technologies to innovate installations, including automated assessments of systems with limited manpower and monitoring utilities for anomalies in energy consumption.

The service is also looking to track fault detection, install smart thermostats, and create autonomous vehicles. The Army will explore frictionless entry, allowing secure and efficient installation access.

The Army Corps of Engineers is looking at using its Virtual Test Bed Installation, which involves artificial intelligence that will analyze data of a military installation’s facilities.

“The battle space is changing,” Beehler said. “Installations are part of the fight. They’re critical to the Army’s success. They are where the Army builds readiness, sustains the force, develops Army culture (and) supports our Soldiers and families ... They are under constant attack.”

The possibility of threats to its installations further increases the importance of the Army’s current modernization efforts. At-risk infrastructure can undermine a base’s operational ability to act.

To help field new ideas for installation technological innovations, Bingham partnered with Army Training and Doctrine Command to gather feedback from Soldiers at Army training centers at Fort Lee, Virginia; Fort Sill, Oklahoma; Fort Benning, Georgia; Fort Leonard Wood, Missouri; and Fort Gordon, Georgia. The average age of the Soldier surveyed was 23 years old.

“We know that we must move quickly to adapt and change to be proactive versus reactive and to get ahead of technology,” Bingham said. “In other words, we want to be the driver of change vs. the passenger.”

Survey findings

Soldiers wanted the capability to access installation services 24 hours a day using biometric-enabled kiosks or mobile apps. They also wanted applications both for base information alerts and for healthy food options.

Soldiers said the Army should consider using “walk out” technology where shoppers can purchase items by having a remote system scan their credit and debit cards and automatically deduct from bank accounts.

The Army could explore building the capability to counter enemy attacks against utility and infrastructure control systems. Bingham said the service could develop the means to counter against kinetic surveillance and then attack the enemy using drones and using remotely-operated sensors.

Chris Thomas, director of information and technology, Office of the Assistant Chief of Staff for Installation Management, outlined objectives to help build Army bases into smart installations capable of defending against enemy attacks.

Thomas said that industry partners must determine how the service provides connectivity and bandwidth and speed to Soldiers; new technology must be implemented sooner. Thomas said identifying and securing operational technology will provide the ability to withstand attacks. And finally, the new technology will help provide resilience.

“We must be able to recover when these attacks happen,” Thomas said. “Keep in mind it’s not if we’re going to get attacked. It’s when. It’s going to happen.”
Recognizing hidden dangers: 25 steps to safer offices

GARRISON SAFETY OFFICE

FORT POLK, La. — Falls are the most common source of injury in an office, although workers are also injured by being struck by or against objects and suffering ergonomic injuries. Simple changes to the workspace can be effective in eliminating hazards and reducing the number of injuries.

Administrative interventions such as scheduled walk-throughs and the establishment of a formal reporting system can help protect workers in an office environment. It’s fairly obvious that safety and health hazards can exist on worksites filled with heavy machinery and equipment, where employees often are required to engage in strenuous manual labor.

A job where most of the work tasks are completed while sitting in a chair in a climate-controlled office building would seem less fraught with danger. However, a surprising number of hazards can be present in an office setting.

According to data from the Bureau of Labor Statistics, 80,410 private-industry office and administrative workers suffered on-the-job injuries in 2008. Many of these injuries could have been prevented had workers or supervisors recognized the risks and implemented simple workplace modifications to help mitigate them.

Here are steps you can take to reduce the risk of injury among your office staff.

1. Shut the drawer. File cabinets with too many items piled in walkways can create a tripping hazard, according to the Occupational Safety and Health Administration. Be certain that materials are safely stored in their proper location to prevent buildup of clutter in walkways. In addition to posing an electrical hazard, stretching cords across walkways or under rugs creates a tripping hazard, so ensure all cords are properly secured and covered.

2. Step on up. Standing on chairs — particularly rolling office chairs — is a significant fall hazard. Workers who need to reach something at an elevated height should use a stepladder. The Chicago-based American Ladder Institute cautions that stepladders must be fully opened and placed on level, firm ground. Workers should never climb higher than the step indicated as the highest safe standing level.

3. Keep a clear line of vision. Workers can collide when making turns in the hallways and around blind corners or cubicle walls. The National Safety Council suggests installing convex mirrors at intersections to help reduce collisions. If workers can see who is coming around the corner, collisions are less likely to occur.

4. Get a grip. Carpeting and other skid-resistant surfaces can serve to reduce falls. Marble or tile can become very slippery — particularly when wet, according to the National Safety Council. Placing carpets down can be especially helpful at entrances, where workers are likely to be coming in with shoes wet from rain or snow.

5. Another major type of injury in the office setting comes from workers being struck by or caught by an object. Incidents of this nature accounted for 15,680 injuries in 2008, according to BLS. Several hazards contribute to these injuries, although most can be significantly reduced, often by raising awareness among employees.

1. Stay clutter-free. Boxes, files and various items piled in walkways can create a tripping hazard, according to the Occupational Safety and Health Administration. Be certain that materials are safely stored in their proper location to prevent buildup of clutter in walkways. In addition to posing an electrical hazard, stretching cords across walkways or under rugs creates a tripping hazard, so ensure all cords are properly secured and covered.

Tackling these small modifications is a good way to reduce the number of office injuries.
Main Post Chapel kicks off summer with tons of laughter, learning

Kids and counselors jump, dance, sing and more as they gather in Fort Polk’s Main Post Chapel sanctuary May 28 to worship and get ready for a day of fun and scripture.

Louie Fleming, 8, has a big smile as he maneuvers his go cart around safety cones at Fort Polk’s Main Post Chapel May 28 as part of the week-long Camp in the City. Camp in the City is a summer day camp staffed by college students from across the country to lead a Christian-based format filled with activities including inflatable waterslides, bungee jumping, singing, crafts, dancing and more, all while learning about the Bible.

Angie Thorne / Guardian

Katy Burges, 10, sprints down the inflatable water slide for a bit of cool fun in the heat of the day.

Katy Dodson, 10, zooms through the water on the inflatable slide May 28 during fun time activities at Camp in the City.

Dillon Slaght, 10, surfs his way down an inflatable water slide at Camp in the City May 28.

Please see Summer, page 13
Compliance, which oversees the safety of U.S. Congressional workers, proper storage of heavy medical treatment, let alone cost of occupational injuries. Large stacks of materials and heavy equipment can cause major injuries if they are knocked over. OQC recommends storing heavy objects close to the floor, and warns that the load capacity of shelves or storage units should never be exceeded.

Perhaps the most prevalent injuries in an office setting are related to ergonomics. Because office workers spend the bulk of their day seated at a desk and working on a computer, they are prone to strains and other injuries related to posture and repetitive movement. Ergonomics hazards can be difficult to detect.

One office condition that can be described as hazardous from an ergonomics perspective would appear quite innocuous to the everyday observer,” said Marc Turina, principal consultant for ErgoSmart Consultants in McKees Rocks, PA. 1. Provide adjustable equipment. One size does not fit all in an office workstation. ”Adjustability is the key,” Turina said. “Chairs, work surfaces, monitor stands, etc., should all be adjustable in order to accommodate the widest range of employees.” He recommended presenting a variety of options to employees. Although employers may be reluctant to pay for expensive ergonomic equipment, experts insist the equipment is a wise investment. “A good keyboard tray may retail around $300; a good chair may retail around $500 to $700,” said Sonia Paquette, professional ergonomist and doctor of occupational therapy. She points out that the cost of the health claims that stem from not having these devices is much higher. “Some of these hard claims cost many tens of thousands of dollars just of medical treatment, let alone cost of replacement, cost many tens of thousands of dollars just of medical treatment, let alone cost of replacement, etc.”

2. Train workers on how to use equipment. Providing adjustable furniture and equipment is only the first step in creating an ergonomically sound workstation. “A big issue that I have encountered a lot lately is employee inability to properly adjust their own office chairs,” Turina said. “Many times, employers can invest $500 in an excellent adjustable chair, but employees still experience a bad workstation fit.” The problem often is twofold: Workers do not know how to adjust their equipment, and they do not know the most ergonomically beneficial way to set up their workstation. Train workers on both the ideal setup and how to operate adjustable equipment accordingly.

3. Minimize screen glare. 5. Correct mouse placement. Paquette often sees workstations where the computer keyboard is on a tray, but the mouse remains on the desk. “That spells disaster for the neck and shoulder on the side of that mouse,” she said. She recommends that the mouse always be placed beside the keyboard.

• Although looking at a computer monitor cannot damage your eyes, spending a large portion of your workday at the computer can cause eye strain, according to Chicago-based Prevent Blindness America. Eyes can become dry and irritated, and workers may begin having trouble focusing. A few work area adjustments can help alleviate some of these issues.

1. Dim the lights and use task lamps. Florecent lights in office buildings often are too bright for optimal vision.

2. Correctly position monitors. Prevent Blindness America recommends workers place their computer monitors slightly below eye level and 20-26 inches from their eyes. Screens that can tilt or swivel are especially beneficial. “Your eyes’ resting position is a few degrees below the horizon when you’re looking straight ahead,” Paquette said.


4. Wear the right glasses.

5. Increase font size on computer.

6. Take a break. Giving your eyes a rest and allowing them to focus on things at varying distances can help reduce strain and fatigue. OSHA recommends workers take a 10-minute break for every hour spent on the computer. These breaks can include working on tasks that require your eyes to focus on objects at a further range.

• Local fire departments responded to about 3,800 office fires each year between 2004 and 2008, according to the Quincy, Massachusetts-based National Fire Protection Association. On
As a counselor looks on, Garrett Burns, 7, gives a rebel yell as he performs a backflip while bungee jumping during Camp in the City activity time May 29.

Snack time, followed by a reflective Bible study time allows kids to take a break from the hustle and bustle and ties their activities to scripture.
Continued from page 12

average, these fires caused four
civilian deaths and 37 civilian in-
juries annually. Some routine in-
spections around the office can help
reduce the likelihood of fire causing
such devastation.  

1. Maintain cords in good repair. According to the Office of Compli-
ance, damaged and ungrounded power
cords pose a serious fire hazard and vio-
late safety codes. Cords should be in-
spected regularly for wear and taken
out of service if they are frayed or
have exposed wire. Further,
cords should never
be used if the third
prong has been
damaged or re-
moved. Make sure

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FORT POLK, La. — The Fort Polk Environmental and Natural Resources Management Division along with Bayou Mosquito and Pest Management have begun conducting mosquito-fogging operations on Fort Polk.

The aim of the mosquito fogging operations is to kill, or “knock-down,” any adult mosquitoes that are in the area. The mosquito fogger is a large and noisy machine transported in the back of a truck. The vehicle is driven slowly, blowing the fog into yards and around structures. Mosquito fogging operations are usually carried out from 4:30-6:30 p.m. depending upon the weather.

The insecticide used in the mosquito fogging is a synthetic pyrethroid similar to those used in most domestic insect spray cans that are found on supermarket shelves. The fog is created by aerosolizing the mixture of insecticide and water into fine droplets through the fogging machine. The amount of insecticide in the fog is small, and dispersed at quantities that can only kill something as small as a mosquito, so at the concentrations used there will be no adverse health effects on people or animals who are occasionally exposed to the fog. The type of insecticide used in the fogger is also completely odorless.

The following is the monthly mosquito fogging schedule:
- Cantonment area first week:
  - Monday: Child development centers on South Fort Polk and South of Entrance Road.
  - Wednesday: Around Bayne-Jones Army Community Hospital and North of Entrance Road.
- Cantonment area second week:
  - Monday: North Fort Polk including bldg 14500 (CDC)
  - Wednesday: East side of Fort Polk around airfield.
- Housing first and third weeks:
  - Monday: Palmetto and Camellia neighborhoods
  - Wednesday: half of Dogwood, Fairway Court and Eagle View neighborhoods
- Housing second and fourth weeks:
  - Monday: Maple Terrace and North Fort neighborhoods
  - Wednesday: Remaining half of Dogwood neighborhood

For more information call 531-6373.

Weekly golf tip for beginners

**Start your swing with your hips**

Nearly every down swing fault is due to starting it with the upper body rather than ‘bumping the hips’. Imagine skimming a stone or throwing a baseball and how the lower body starts the movement with the upper body following.

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**Festivals**

**Watermelon Fest**
The Beauvoir Watermelon Festival, DeRidder, celebrates the harvest of local Sugartown Watermelons June 28-29.

The festival, held at the Beauvoir Parish Fairgrounds — 506 West Dr. — offers carnival rides, jackpot livestock show, retail and craft vendors, watermelon eating and seed spitting contests, Watermelon Idol talent competition, watermelon carving contest, food booths and more. Bring your dancing shoes and sway the night away to some of Louisiana’s best entertainers. Plan to attend the Beauvoir Watermelon Festival for Louisiana fun and sweet melons.

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

**Shrimp/jazz fest**
If you’re looking for a celebration of Louisiana food, jazz music and culture, you’ll find it at the Gulf Coast Shrimp and Jazz Festival, Lake Charles Civic Center, 900 Lakeshore Dr., June 22. Gates open at 11 a.m. and close at 8 p.m.

A free jazz workshop is held from 9–11 a.m., followed by live music acts, a jazz exhibit and of course, the shrimp dish cook-off. Don’t miss “Jazz After Dark, An Evening to Remember”, starting at 7 p.m. For more information visit [www.gsshrimpmnjazzfest.com](http://www.gsshrimpmnjazzfest.com).

**Fair fun**
Through Saturday, the 30th annual Cajun Heartland State Fair offers ride specials, food, free attractions, live entertainment and family oriented games to make an outstanding summer experience. There’s something for everyone to enjoy at the midway and around the fairgrounds. The fair takes place at the Cajundome, 444 Cajundome Blvd., Lafayette.

For more information call (337) 265-2104 or visit [www.cajundome.com](http://www.cajundome.com).

**Miscellaneous**

**Concert series**
Downtown at Sundown is a “can’t miss” event in Lake Charles. Enjoy the concert series today and June 7 from 2-10 p.m. on Ryan Street.

This annual outdoor music and art event features a regional artist for each concert, performing favorite music genres such as Cajun, Zydeco, swamp-pop and classic rock.

The event offers food and beverage booths, tabletop galleries, art sales and activities for kids. The 2019 line up includes:

- June 7 — Bluesiana RED
- June 14 — The Tugboats
- In the event of inclement weather, the concerts will be held inside the Lake Charles Civic Center.

Bring your lawn chairs and enjoy the music. No pets or outside beverages are permitted on site.

For more information call (337) 491-9159 or go to [www.City-OfLakeCharles.com](http://www.City-OfLakeCharles.com).

**Clubs/groups**

- **Society meeting**
The Vernon Historical and Genealogical Society meets Saturday at 12:30 p.m. in the meeting room of the Vernon Parish Library, 1401 Nolan Trace, Leesville. Dickie Dixon, of the Deep East Texas Archaeological Society, Angelina County Genealogical Society and Timpson Genealogical and Heritage Society, is the guest speaker.

**Language club**
Immerse yourself in learning a foreign language such as Russian, Spanish, Brazilian, Portuguese or Tagalog by attending the Language Immersion Table. The club meets the first Wednesday of each month from noon to 1 p.m. The next meeting is Wednesday. For more information and location call Miguel Moyeno at (636) 577-4274.

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

Meetings are held at 7 p.m. at the New Llano American Legion, Post 387, 500 Vernon St., New Llano. The June tournament takes place at Toledo Bend Saturday. The entry fee is $40. For more information visit [www.fortpolkcommunitybassmasters.com](http://www.fortpolkcommunitybassmasters.com).

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As many as one in ten Americans have used laxatives within the past three months. Many use them to help with constipation. Many more use them for other purposes. Laxative misuse may cause serious problems.

- **Regular use**
- **Abuse**
- **Addiction**

Visit [www_INFORMATION.KIT.app](http://www_INFORMATION.KIT.app) for more information on laxative use.

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If you have been diagnosed with the serious medical condition, Non-Hodgkin’s Lymphoma, after exposure to Roundup herbicide, you may be entitled to compensation.

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Attorney: Douglas C. Monsour
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**LUNG CANCER? Call Now!**

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

Call 1-866-377-6209 or email cancerLA@breakinginjurynews.com. $30 billion is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit.

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**Lagniappe**
System Administrator Intermediate – Ft. Polk
Posting Date: 04-04-2019
Position Name: System Administrator-Intermediate
Company: Fort Polk, LA
SCA Wage Category: Exempt
Shift: 1st
Employee Type: Regular Full Time
As the System Administrator-Intermediate, you will have an expert understanding of system Servers to include Storage Area Network Servers (SAN), Network Attached Servers (NAS) and replication software in physical and virtual environment for both classified and unclassified environments.
Highlights of Responsibilities:
• Manage File access control permissions
• Coordinate file access with customers
• Participates in technical research and development to enable continuing innovation
• Ensures that system hardware, operating systems, software systems, and related procedures adhere to government policies.
• Perform daily system monitoring, verifying the integrity and availability of all hardware, server resources, systems and key processes, reviewing system and application logs, and verifying completion of scheduled jobs such as backups.
• Manage servers and data
• Monitor and troubleshoot all servers for availability
• Plan and schedule the installation of Government-approved, new or modified hardware, operating systems, and software applications. 
• Test government-provided software and continually review IT hardware and software to ensure it is responsive to end user needs.
• Administer accounts, network rights, and access to systems and equipment
• Maintain, update and correct systems configurations to resolve hardware/software interface and interoperability problems
Candidate Requirements:
• Active DoD Top Secret Security Clearance
• SQL Database
• SharePoint
• CompTIA Security+ certified
• Must obtain Computing Environment certification within 6 months of hire
• MS Office Suite Proficient

Information Security Specialist – Ft. Polk
Posting Date: 04-04-2019
Position Name: Information Security Specialist
Company: Fort Polk, LA
SCA Wage Category: Exempt
Shift: 1st
Employee Type: Regular Full Time
As the Information Security Specialist, you will be responsible for assisting the Fort Polk NEC in meeting architected and Defense-in-depth requirements for IA solutions and participate in the Risk Management Framework (RMF). You will provide information assurance vulnerability management (IAVM), system patches, and anti-virus updates from applicable original equipment manufacturer (OEM), include phishing sources when phishing threat management tools are updated, and update each update against system components for operational impact, and deliver and implement each update to system components throughout the operations and maintenance phase of the system lifecycle.
Highlights of Responsibilities:
• Assist the Government in leading post-wide security initiatives that enhance overall network defense in depth, including DoD-mandated requirements in addition to local initiatives.
• Provide DoD PKI services including directory support, certification validation, registration, interface to related Army systems, and ensuring PKI-enabled servers, key management services and PKI solutions for required applications and objectives.
• Provide Security Risk Assessment support, perform risk analysis of resources, controls, vulnerabilities, threats and the likelihood and consequence of mission objectives.
• Facilitate decisions to implement security countermeasures or mitigate risk and implement approved countermeasures.
• Participate in the change management process and provide formal written recommendations to the Government for approval and implementation.
• Provide support to the Risk Management Framework (RMF) process in IAW AR 25-1 and NETCOM/ NEC guidance. Review, validate, and maintain Tenant Support Plans (TSP) and all other Certification and accreditation (CRA) requirements and documentation for each organization/activity/unit on the installation in order to identify and document each network point of presence.
• Support Information Assurance Vulnerability Alert (IAVA) compliance programs and compliance monitoring of all network connected assets, including touch labor support.
• Perform Network and Workstation scans weekly or more often as required and compile vulnerability reports to facilitate corrections.
• Assist the Government in development of the Mitigation Action Plan (MAP) and IAVM Plan of Action and Milestones (POA&M) IAW ARCYBER/NETCOM/NEC requirements and guidance.
• Ensure new contract personnel obtain the appropriate background investigation/security clearance prior to unsupervised privileged access or management responsibilities to any systems.
• Assist in the planning, implementation and management of a Defense in Depth for the total network and/or enclave within the network to include such items as: scanning, remediation, host and network intrusion detection/prevention, virus programs, vulnerability scanning, wireless intrusion detection sensors (WIDS), content filtering, remote access in protection, Host Base Security Services, Directory Services, and Risk Management Framework (RMF).
• Review audit logs and report suspicious activity.
• Provide/push patches for each authorized network-connected device as required.
• Monitor automated systems to detect and report malicious or unauthorized activities on the network.
• Distribute local IA policy, including Network Security, Security Awareness, Remote Access, Acceptable Use, etc.,
• Comply with the management and documentation of hardware/software changes as identified by the local Change Control Board Charter
Candidate Requirements:
• Active DoD Top Secret Security Clearance
• Windows 10
• Safe Driver Training
• Understanding of the DoD standards
• CompTIA Security+ certified
• Must obtain Computing Environment certification within 6 months of hire
• MS Office Suite Proficient

IT Customer Service Desk– Ft. Polk
Posting Date: 04-04-2019
Position Name: IT Customer Service Desk Specialist
SCA Wage Category: Computer Operator II
Shift: 1st
Employee Type: Regular Full Time
Security Clearance Status: Active and/or Able to Obtain
Security Clearance Type: Secret
US Citizenship Required: Yes
Job Level: Technician
Travel: Negligible
As the Computer Network Support Specialist, you will provide remote and desktop Help Desk support to general users and VIP/Priority users. Support includes ad hoc directory account creations, shared drive permissions, local and network printer installs, software uninstall/reinstalls, and basic software and network troubleshooting. More detailed support may be required in troubleshooting detailed organization specific software, network printer/multifunctional devices and the ability to identify/replace faulty warranty supported hardware.
Highlights of Responsibilities:
• Diagnose computer errors and provide technical support
• Troubleshoot software, hardware, printer and basic network issues
• Provide quality customer service skills
• Utilization of ITSM Remedy ticketing system
• Complete workload within contractual timeframes
• Provide additional availability to support associated tasks
Candidate Requirements:
• Active DoD Secret Security Clearance
• Windows 10
• Safe Driver Training
• Understanding of the DoD standards
• CompTIA Security+ certified
• Must obtain Computing Environment certification within 6 months of hire
• MS Office Suite Proficient

Published for the community of Fort Polk, La.
AKC GERMAN SHEPHERD PUPPIES 10 weeks old! Up to date on Shots & Worming. $600.00 Females $600.00 Males. Black & Tan, please call 337-353-1726 if no answer please leave a voicemail or text. Leesville area.

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2001 SILVER DODGE DAKOTA SPORT, 132,000 Miles, Stick Shift, 3-Seater. $1500. Call or Text 315-877-1558

FORD F150 TIRES AND RIMS, 6 holes, 305/40R/22. Asking $1,000 or best offer. Ford F150 Grill Front. Asking $300 or best offer.

5 GALLON WATER COOLER FOR SALE. $50 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.

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