



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

Vol. 47, No. 6

Home of Heroes @ Fort Polk, LA

Feb. 7, 2020



CHUCK CANNON / GUARDIAN

Air Assault

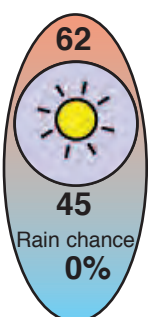


Sixty-eight Patriot Soldiers from the 3rd Brigade Combat Team, 10th Mountain Division, completed two weeks of intense training and a grueling 12-mile foot march to earn the coveted Air Assault Badge at a ceremony in Warrior Gym Jan. 31. For story and more photos see page 6 and 7 of today's Guardian.

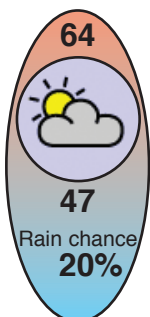


SRD BOT, 10TH MTDN DIV PAO

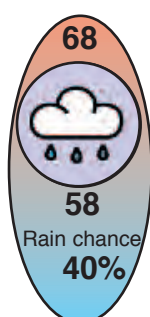
Weekend weather



Friday



Saturday



Sunday

Inside the Guardian

Man's best friend	4	Moms meet	11
Chaplains train	8	Working from home ...	12
Soldier safety	9	Cancer concerns	13

Viewpoint

In our view

Guardian staff asked spouses participating in the Fort Polk home-based business showcase held Feb. 4 at the Warrior Center, "What did you want to be when you grew up?"

Here are their responses: For story see page 12.

Danielle Morrison: "I wanted to be a vet when I grew up because I'm such an animal person." Morrison's home-based business is called Piper's Craft Shack.



Mary Lou Solorzano: "I wanted to be a horse jockey. I love horses and my neighbor was a jockey. I thought it was cool." Solorzano owns Loving Your Home Space.



Kyli Thomas: "I wanted to be a marine biologist or vet. I got my vet tech certification but kids and life took me in another direction." Thomas owns Southern Enchanted Stitches.



Brandi Ford: "All I've ever wanted was to be a mom. I have four kids and three grandchildren." Ford owns Momma Made Vinyl.



Shanon Anthony: "I was always into crafts. I love being an artist, so owning my own craft based business — CavFamily Creations — is perfect for me."



Candy Marr: "I wanted to be so many things including a lawyer, Soldier and boutique owner. I kind of got my wish on the last one by selling Matilda Jane Clothing."



Karen Hendrix: "I wanted to be a doctor. I not a doctor, but I'm currently working on my master's degree in public health while doing my home-based business — Dash & Dazzle, Nails by Karen — on the side."



Tiffany Perez: "I wanted to be a Soldier and I was for five years. I grew up in the 1980s with G.I. Joe and four brothers, so it shouldn't be a surprise." Perez sells jewelry from Paparazzi Accessories.



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.K.Reischling.civ@mail.mil

Trading post ads:

tradingpostads@yahoo.com

Fort Polk Homepage
home.army.mil/polk/

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

Toby Keith headlines

Country music superstar Toby Keith is slated to headline Fort Polk's annual FreedomFest July 18. More details will be released as they become available. For vendor or sponsorship questions call 531-1959/1787 or email fortpolkmwr@gmail.com.

Polk drill

Fort Polk will conduct a Force Protection Condition Elevation Drill March 6. Soldiers, employees, Families, residents, guests and visitors may see Soldiers with weapons responding to planned events as part of the drill.

Do not be alarmed; this is part of the drill to ensure Fort Polk is prepared for any contingency and the safety of everyone on Fort Polk. Any questions or inquiries should be directed to the Installation Antiterrorism Office at 531-6007 or the Warrior Operations Center at 531-4916.

BJACH holiday hours

Bayne-Jones Army Community Hospital clinics, laboratory, radiology, dining facility and pharmacy are closed Feb. 17 in honor of Presidents Day.

BJACH services will remain open Feb. 14. The emergency room and inpatient services are open 24 hours a day, seven days a week.

FPSC grants

The Fort Polk Spouses' Club announces the launch of the 2019-2020 Community Grants application period through March 2. The FPSC seeks to promote community interests, support worthy causes and improve the quality of life for Fort Polk and its surrounding communities. Its goal is to support as many needs as possible; however, the amount of funds disbursed depends on the success of ongoing Fort Polk Spouses' Club fundraisers and the number of applications received.

You can find the community grants application at <https://fortpolkspousesclub.wildapricot.org>. Please have completed applications post marked no later than March 2. Mail completed application packets to the address on the form or submitted by email to FPSCCommunityGrants@gmail.com. Once the applications are reviewed and approved all disbursements will be made in May.

For more information contact the Community Grants Chair at fpsccommunity-grants@gmail.com. Subject: ATTN: Community Grants Eligibility or Application Process.



Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general, and his spouse Jennifer, offer congratulations and thanks to outgoing Directorate of Family Morale, Welfare and Recreation director Loretta L. Nale as she stands next her husband, Billy, in a receiving line after the Director Transition held at the Warrior Center Jan. 31.

Fort Polk honors outgoing, incoming DFMWR Directors

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — A United States Army Garrison Director Transition was held at the Fort Polk Warrior Center Jan. 31. Outgoing Director of Family, Morale, Welfare and Recreation, Loretta L. Nale, passed the mantle of leadership to incoming director, K. Wayne Bardell.

Nale began her career at Fort Polk as a temporary clerk typist in 1975. She retires from DFMWR after more than 44 years of service.

Col. Ryan K. Roseberry, Fort Polk garrison commander, was guest speaker at the event.

Roseberry said DFMWR's scope and responsibilities span farther than gyms and activities to include everything from family advocacy, financial readiness and spouse employment to child development centers, youth sports, The Warrior Golf Course, The Anvil, Better Opportunities for Single Soldiers, movie night under the stars, Freedom Fest and more.

"The individuals that run these programs — more than 40 strong — aren't just bartenders, fitness professionals or financial advisors, they are readiness and resiliency professionals focused on the care and support of our Soldiers and their Families so that we can win our nation's wars," he said.

Roseberry said the event highlights the transition between the two directors that have led and

will lead Fort Polk's DFMWR team.

"Loretta Nale has supported, led and defended the programs at Fort Polk.

She is the most humble person I know. She lives to serve others, including our Soldiers and Fort Polk as a whole. She has dedicated her entire life to this installation and is responsible for all the programs, facilities and activities that we benefit from today," he said.

Roseberry noted while other installations lost their arts and crafts centers, automotive skill centers, golf courses and youth programs, Fort Polk kept theirs. "That's because Loretta fought for them, even when it was uncomfortable and unpopular," he said.

Roseberry said even with budget cuts, Fort Polk sustains what it currently provides and improves and transforms where needed.

"Now we are one of three installations targeted for quality of life improvements with \$10 million to build programs, facilities and activities that will impact the wellbeing of our Soldiers and Families," he said.

Roseberry thanked Nale for her leadership, selfless service and life of dedication to the Army, Fort Polk, its Soldiers and Families.

Nale said the transition ceremony wasn't about her or the past, but about the future of Fort Polk's quality of life.

Please see **DFMWR**, page 9

Dog handlers, man's best friend develop special bond

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — For the 20 members of Fort Polk's 50th Military Working Dog Detachment, 519th Military Police Battalion, the moniker "Man's Best Friend" takes on a whole new meaning.

These Warriors spend nearly every day building relationships with the dogs placed into their care, forming teams that save the lives of Soldiers fighting the nation's wars in places such as Afghanistan and Iraq.

"I see it as, you're out there to make sure everyone is safe," said Spc. Joseph Carrasco. "Everybody is a team, but you're there to make sure they get from point A to point B safely, and they make it home safely. That's a satisfying part of the job — making sure everyone comes home."

While Carrasco has yet to deploy, he has worked stateside security missions. However, Sgt. Kristin Vanderzanden deployed to Afghanistan with her dog Frankie. The pair spent nine months with a 3rd Special Forces Group team.

"I got Frankie as a green dog, straight from Lackland (Air Force Base) doggie boot camp," Vanderzanden said. "I was also new. We were pushed through training very fast, and ended up deploying within a year to Afghanistan."

Supporting a Special Forces A Team fulfilled a dream of Vanderzanden's.

"That was a big reason I wanted to be a dog handler; that's why I joined the Army," she said. "When I joined, females couldn't go Special Forces so I hoped that by becoming a dog handler I might be able to do something that was challenging. We got through the deployment and Frankie and I had a great relationship with the SF Soldiers we were working with. We are a good team."

Vanderzanden said the textbook answer is "no" when asked if the dogs become part of a handler's family.

"You're not supposed to make the dog a part of your family, but I don't think that is realistic," she said. "Frankie's my partner, he's my baby. We've been together almost three years and made it through a nine-month deployment to Afghanistan."

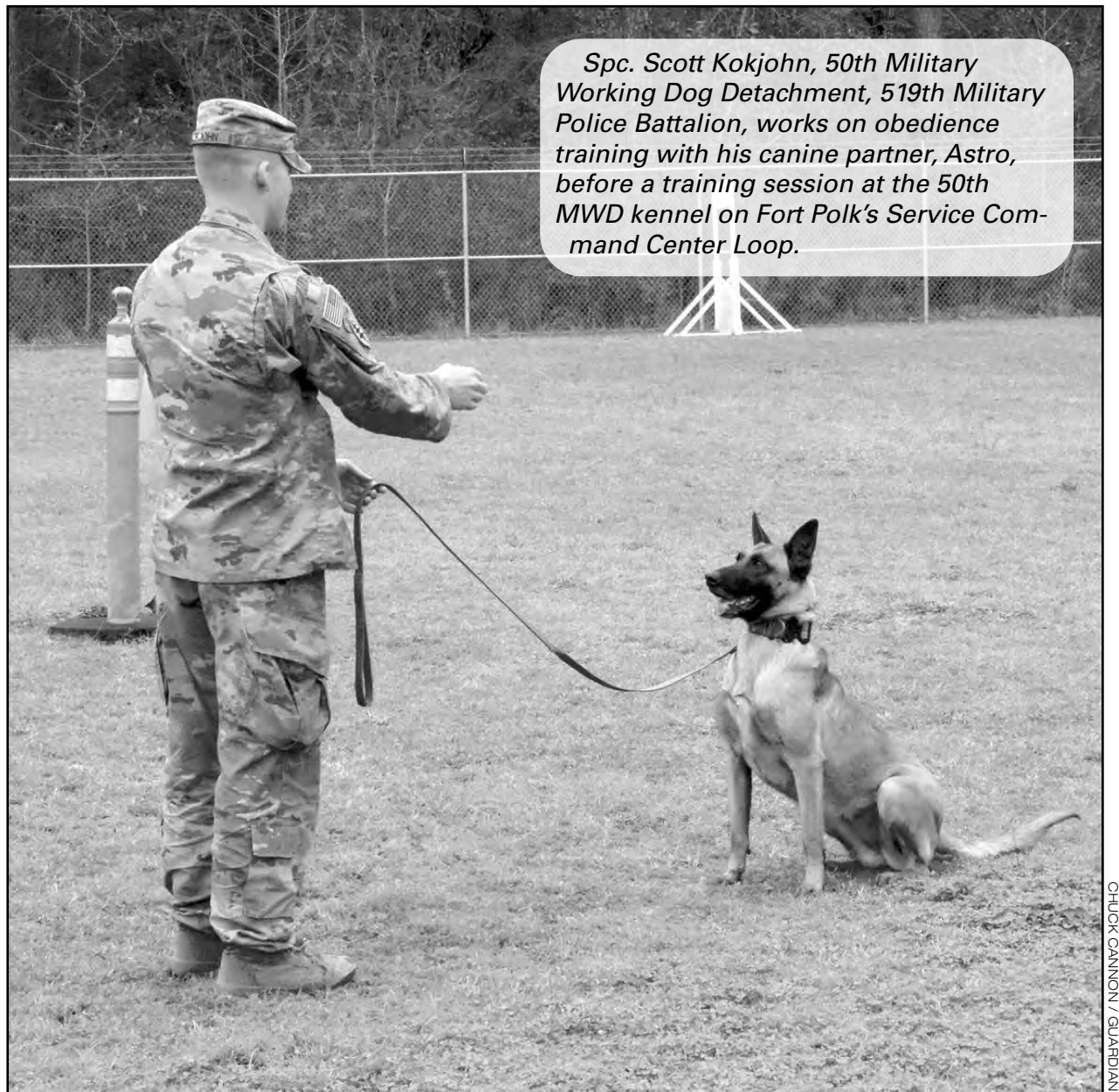
"We've survived through some tough times. He's been the one consistent thing in my life the last three years."

Sgt. 1st Class James O'Grady, the 50th MWD kennel master, said he's worked as an MP or dog handler for 19 years. He said it's difficult when it's time to PCS or move up in rank and have to leave your "partner."

"I've been a handler for about 14 years, had eight dogs and three deployments with three different dogs," he said. "They were all year-long deployments, so we spend a lot of time with these dogs. It's just you and your dog when you're on patrol, so you're in there just talking with your dog for a 12-hour shift. The dog is the only one you have to talk to. When we deploy, the dog stays with you in a room; we don't have nice kennels like this for them to stay in."

O'Grady said he tells his handlers not to get too emotionally attached to their dogs.

"But you're always going to have that attachment," he said. "That's tough sometimes for han-



dlers, because in the Army, you eventually move."

It can also be tough if your partner succumbs to injury or sickness. Spc. Scott Kokjohn's partner, Dan, died during surgery while the pair was deployed to Afghanistan.

"It was a lot harder than I imagined," he said. "I had dogs growing up and some died of old age and it was just part of life. But it's different when you have a special bond with them. I had that special bond with Dan. We saved people; you can't get any closer than we were."

Kokjohn said that often while they were deployed it was just he and Dan for extended periods of time.

"We lived together, slept together, everything," he said. "But life happens and you have to move on. I was fortunate: As soon as I got back they gave me a new dog they had just gotten from Lackland. She's wild, full of energy and has no off switch. She's making slow progress but she'll get there."

Kokjohn said it is inevitable that he compares his new dog — Astro — with Dan.

"I've struggled a bit, comparing her to Dan; he was experienced and had been with different handlers," he said. "But she'll be fine; it will just take a little time, for both of us."

While Vanderzanden, Kokjohn and Carrasco work with bomb sniffing dogs, Spc. Mackenzie Velarde has a narcotics dog. Velarde said she's following a family tradition — sort of — with her

military job.

"My mom was an MP, but I wanted to do something a little different," she said. "So even though I'm an MP, I'm also a dog handler, MOS 31K."

Once the pair is certified, Velarde said they will work the road on routine police patrol duty and assist commanders with health and welfare inspections and similar missions.

"She (Velarde) will get a lot of phone calls at 2 or 3 o'clock in morning," O'Grady said.

The dogs receive daily training at the kennel, located on Service Command Center Loop, and other locations on Fort Polk. They focus on detecting explosives or narcotics, depending on their specialty.

Of the unit's 14 dogs, four are currently deployed. Although everyone in the unit is a trained handler, only 18 are currently working with dogs.

Each of the Soldiers said one of the most important traits a handler can have is patience.

"Dogs are intuitive," Vanderzanden said. "If you get frustrated, they will know it. They have distinct personalities and like people, they have good days and bad days. If he senses I'm upset, it will affect how he handles."

O'Grady agreed and said that makes the job difficult at times.

"A dog can't tell you if he's upset or hurting,"

Please see **Dogs**, page 5

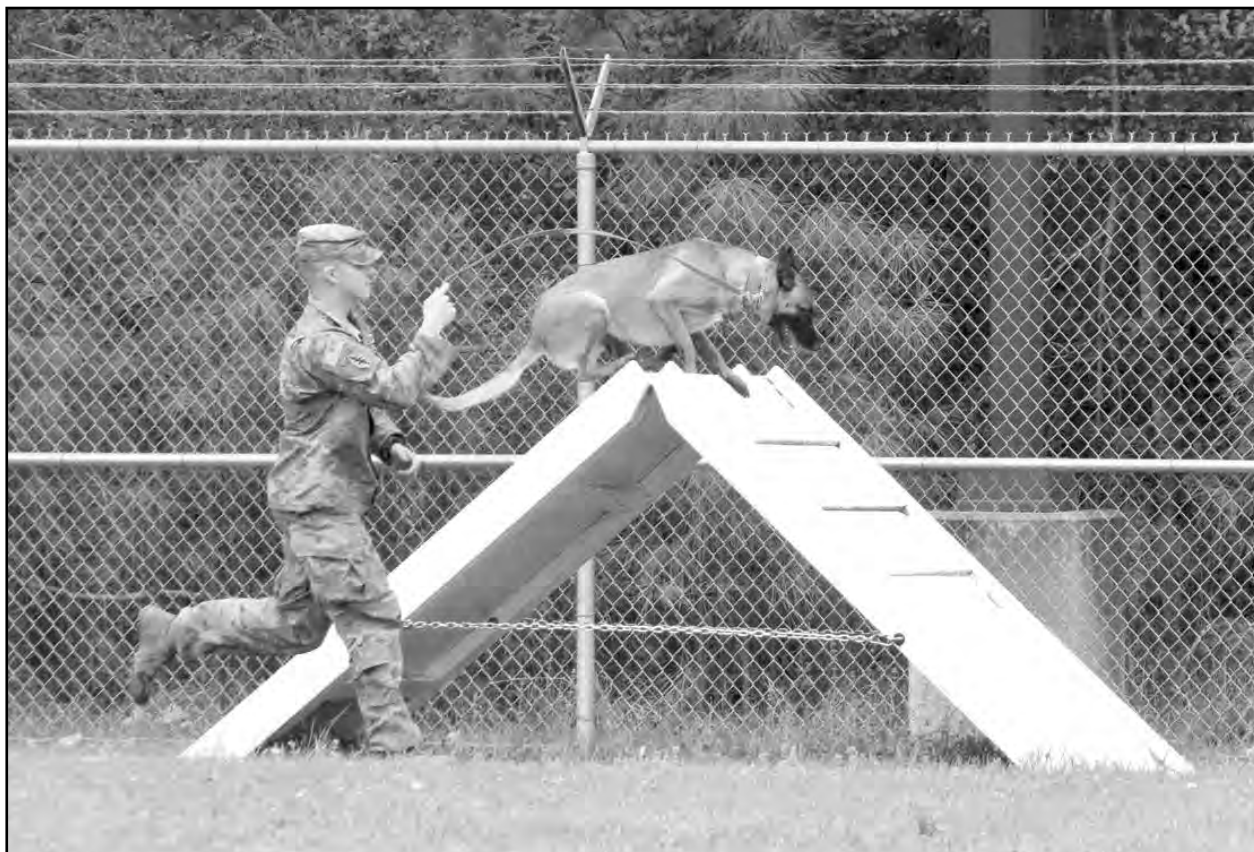
Dogs

Continued from page 4

he said. "That's why we do so much training so we can learn to read our dogs as accurately as possible."

While having to leave a dog for a new assignment or for a promotion is tough, O'Grady said there is no other job he'd rather have in the Army.

"I can't see myself doing anything else," he said. "We've proven in battle that we can protect Soldiers and get them home safely to their families. And at the end of the day, that makes what we do worthwhile."



Clockwise, from left: Spc. Scott Kokjohn, a military working dog handler with Fort Polk's 50th Military Working Dog Detachment, 519th Military Police Battalion, pets his canine partner, Astro, before beginning a training session; Kokjohn runs Astro through a training course that tests a dog's ability to overcome physical obstacles; once training is complete, it's time for a little play; finally, it's a walk back to the kennel.



CHUCK CANNON / GUARDIAN

Patriot Soldiers complete course, earn wings

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — Sixty-eight 3rd Brigade Combat Team, 10th Mountain Division Soldiers received their air assault wings during a ceremony Jan. 31 at Fort Polk's Warrior Gym.

The Patriot Soldiers earned their coveted wings following a two-week intensive course that culminated in a 12-mile foot march that had to be completed in 3 hours or less.

"This group has been unique," said Sgt. 1st Class Reag Wood, lead instructor of the Mobile Training Team from the 10th Mountain Division Lightfighter School at Fort Drum, New York. "The attrition rate was low."

Of the 85 Soldiers who began the stressful class, 68 successfully completed the course.

"We attribute the low attrition rate to a strong NCO presence in class," Wood said. "Also, as a pure organic brigade training together, they tended to knuckle down more and help each other through the fight."

Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, joined the class for its foot march at 3:30 a.m. Jan. 31.

"This morning, at 0330, while many of the people in this gym were in bed, these 68 Soldiers in front of us were out getting ready for a 12-mile road march," Frank said to the crowd of Family members and fellow Soldiers that packed Warrior Gym for the ceremony. "When the air assault cadre said 'Go,' they took off, not walking, but running, every one of these guys. This was the fastest 12-mile foot march that I have ever seen. The last Soldier came in at 2:49 — that is unbelievable."

Frank said earning air assault wings is the mark of a professional Soldier.

"It (air assault) is one of our mission essential tasks for our brigade combat teams and battalions throughout the Army," Frank said. "For 3rd Brigade, 10th Mountain, there are only six tasks. One of them is to conduct air assault operations. That's how important this badge is and the skills that these Soldiers have learned during the past two weeks."

In explaining the difficulty of the class, Frank compared air assault training with airborne training.

"Airborne School teaches you to fall, to do a PLF (parachute landing fall)," he said. "But with Air Assault School, you've got to break out the books. It is one tough course. As these 68 graduates head back to their units, they're going to leave class 20-02, and fall back into every formation across this installation. This is when the Army starts to rely upon the skills they learned over the past two weeks. They can plan an air assault, establish a DZ (drop zone), assign a chalk, rig a load, and conduct a medevac. We do this in combat. Your leaders will call on you to step forward and lead the air assault. Your units and all of us are counting on you to knock it out of the park."

Col. Kendall J. Clarke, commander, 3rd BCT, 10th Mtn Div, gave credit to the unit's leaders for the success of their Soldiers in the class.

"No one graduates from an Army school without engaged leaders," Clarke said. "No one does it alone. On the front end of air assault school our leaders invested in each one of the candidates to

Please see **Air assault**, page 7



3rd bct, 10th mtn div pao

Above: A Soldier with 3rd Brigade Combat Team, 10th Mountain Division, completes a belay maneuver during Air Assault Course 20-02 at Fort Polk Jan. 29.

Below: Alina Cabrerias pins air assault wings on her husband, Staff Sgt. Luis Ortiz, 3rd BCT, 10th Mtn Div, at a graduation ceremony Jan. 31 in Fort Polk's Warrior Gym.



CHUCK CANNON / GUARDIAN

Air assault

Continued from page 6

make sure they had all the skills and capabilities to go to the course and be successful. Our NCOs are fantastic. They provide the purpose, direction, motivation and inspiration. They are great role models, teachers and mentors."

First Lt. Paul Peterson, 2nd Battalion, 2nd Infantry Regiment, 3rd BCT, 10th Mtn Div, was one of the graduates. He said the course was tough.

"It's an honor to earn these wings," he said. "It was a fun, challenging course. I learned a lot that I did not know. The leadership was fantastic. And I finally got a little chest candy for my uniform."

In addition to the foot march, graduates learned sling load operations and how to repel and belay from helicopters. Frank said the expertise gained by the students would benefit the entire Army.

"I think our leaders across the installation selected the right Soldiers, noncommissioned officers and officers to attend this class," Frank said. "You could tell that by the caliber of Soldiers who were on the final phase, the foot march, this morning. They knocked it out faster than any foot march I've been on in my career in the Army, and it was a testament to the Soldiers we saw here today."

Unlike many schools where students go back to their rooms or homes at the end of the day

and relax, Frank said air assault school is a demanding course.

"There is a lot of personal preparation after you're done for the day," he said. "If you don't go home and study what the instructors have provided you, you're coming in the next day and failing the next phase. Our leaders did a very good job in preparation, and these Soldiers understood that."

Frank said he enjoys joining Soldiers for the 12-mile foot march.

"There is nothing like doing a final 12-mile foot march as the culminating graduation event of any of our Army schools," he said. "There's nothing like the esprit de corps from these guys when they finish. I always love being a part of that."

"I always want to be competing with the top guys in the formation."

Graduate Spc. Hernan Villaseñor had his wings pinned on his uniform by his spouse, Isabella, and grandfather-in-law Douglas Rhodes, an Army veteran.

"I actually tried to attend Air Assault School when I was in the Army, but there were no slots available for my unit," Rhodes said.

"But after hearing how tough the school is, I don't know that I would have made it through. I am so proud of him."



An air assault student works on his belay technique.

3RD BCT, 10TH MTN DIV PAO



An air assault student rappels under the watchful eyes of an instructor.

3RD BCT, 10TH MTN DIV PAO



Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, congratulates graduates of Air Assault Course 20-02 during a ceremony Jan. 31 at Fort Polk's Warrior Gym. The class was made up entirely of Soldiers with the 3rd Brigade Combat Team, 10th Mountain Division.

CHUCK CANNON / GUARDIAN

3rd BCT chaplains become Myers-Briggs certified

By **SpC. KAY EDWARDS**

3rd BCT PAO

FORT POLK, La. — On Jan. 24, after completing a 40-hour course, six 3rd Brigade Combat Team, 10th Mountain Division chaplains became certified Myers-Briggs Type Indicator (MBTI) facilitators. The MBTI is a self-report inventory designed to identify a person's personality type, likes, dislikes, strengths and weaknesses.

The initiative will allow chaplains to train platoon sergeants, who will then use the tools within their companies.

"The value is that it tells you whether you're introverted or extroverted," said Chap. (Maj.) John Smith, chaplain for 3rd BCT. "It breaks down whether or not you're a person that operates better under pressure, or if you are a person that needs to have everything planned out all the way through."

Platoon sergeants will be able to identify what personality type their Soldiers fall under, which will then lead to a better understanding of how their personality impacts decisions.

"The goal is a preventive approach," said Smith. "In other words, how do we alleviate additional stress up front through simply understanding how people process information and how they make decisions?"

MBTI allows respondents to further explore and understand their personalities, possible career preferences and compatibility with other people.

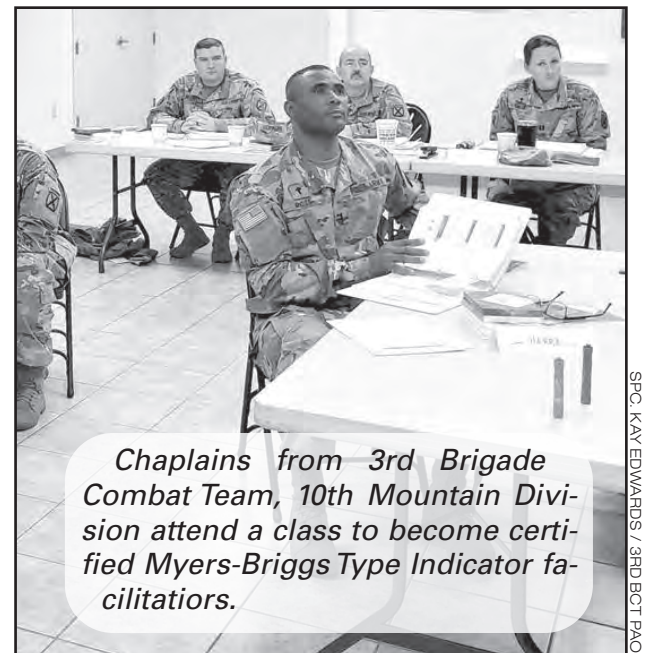
No one personality type is "best" or "better." It isn't a tool designed to look for dysfunction or abnormality. Instead, its goal is to help respondents learn more about themselves.

"The Myers-Briggs Type Indicator is a tool for becoming more self-aware," said Chap. (Capt.) Ryan Pearse, chaplain for 2nd Battalion, 2nd Infantry Regiment, 3rd BCT. "You have to know the enemy but you also have to know yourself."

The initiative will be implemented in a phased approach throughout the next few months. Ideally, it will lead to increased performance at the squad level and trust from Soldier to leader.

"Engaged leadership means that we know our Soldiers — who they are and how they operate,"

said Smith. "Once we know that, we can maximize potential."



Chaplains from 3rd Brigade Combat Team, 10th Mountain Division attend a class to become certified Myers-Briggs Type Indicator facilitators.

SPC. KAY EDWARDS / 3RD BCT PAO

Soldiers obligated by courts, UCMJ to provide Family support

By **KEITH MILAM**

OSJA

FORT POLK, La. — "What happens if my civilian spouse and I separate because of we are having difficulties in our marriage? What are my financial responsibilities? When do they begin? How much am I required to pay?"

These are some of the questions that are frequently asked at the Soldier and Family Services legal division here at Fort Polk. The answer to these questions, and others, can be found in Army Regulation 608-99, which is entitled, "Family Support, Child Custody, and Paternity," and it is this regulation that establishes, in detail, the Soldier's obligation to his dependents.

The first question to be asked and resolved is whether a civilian court of law has ordered you to pay a certain amount of support to your dependents. If the answer to that question is yes, then you are to follow that court order. Failing to do so puts you at peril, not only with the judge who issued that order, but with your commanding officer.

A family court judge can hold you in contempt for not complying with the court order and put you in jail and/or fine you. In addition to whatever punishment the judge decides to order, you may also be in violation of AR 608-99, which can result in your prosecution under the Uniform Code of Military Justice, and possibly subject you to a military administrative action.

If there is not a court order requiring you to make support payments, then the next question is whether you and your spouse have a written agreement regarding the amount of support you are to pay. Usually this agreement is a notarized document in the form of a separation agreement, which typically incorporates a number of other marital issues besides financial support, such as custody of children, visitation and distribution of property and debts.

This agreement can be prepared for you by one of the attorneys at Soldier and Family Services. The agreement does not have to be a nota-

rized separation agreement. It can be any writing signed by both spouses, as long as it accurately and unambiguously reflects the true intent of the parties.

Once the agreement becomes a valid, binding and legally enforceable document, then you are required to pay the amount of support agreed upon by you and your spouse, unless and until a court of law directs you to do otherwise.

The two of you can agree that no support will be paid, or perhaps, you may agree to an amount lower than what is required by AR 608-99, as long as both of you agree, the agreement is reduced to writing, and you, as the service member, comply with the terms of the agreement.

Absent a lawful court order or a binding written agreement, AR 608-99 requires that you pay support to your dependents in such amounts as set out in the schedule entitled, "Non-Locality BAH Rates, BAH RC/T With Dependents." The amount you are required to pay is based upon your rank.

It doesn't matter if you are not receiving BAH and the amount that you are required to pay does not depend upon how many dependents you have. You are required to pay according to the schedule, whether you have one or a dozen dependents.

However, if your dependents live in government housing, you will not be expected or mandated to make any other support payments. If you are providing non-government housing for your dependents, such as making the rental payments on a residence, or perhaps the mortgage payments on a home that you purchased, then you are entitled to a credit towards the financial obligation placed upon you by AR 608-99.

For example, if you are an E-4 and have a wife and two children, the schedule for the 2020 Non-Locality BAH Rates indicates that your financial obligation for your three (3) dependents is \$847.20 per month. If they are residing in "on-post housing," then you are fulfilling your regulatory obligation and no other support payments are required. If they move "off-post" and begin

to reside in non-government housing, and the monthly rental payments are \$900, which you begin to pay in full each month, then you are actually doing more than is required by the regulation. If the monthly rental payments are \$800 per month, then you must provide them an additional \$47.20 per month. Be aware that you will not receive credit for paying cell phone charges, monthly cable bills, car loan payments, insurance, credit card invoices or any other recurring debts.

If your family support payments are ordered by a court of law, then you will begin making those payments on the date mandated in the judgment. If you have a written agreement, then you will begin on the date that is indicated in the document. Otherwise, you'll begin making those monthly support payments on the date you and your spouse cease residing together, no later than the first day of the following month.

You can make these payments in cash, check, money order or by allotment. Regardless of which method you choose, always keep a record of these payments, such as signed receipts, bank records, cancelled checks or pay records. In the future, if it is ever alleged that you failed to make your support payments and you do not have legally sufficient proof of payment, it is presumed that your payments were never made.

Finally, keep in mind that marital fault on the part of your civilian spouse, such as adultery or desertion, as a general rule, will neither bar a claim for spousal support nor relieve you of your obligation to make these payments, especially in civil court proceedings. Under certain, very limited circumstances, if there is not a court order, you may be entitled to make a request for a waiver through your battalion commander.

If you have questions about whether you qualify for a waiver, or should you have any other questions regarding family support matters, visit or contact the Soldier and Family Services legal division at Fort Polk at 531-2580 or by coming to the office located at 7090 Alabama Ave. (next to the Show Boat Theater).

Quality of life

Path provides protection, convenience for Fort Polk Soldiers

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — Soldiers living in barracks along Mississippi Avenue in the 1st Battalion, 509th Infantry Regiment (Airborne) footprint, now have a safer, shorter trip for visits to the Main Post Exchange area.

Geronimo Trail, which cuts a path through the woods between Bayou Theater and the Main Exchange, has been widened, brush removed, aggregate placed, bridge repaired, lighting installed and footing improved which makes the trail less dangerous.

"Soldiers have always walked this trail, but it had fallen into a terrible state," Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, said. "Thousands of Soldiers will walk this enhanced trail; you can already see Soldiers using the new sidewalks that allow them to walk from the northern end of Main Post Polk to use the Golf Course Trail and transition over to the new sidewalk. It improves safety."

Nathan Jernigan, Directorate of Public Works chief of Operations and Maintenance division, said his office received specific guidance from Frank Dec. 12 on trail improvements that included gravel or grass trail, safety lights and a sign at each end identifying it as "Geronimo Trail."

"The proposal was due Jan. 24, but rather than provide a proposal, DPW initiated an effort using in-house assets, along with PRIDE Industries and the Base Operations contract to make repairs to the trail, bridge and lighting," Jernigan said. "Pending weather delays, the estimated completion date was Jan. 24."

Jernigan said once his team, which included Braley Browning, Craig Hall and Tim Fitzgerald, received guidance from Frank, they reviewed the existing conditions on the trail and what could be done within the constraints of the resources on hand.

"We determined we could do some of it in-house and got creative with our existing equipment and manpower," Jernigan said. "We used our Base Ops contract on repairing the bridge and improvements to aggregate on the trail. That's how we approached it and we were able to get it done."

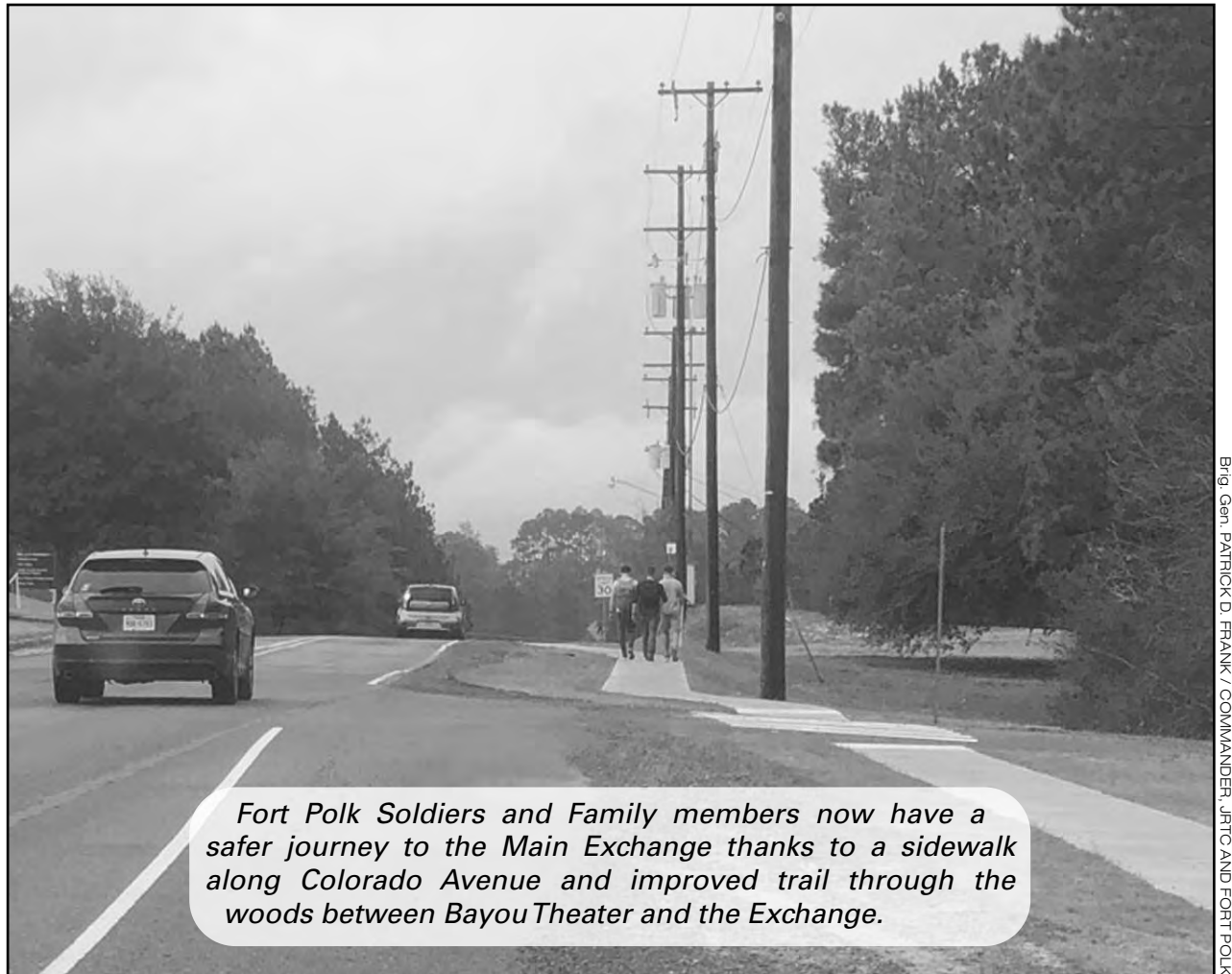
Fitzgerald, who is a retired Soldier, said he was proud of the work the team accomplished for the installation's Soldiers.

"I had a Soldier tell me he wanted to hug me and the trail was something the Soldiers had needed for a long time," Fitzgerald said. "It was humbling. When you get that kind of input from Soldiers, it makes you proud to be part of this team."

Jernigan said improving the quality of life for Fort Polk's Soldiers is at the forefront of everything the team does.

"Everything we touch is quality of life, whether its improvements to infrastructure, making repairs to buildings, whatever," he said. "I find it really satisfying at the end of the day when we do something like this trail and think about what our team has done. It's all for our Soldiers."

A ribbon cutting for the path is scheduled for Monday at 3 p.m.



Fort Polk Soldiers and Family members now have a safer journey to the Main Exchange thanks to a sidewalk along Colorado Avenue and improved trail through the woods between Bayou Theater and the Exchange.

Brig. Gen. PATRICK D. FRANK / COMMANDER, JRTC AND FORT POLK

DFMWR

Continued from page 3

"I hope in some way I have made a positive impact, but I'm so excited about what's to come here thanks to Fort Polk being chosen as one of the three installations for quality of life improvements. This would not have been possible without the strong support of our command team. They understand that quality of life for our Soldiers and Families is the essence of this installation," she said.

Nale said she worked hard but has been blessed in her career at Fort Polk.

"I put in lots of hours and learned every step of the way," she said. "It has been a true honor to serve with you and for you."

Roseberry said Fort Polk's incoming director is a man that has dedicated his career to MWR and supporting Soldiers across the force.

"Wayne, you have big shoes to fill with a lot of transition and significant investment being placed on your desk to manage. This is an exciting time, but also a busy and challenging time for MWR. I know you are going to do fine and I'm looking forward to the continuous evolution of MWR under your management," he said.

Bardell said he enjoys what he does and will continue to commit 100% to Fort Polk as he transitions into his new position.

"I'm here day and night for you. I love being around Soldiers and Families, so I'm signing in. I'm ready to get to work," he said.



ANGIE THORNE / GUARDIAN

Incoming Director of Family Morale, Welfare and Recreation, K. Wayne Bardell, introduces himself at the Director Transition held at Fort Polk's Warrior Center Jan. 31.

Know rights, obligations as Soldiers, taxpayers

By MICHALE W. MOORE

OIC, Installation Tax Office

FORT POLK, La. — The Fort Polk Installation Tax Center is open for business from 9 a.m. to 5 p.m., Monday through Wednesday and Friday, 11:30 to 7 p.m. on Thursday and 9 a.m. to noon on Saturday at bldg 1455, 2165 Ninth Street. Call 531-1040 to schedule an appointment. Walk-ins are welcome, but appointments will take priority.

Here are a few tax tips:

Taking care of loved ones can be expensive. That is why claiming dependents is one of the biggest tax exemptions. It is an area that causes a lot of confusion, especially when you add divorces, adoptions, or foster care into the mix. This week's tax tip will shed some light on that confusion by telling you the rights of a non-custodial parent.

1. The custodial parent is the parent with whom the child lived for the greater number of nights during the year. The other parent is the non-custodial parent. The non-custodial parent can never claim a child for earned income credit.

Many non-custodial parents believe that paying child support entitles them to the dependency exemption. This is not the case. A non-custodial parent can never receive an earned income credit and paying child support does not necessarily entitle you to a dependency exemption.

- Child support payments are not tax deductible by the payer and they are not taxable income to the recipient. Generally, because of the residency test, a child of divorced or separated parents is the qualifying child of the custodial parent.

However, the child will be treated as the qualifying child (for the purposes of claiming a dependency exemption and the child tax credit, but not for the earned income credit) of the noncustodial parent if all four of the following statements are true:

- The parents are divorced or legally separated under a decree of divorce or separate maintenance; are separated under a written separation agreement; or lived apart at all times during the

last 6 months of the year, whether or not they are or were married.

- The child received over half of his or her support for the year from the parents.

- The child is in the custody of one or both parents for more than half of the year.

- The noncustodial parent attaches a Form 8332, or similar statement containing the same information required by the form, to his or her return. The form must be signed by the custodial parent. (See special rules in Publication 17 for a pre-1985 or post-1984 and pre-2009 divorce decree or separation agreement.)

If you are entitled to claim a dependency exemption for your child based on the exception for children of divorced, separated or never married parents described above, you can claim the child tax credit for your child who was under age 17 at the end of the year.

The IRS may request documentation such as school records, birth certificates or medical records to verify eligibility of a child claimed by more than one taxpayer.

2. In addition to non-custodial parent issues, tax season can also be stressful if you owe the IRS. Many taxpayers do not understand taxes and become frustrated when they unexpectedly owe money. However, it is important to remember that all taxpayers have rights. If you are a taxpayer and find yourself in a troubling situation make sure you are informed and completely understand your rights.

- Taxpayers are entitled to clear explanations of the laws and IRS procedures in all tax forms, instructions, publications, notices and correspondence. They have the right to be informed of IRS decisions about their tax accounts and to receive clear explanations of the outcomes.

- You have the right to receive prompt, courteous and professional assistance in dealings with the IRS, to be spoken to in a way they can easily understand, to receive clear and easily understandable communications from the IRS, and to speak to a supervisor about inadequate service.

- Taxpayers have the right to pay only the amount of tax legally due, including interest and

penalties, and to have the IRS apply all tax payments properly.

- Taxpayers have the right to raise objections and provide additional documentation in response to formal IRS actions or proposed actions, to expect that the IRS will consider their timely objections and documentation promptly and fairly, and to receive a response if the IRS does not agree with their position.

- Taxpayers are entitled to a fair and impartial administrative appeal of most IRS decisions, including many penalties, and have the right to receive a written response regarding the Office of Appeals' decision.

- Taxpayers have the right to know the maximum amount of time they have to challenge the IRS's position as well as the maximum amount of time the IRS has to audit a particular tax year or collect a tax debt.

- Taxpayers have the right to expect that any IRS inquiry, examination, or enforcement action will comply with the law and be no more intrusive than necessary, and will respect all due process rights, including search and seizure protections and will provide, where applicable, a collection due process hearing.

- Taxpayers have the right to expect that any information they provide to the IRS will not be disclosed unless authorized by the taxpayer or by law.

- Taxpayers have the right to retain an authorized representative of their choice to represent them in their dealings with the IRS.

- Taxpayers have the right to expect the tax system to consider facts and circumstances that might affect their underlying liabilities, ability to pay, or ability to provide information timely. Taxpayers have the right to receive assistance from the Taxpayer Advocate Service if they are experiencing financial difficulty or if the IRS has not resolved their tax issues properly and timely through its normal channels.

Know your rights, and if you have any questions please stop by and see someone at the Fort Polk Installation Tax Center or the Legal Assistance Office.

Punishment meted out to Soldiers who violate UCMJ

OSJA

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 efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States."

At the Joint Readiness Training Center and Fort Polk, the Commanding General and subordinate commanders take good order and discipline seriously. Across Fort Polk, the following disciplinary issues continue to be prevalent: Driving under the influence, wrongful use/possession of controlled substances, sexual assault, fraternization, inappropriate relationships and domestic violence. Below are examples of adverse legal actions within Fort Polk's jurisdiction.

- A sergeant, assigned to 3rd Squadron, 89th Cavalry Regiment, 3d Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for sleeping at his post as lookout at the CC Hill Observation Point, at or near Columbus,

New Mexico, in violation of Article 95, Uniform Code of Military Justice. The service member was sentenced to reduction to the grade of E-4, 45 days of extra duty and 45 days of restriction.

- A sergeant, assigned to 2nd Battalion, 4th Infantry Regiment, 3rd BCT, 10th Mtn Div, was issued a General Officer Memorandum of Reprimand for driving under the influence of alcohol wherein he provided a breath sample that indicated a breath alcohol content (BAC) of .279%.

- A specialist, assigned to 2nd Battalion, 30th Infantry Regiment, 3rd BCT, 10th Mtn Div, was punished under Article 15 for disrespecting a superior commissioned officer, in violation of Article 89, UCMJ, and for physically controlling a vehicle while intoxicated, in violation of Article 113, UCMJ. The service member was sentenced to reduction to the grade of E-1, forfeiture of \$840.00 pay per month for two months, 45 days of extra duty, 45 days of restriction and an oral reprimand.

- A specialist, assigned to 5th Battalion, 25th Field Artillery Regiment, 3rd BCT, 10th Mtn Div, was punished under Article 15 for failing to obey a lawful general regulation by wrongfully utiliz-

ing his Government Travel Charge Card (GTCC) for personal use, while not in a TDY status, in violation of Article 92, UCMJ. The service member was sentenced to 45 days of extra duty and 45 days of restriction. The chain of command has directed the servicemember begin repaying his debt.

- A private, assigned to 3rd Squadron, 89th Cav Reg, 3rd BCT, 10th Mtn Div, was punished under Article 15 for failing to obey a lawful general regulation by wrongfully utilizing his Government Travel Charge Card (GTCC) for personal use, while not in a TDY status, in violation of Article 92, UCMJ. The service member was sentenced to 45 days of extra duty and 45 days of restriction. The chain of command has directed the servicemember begin repaying his debt.

- A private, assigned to 2nd Bn, 4th Inf Reg, 3rd BCT, 10th Mtn Div, was administratively separated under Chapter 14-12c(2) with a General (Under Honorable Conditions) discharge, for testing positive for tetrahydrocannabinol (THC) on a urinalysis. Generally, this characterization of service results in the loss of a service member's Montgomery GI Bill benefits.

Community

Briefs

School lunch menu

The following school lunch menu is for Vernon Parish schools for Monday through Thursday.

Meals are served with salad bar and choice of milk:

Monday: Hot dog with chili on whole wheat bun, French fries, ranch style beans, fruit, coleslaw.

Tuesday: Chicken nuggets, macaroni and cheese, green beans, chilled pear halves, whole wheat roll.

Wednesday: Barbecue ribettes on whole wheat bun, Cajun French fries, peas and carrots, pineapple.

Thursday: Whole grain spaghetti and meat sauce, steamed corn, tossed salad cup, whole wheat garlic bread fruit.

Feb. 14: Parent/teacher conferences.

Dance time

Fort Polk's 41st Transportation Company Soldier and Family Readiness Group hosts a Father/Daughter Dance Feb. 28 from 5-8 p.m. at Warrior Gym.

Cost is \$15 per couple (\$5 for each additional child). Refreshments will be served. Space is limited so reserve a spot by Feb. 21.

Tickets can be purchased at 41st Trans Co. For more information email 41stsfrg@gmail.com or call (318) 422-1510.

Exchange offers

The Army and Air Force Exchange Service at Fort Polk provides Soldiers and the military community with the tools needed to stay ready and resilient in the new year. Military shoppers can find the latest athletic apparel and shoes, fitness trackers and workout equipment — everything they need to live a BE FIT lifestyle — at the Fort Polk Exchange and at ShopMyExchange.com.

As part of its efforts to help Soldiers and their Family members BE FIT, Fort Polk Exchange restaurants offers better-for-you meals and snacks that support readiness and resiliency.

Online nutritional guides for Fort Polk Exchange restaurants are available at www.shopmyexchange.com/be-fit/nutrition.

Since Jan. 1, disabled Veterans, Purple Heart recipients, former prisoners of war and certain caregivers were granted in-store shopping access with the Exchange. Honorably discharged Veterans can shop online through their earned online shopping benefit.

For more information, visit ShopMyExchange.com/vets.



Moms at the MOPS meeting held Jan. 30 pick the answer they like best as husbands compete against wives in answering questions about how to handle marital issues.

MOPS offers military moms fun, support

By ANGIE THORNE

Guardian staff writer

FORY POLK La. — Being a parent to tiny human beings is tough. Then you add in the challenges of being a military Family and things can get overwhelming fast. Thankfully, Fort Polk's Mothers of Preschoolers program wants to help take away some of that stress with meetings like the one held Jan. 30 at Fort Polk's Main Post Chapel.

MOPS is an Army program that celebrates motherhood by building circles of women who love each other like Family, because raising humans is beautiful and hard and having each other to lean on is life-giving, according to <https://home.army.mil>.

Catharine Malinowski, Fort Polk MOPS coordinator, said MOPS is an instant plug in to the community where military moms can make connections and friends.

Fort Polk has a team of MOPS volunteers that work together to bring educational and fun themes to their meetings, as well as play dates and moms' night out events to create an inviting and happy atmosphere for their moms, said Malinowski.

The theme of the Jan. 30 meeting was marriage. To get differing perspectives while having fun, the meeting included a game of Family Feud — Army husbands versus spouses edition.

Contestants on the husbands' side included Chap. (Capt.) Thomas Wood, Joint Readiness Training Center Operations Group; Chap. (Capt.) John Marr, 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division; Chap. (Maj.) Everett Zachary, garrison family life chaplain, and Col. Ryan Roseberry, Fort Polk garrison commander, and their spouses Candy Marr, Angel Zellmer, Rhonda Roseberry and Claire Wood.

Each husband and spouse teamed up to answer a Family Feud question. Just as in the television version, the first to hit the buzzer got first shot at the top answer. The winner secured their panel's chance to answer one of the anonymous questions submitted by moms in the audience about the challenges found in military marriages.

The marriage questions included:

- What is the best marriage advice you have ever received?
- How much "me" time should a husband and wife get?
- What are the best family traditions you have?

Each panel had a chance to answer the question. The moms in the audience decided the best answer by popular vote and, much to their spouses' disappointment, the winners were the husbands.

Malinowski said the meeting, which was filled with camaraderie, good food, thoughtful answers and fun, was a success.

"I was chatting with the husbands before we got started and they were a little intimidated, but after it was over they said they enjoyed participating," she said. "Fun events like this with honest answers about the difficulties we all face as married couples help our moms better handle the stress and challenges they face as military spouses."

Chrissa M. Gross, director of religious education at Fort Polk's chaplain's office, said raising preschoolers can be stressful for mothers.

"It's important to have other women to support them. Knowing they aren't alone enables and empowers these young mothers. In addition, there is a faith-based perspective to the MOPS organization that gives the moms another tool to help them cope with whatever they are going

Please see MOPS, page 14

Employment Readiness Program hosts home-based business showcase

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Military spouses choose to start home-based businesses for a wide variety of reasons. Regardless of the why, those businesses and the military Families they help sustain are part of the installation's story. Providing information, help and opportunities for growth helps the spouses who live here.

Stacey Delgado, Fort Polk Employment Readiness Program manager, said it's important to provide spouses with support. ERP is doing that by hosting a quarterly military spouse home-based business showcase at The Warrior Center. The showcase for the first quarter of 2020 was held Feb. 4.

Registered home-based businesses were able to set up at the Warrior Center from 10 a.m.-2 p.m. free of charge so the Fort Polk community could stop by and discover some of the unique products and services located right next door.

"They needed another outlet, instead of just social media, to sell their products," said Delgado. "The showcase also gives other spouses a chance to look at the merchandise first-hand. We need military spouses to support other military spouses."

Products can range from handmade craft items such as custom wreaths, decorative home items and blankets to mass-produced jewelry, clothes and more.

"There is a huge variety," she said.

Delgado said a home-based business is a chance for military spouses to earn money for their household without following the traditional path to employment.

"It helps with financial stability, as well as gives moms the chance work while staying at home with young children or homeschooling," she said.

Delgado said ERP has streamlined the registration process, which makes it easier and less intimidating for spouses interested in starting their own home-based business.

"We have revamped the process and it isn't hard. It has cut down the time frame from four months to a little less than two weeks to get approval," she said.

Delgado said when the spouse picks up a packet from ERP, they discuss everything including liability insurance, rules, regulations and what's required of them to run a home-based business.

"After we go over the forms, if they have any questions we can answer them immediately. They fill in the paperwork and I take it where it needs to go. It's a pretty smooth process," she said.

Delgado said it's imperative that spouses don't skip this part of the process.

"There is an Army regulation — 210-7 — and the new Army directive — 2018-29 — that states if you live on a military installation and want to run a home-based business you must have what is called a command approved solicitation permit," she said.

Once the paperwork and red tape is taken care of, Delgado said it's all about putting the spotlight on these home-based businesses and the spouses who run them.

"We want to work with them and give them an opportunity, especially with these showcases, that they might not normally have," she said.



ANGIE THORNE / GUARDIAN

Tiffany Perez, shows off the jewelry she sells to members of the Fort Polk community who stopped by the Warrior Center to check out the home-based business showcase Feb. 4.

Danielle Morrison, military spouse and home business owner, said trying to find a job when you are a military spouse can be difficult.

"I've put in applications all over the area and haven't had any luck. That's why I decided to give a home-based business a shot. It's flexible because I can work on my own schedule and it's nice not to answer to a boss," she said.

Morrison makes hand-crafted custom wreaths for her home-based business, Piper's Craft Shack.

"I knew I already liked to craft, so this is the perfect job for me," she said.

Morrison said she appreciates Fort Polk's initiative when it comes to making the process easier for home-based businesses.

"Stacey offers a lot of information and help when it comes to getting started," she said.

Morrison said the showcases are great because it gives her a chance to network with other spouses and home business owners, as well as get her product and name out there.

"It lifts your spirit to know you aren't the only home business out there and that other spouses are working hard at home just like you."

Mary Lou Solorzano, a military spouse, said a home-based business was a good choice for her because she wanted to help her husband financially, but she battles some anxiety. She said she doesn't let that stop her.

"Since my business is craft based — which helps me relax — I have the perfect way to help decorate my home, as well as everyone else's," she said.

Solorzano said a home-based business is also great because she can move it with her to the next installation.

"The hardest thing about moving with the business is starting from scratch at each new location. You have to deal with requests, guidelines, marketing and more, but Stacey has made it easy and the showcases she offers are a great idea. They help get the word out about your business. I wish more installations were like Fort Polk," she said. "It's great knowing we have sup-



Mary Lou Solorzano, military spouse and home-based business owner, demonstrates how she creates some of her home decorating items at the Employment Readiness Program home-based business showcase Feb. 4.

port from command and the garrison. We are just trying to contribute to our households and help our Soldiers."

The next military spouse home-based business showcase takes place May 21. Mark your calendars.

If you are a military spouse who is interested in starting your own home-based business call Stacey Delgado at 531-6922/7171.

For more information visit Facebook at Fort Polk Employment Readiness.

Heart disease happens to anyone at any age

BJACH PREVENTIVE MEDICINE

FORT POLK, La. — Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages.

February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Heart disease — and the conditions that lead to it — can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol and smoking).

You could be at risk

Some of the conditions and behaviors that put people at risk for heart disease include sedentary lifestyle, poor diet or popular hazardous fads due to peer pressure such as vaping or tobacco usage:

- **High blood pressure.** Millions of Americans of all ages have high blood pressure, including millions of people in their 40s and 50s. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.

- **High blood cholesterol.** High cholesterol can increase the risk for heart disease. Having diabetes and obesity, smoking, eating unhealthy foods and not getting enough physical activity

can all contribute to unhealthy cholesterol levels. BJACH Health Promotion offers tobacco cessation and weight management classes to assist in making a healthy lifestyle change. For more information call 337-531-6880.

- **Smoking.** More than 37 million U.S. adults are current smokers, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.

Other conditions and behaviors that affect your risk for heart disease include:

- **Obesity.** Carrying extra weight puts stress on the heart. More than one in three Americans — and nearly one in six children ages 2 to 19 — has obesity.

- **Diabetes.** Diabetes causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle. Nearly one in 10 people in the United States has diabetes.

- **Physical inactivity.** Staying physically active helps keep the heart and blood vessels healthy. Only one in five adults meets the physical activity guidelines of getting 150 minutes a week of moderate-intensity activity.

- **Unhealthy eating patterns.** Most Americans, including children, eat too much sodium (salt), which increases blood pressure.

Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure. But only one in 10 adults is getting enough fruits and vegetables each day. Diet high in trans-fat, saturated fat, and added sugar increases the risk factor for heart disease.

What's your heart age? Is it older than it should be?

The following examples are provided by the Centers for Disease Control and Prevention: David is 53 years old; his heart age is 74. Why? Because his body mass index is 26 which indicates he's overweight; his blood pressure is 140 and untreated, an indication of stage 1 hypertension; he's a smoker, not very active and at the present time has no diabetes. Marie is 53; her heart age is 46. Why? Because her BMI is 22 in the normal range, blood pressure is 110 — no hypertension, nonsmoker, has a routine exercise plan and at the present time she has no diabetes.

Show love to your heart this Valentine season; make it a part of your daily lifestyle. You're in the driver's seat when it comes to your heart. Learn how to be heart healthy at any age.

Four ways to take control of your heart health

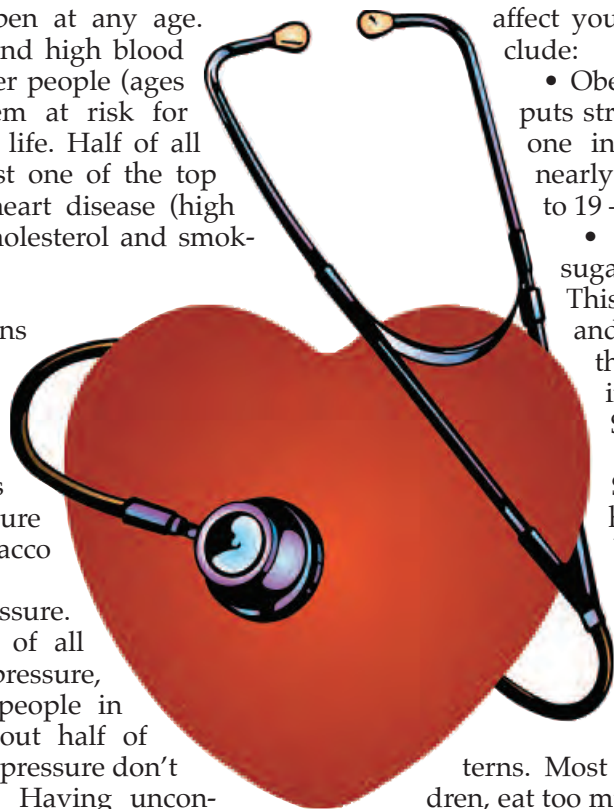
- **Don't smoke.** Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.

- **Manage conditions.** Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing high blood pressure and high cholesterol.

- **Make heart-healthy eating changes.** Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about how to reduce sodium.

- **Stay active.** Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks. Learn more about how to get enough physical activity.

The BJACH Preventive Medicine Health Promotion Team hosts several Performance Triad (nutrition, sleep and activities) events. For more information visit <https://bjach.polk.amedd.army.mil/index.html> or call 531-6880.



World Cancer Day emphasizes preemptive screenings to save lives

MILITARY HEALTH SYSTEM

WASHINGTON — Feb. 4 marked World Cancer Day, an event led by the Union for International Cancer Control to raise awareness of the disease and encourage prevention, detection, and treatment.

According to the National Institutes of Health's National Cancer Institute, about 1.7 million new cases of cancer were diagnosed in the United States in 2018, the latest year for which figures are available. The most common cancers include breast, lung, prostate, and colon.

About 38.4% of men and women will be diagnosed with cancer at some point in their lifetime, the cancer institute states.

As part of the health promotion and disease prevention benefit, TRICARE covers screenings for many different types of cancer, including the following:

Breast cancer: Between 2016 and 2018, about 80,000 TRICARE beneficiaries were diagnosed with either malignant abnormal growths of the breast, called carcinomas, or pre-cancerous cells, called neoplasms. A policy change effective Jan. 1 allows digital breast tomosynthesis, or 3-D mammography, to be used to screen for breast cancer.

While the procedure may not be offered at all military treatment facilities, the expanded benefit will be available as a screening and diagnostic tool for beneficiaries with TRICARE coverage.

The procedure — known technically as digital breast tomosynthesis, or DBT — will be offered primarily to women age 40 and older, and women age 30 and older who are considered at high risk for breast cancer.

Cervical cancer: Forty years ago, it was the leading cause of cancer deaths for women in the United States, according to the Centers for Disease Control and Prevention. But thanks for screening tests, cases of cervical cancer, as well as deaths from it, have declined dramatically.

The Pap test, or smear, looks for cell changes on the cervix that might become cancerous if not treated appropriately. The CDC recommends women start getting Pap tests at age 21. If results are normal, they may wait three years before the next test.

For women 30 to 65, the CDC recommends talking to health care providers about getting only a Pap test, only a test for human papillomavirus, or HPV, or both tests — called co-testing. Women older than 65 may not need regular screening. Learn more about screening guide-

lines at the CDC website, <https://www.cdc.gov/>.

Skin cancer: Too much exposure to the sun's ultraviolet rays may cause skin cancer, one of the most common forms of cancer in the United States, according to the CDC. Damage may occur in as little as 15 minutes, the CDC adds. TRICARE covers skin exams for beneficiaries who have a family or personal history of skin cancer, increased occupational or recreational exposure to sunlight, or clinical evidence of precursor lesions.

Prostate cancer: After non-melanoma skin cancer, prostate cancer is the most common cancer among U.S. men, the CDC says. It's also one of the leading causes of cancer deaths.

TRICARE may cover one screening every 12 months as part of a clinical preventive exam.

The screening may include a digital rectal exam and prostate-specific antigen screening for men 40 and older with a family history of prostate cancer in two or more other family members; men 45 and older with a family history of prostate cancer in at least one other family member diagnosed younger than 65; all African-American men 45 and older regardless of family history; and men 50 and older with at least a 10-year life expectancy.

through," she said.

MOPS members encompass a wide range of ages, said Gross, because the program doesn't just offer an outlet for women to meet other moms their own age, but also learn from the experience of older moms.

"We have mentor moms that get to know the younger moms. They talk to them and support them at the meetings and beyond," she said.

Gross said one of the ways mentor moms offer support is by gathering anonymous questions about parenting that MOPS moms submit after meetings. Mentor moms answer the questions on video and then post the answers on the MOPS Facebook page.

"Many of these young military spouses don't always have access to their own moms or aunts to ask these questions. This helps fill that gap," she said.

Gross said there is a team of about 18 volunteers that run the program.

"They are passionate about MOPS and we couldn't run this program without them," she said.

Katie Hawthorne, a MOPS mom,

said the thing she enjoys most about the program is gathering with people in the same season of life.

"When I first joined, I was still pregnant. So, MOPS gave me a great opportunity to talk to people who knew what I was going through, as well as about to go through," she said. "Having this community of support is the best. You are constantly getting help. I love it," she said.

Hawthorne said it's easy to feel isolated.

"This is a great place to connect as a mom and build relationships," she said.

Stephanie Reyes, a MOPS mentor mom, said it's important for moms to have a shoulder to lean on.

"It's as simple as holding their babies at meetings so they can relax and enjoy the experience to encouraging them and giving advice and prayer. They know there is someone there for them," she said.

Reyes said she loves recording the answers to parenting questions for Facebook posts.

"It allows me to reflect on motherhood — the good and bad and be

a resource to other mothers. The mentor moms get together to talk about the questions and give the best answers we can," she said. "We tell moms that there is no perfect right or wrong answer. They know their child best and it's up to them to advocate for their child as they see fit. I just love that they want to hear what we have to say."

Nikki Gibson, a MOPS mom, said she has been a member of the Fort Polk group for four years.

"I love it. These are my people," she said.

Gibson said the program is a great way for her to make friends, but now that her husband has put in his papers to transition out of the Army, she isn't sure what she will do.

"Once we leave, my biggest fear is finding new friends and a support group that will take care of me and my children as well as MOPS does," she said. "These women keep me connected and grounded and the mentor moms help with encour-

agement, advice and a different perspective. To hear their advice on life is enlightening. It has made a huge difference in my life and I'm going to cry when I leave."

The following are a few Fort Polk MOPS upcoming events:

- Playdate — today from 9-10 a.m. Army Community Service, 920 Bell Richard Ave.

- Regular meeting — Thursday at 10 a.m. at the Main Post Chapel, 7217 Radio Rd. The theme is "Love is all you need."

- Regular meeting — Feb. 20 at 10 a.m. Join in a Mardis Gras walk at Honor Field, La. Hwy 10. The theme is confident parenting.

- Paleontology Playdate — March 6 at 10 a.m. at the Marrion Bonner Recreation Area.

For more information call Carrie Portwood at 531-7151.

If you are interested in joining MOPS, visit Facebook at FORT POLK MOPS or email fortpolk-mops@gmail.com and request an application.

A Debit Card with Rewards For Everyday Purchases!



Barksdale Federal Credit Union
Your Financial Partner for Life™

bfcu.org | 800-647-2328

FEDERALLY INSURED BY NCUA

When you eat can be as important as what you eat.



A Pennington Biomedical research study shows the health benefits of finishing your meals by mid-afternoon without changing what you eat.

READ MORE AT
GOOD HEALTH IS GOOD BUSINESS
GHGB.PBRC.EDU



— LEARN MORE AT —
www.pbrc.edu



Army pilot program focuses on quality of life at three 'austere' posts

By DEVON L. SUITS

Army News Service

WASHINGTON — The Army has initiated a pilot program that targets quality-of-life improvements at Fort Irwin, California; Fort Polk, Louisiana; and Fort Wainwright, Alaska, said Army Materiel Command's top officer Tuesday.

Increasing quality of life across the force remains a top priority for Army senior leaders, Gen. Gus Perna said during a Defense Writers Group event. These efforts range from spousal employment initiatives to upgrades in housing, child development centers and youth facilities.

"Quite frankly, Fort Wainwright is in an austere environment," he said. "Fort Irwin and Fort Polk are also austere, but it is where we do all of our (brigade combat team) training. We send our best leaders at all levels that go train our BCTs ... to places that don't have a lot of quality of life."

The Army looks to make a wide range of improvements, he said, which could include new or improved facilities and capabilities.

"I figure if we can get these three (installations) right, we can get them all right," he said.

In addition to facilities, integration with the surrounding community will also be critical to the way ahead, Perna said.

"Seventy percent of our force lives off post," he said. "We want to partner with our communities to enable what they can bring to us."

For example, Perna brought up the "multiplex movie theater" at Fort Bliss, Texas. Local patrons can access the theater if they maintain proper credentials to access the installation. In turn, the facility be-

comes a shared benefit to both Soldiers on post and the surrounding community.

"We want to partner to that end," he said. "Why can't we have (an indoor) waterpark in Wainwright? It can be done, so why not partner with the state of Alaska ... and bring this capability to our Soldiers."

"At the end of the day, our vision is that every installation will be the No. 1 choice of Soldiers and Families," Perna added.

PCS pilot

As the Army continues to make improvements across all installations, the force is also implementing a second pilot program to improve the permanent change-of-station process for select groups of leaders, Perna said.

Soldiers attending the Army Sergeants Major Academy at Fort Bliss, majors attending the Command and General Staff College at Fort Leavenworth, Kansas, and colonels attending the Army War College on Carlisle Barracks, Pennsylvania, are identified under the new program.

If the new program is successful, it could potentially improve the PCS process for all Soldiers, he added.

"We have a thousand leaders that rotate in and out of (these locations) every year," Perna said. "We are changing our philosophy."

Under the pilot, leaders selected to PCS to these locations will receive their orders 120 to 180 days out. This enables Soldiers and their Families to start their PCS process early, and it will help synchronize the movement of their household goods, Perna said.

"We can make sure their houses are available when they (arrive). We can make sure their houses are clean, and there are no work orders required on them," he added. "The day they show up ... they will already have their address (and) their household goods will show up right behind them."

"Now they can settle in, enjoy their family time, and be educated — without worrying about their house (or) work orders," he said.



GW PROJECT FOR MEDIA NATIONAL SECURITY

Gen. Gustave Perna, commanding general, Army Materiel Command, discusses a pilot program that targets quality of life improvements at three installations, along with another pilot that looks to improve permanent change of station moves, during a breakfast with reporters in Washington Feb. 4.

"These sergeants major, majors, and colonels will be running our Army."

Continued focus on housing

Last year, Army leaders were notified about a wide range of housing issues that impacted the entire force. In response, leaders accepted responsibility and pledged their commitment to resolve the problems, Perna said.

Around the same time, AMC assumed authority over Installation Management Command and started applying a "four-star capability against the housing problem," he said.

"We created a common operating picture," Perna said. "I can see every installation in the United States Army, not just the ones managed by privatized partners, but the housing in Europe and in the Pacific. I know every piece of infrastructure on that installation. I know the work orders that are being done in housing and I know the status of everything."

With full visibility, the Army can now maintain oversight over its base housing. Over the past year, the force completed a series of inspections on all homes, to include

the investigation of life, health and safety work orders. The Army added 114 quality assurance inspectors to provide support.

Along with the housing inspections, Perna conducts monthly phone conversations with the CEOs responsible for the Army's privatized housing.

"I talk to them about what needs to be done," he said. "We are gaining ground every day. Our No. 1 focus is the quality of houses and the safety of our Soldiers and their Families."

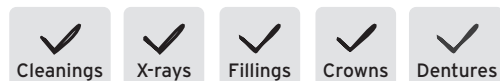
Perna also held a conference last month with privatized partners, and garrison and senior commanders, to define the future of installation housing.

Currently, there are about 87,000 homes across the force, he shared. Out of the total number of homes, close to 35,000 are brand new, 27,000 are "modernized," and the other 25,000 must be improved or replaced.

Leaders are now in the process of putting together a long-term plan to tackle housing issues across every installation simultaneously.

Dental Insurance

Get the dental care you deserve with dental insurance from Physicians Mutual Insurance Company. It can help cover the services you're most likely to use -



- ◆ Preventive care starts right away
- ◆ Helps cover over 350 services
- ◆ Go to any dentist you want - but save more with one in our network
- ◆ No deductible, no annual maximum

Call today for all the details.
855-409-6083

Call now to get this **FREE**
Information Kit!
dental50plus.com/statewide



Product not available in all states. Includes the Participating Providers and Preventive Benefits Rider. 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 1-888-799-4433 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250O); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN). Rider kinds B438/B439.
6154-0120



Physicians Mutual
Insurance for all of us.™

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

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

SHOW YOUR *Sweetheart* HOW MUCH THEY MEAN TO YOU!

Great for spouses, significant others, kids,
grandkids, family members, or friends!

*Always
& Forever
Yours*



**1x4
\$20**

Amy

**Happy Valentine's Day to
the best kids on the planet!**



Michael

Love Mommy & Daddy



M'K

**2x3
\$35**

*Happy Valentine's to our sweet
Little Miss Sunshine!
Emma Grace*



**2x4
\$45**

Love MiMi & PaPaw

**Ads will run Friday, February 14, 2020
Submit Photos and wording to Thersa
at sales@thefortpolkguardian.com
Credit/Debit cards accepted**



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

FOR SALE

ONE WEEK VACATION PACKAGE TO ORLANDO FLORIDA for \$500. You will stay at a resort near Disney World Amusement Park. 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.

PETS

AKC REGISTERED ENGLISH BULLDOG'S AKC - 4 months old, 3 males, 1- Bronze, 2- Black & white in color. Call Rich 337-707-7291

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

GET THE EDUCATION YOU need for a career in Healthcare from Ultimate Medical Academy. Call 1-866-746-4143 and press 1 (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 1-866-350-4447. (M-F 8am-6pm ET) (LA-SCAN)

PREMIER OFFSHORE CATERING. WE are now accepting applications for experienced Offshore Day Cooks, Night Cooks, Bakers, Camp Boss, Galley and BR Hands. We offer a 28 & 14 rotating work schedule, and an excellent benefits package which includes Medical, Dental, Vision, Life & AD&D Insurance. Starting salaries depending on level of offshore experience. Apply at www.premieroffshorecatering.com (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)

BANKRUPTCY SALE 3019 ADMIRAL Doyle Drive West, New Iberia Louisiana 3 Buildings totaling 10,497 Square Feet on 5 acre parcel: Single Story Office Building With 3,200+ Square Feet. Warehouse With 4,800+ Square Feet. Equipment Storage Building With 2,470 Square Feet. Keen-Summit Capital Partners, LLC (646)381-2222 keen-summit.com (LA-SCAN)

DIRECTV SATELLITE TV SERVICE at \$59.99 per month! 1 YEAR PRICE LOCK! 155+ Channels available. Call NOW to get the MOST SPORTS on TV! 1-888-498-4312 (LA-SCAN)

GET NFL SUNDAY TICKET FREE with DIRECTV Choice All Included Package. \$59.99 per month for 12 months. 185 Channels PLUS Thousands of Shows/Movies On De-

mand. FREE Genie HD DVR Upgrade. Call 1-866-734-0452 or satellitedeal-now.com/LPA (LA-SCAN)

HUGHESNET SATELLITE INTERNET 25MBPS starting at \$49.99 per 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)

SAVE BIG ON HOME INSURANCE! Compare 20 A-Rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 877-533-3917 (Monday-Friday 8am-8pm Central) (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! 1-866-429-3991 or www.freephones-now.com/LA (LA-SCAN)

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

STAY IN YOUR HOME longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including free toilet, and life time warranty on the

tub and installation! Call 1-877-318-1753 or visit www.walkintubquote.com/LA (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 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! 1-855-403-6345 (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. 1-855-238-1870 (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 per month! Get More Data! FREE Off Peak Data! FAST download speeds, Wi-Fi built in! FREE Standard Installation for lease customers! Limited Time 1-844-811-7274 (LA-SCAN)

AT&T INTERNET STARTING AT \$40 per month with 12 month agreement. Includes 1 TB of data per month. Get More For Your High Speed Internet. Ask us how to bundle and SAVE! Geo 7 service restrictions apply. Call us today 1-866-369-1097 or visit www.more4yourthing.com/LA (LA-SCAN)

DIRECTV NOW! NO SATELLITE Needed! \$40 per 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 per 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 per month! 155 Channels of 1000's of Show and Movies On Demand (with Select All Included Package) PLUS Stream on Up FIVE SCREENS Simultaneously at no Additional Cost. Call DIRECTV 1-866-734-0452 (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)

NEED NEW FLOORING? CALL Empire Today to schedule a FREE in home estimate on Carpeting & Flooring. Call Today! 1-844-275-9869 (LA-SCAN)

AUTO INSURANCE STARTING AT \$49 PER MONTH! Call 1-844-430-4651 for your free rate comparison to see how much

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: _____

Lagniappe

Festivals

• Food festival

Check out the Louisiana Food and Music Festival Feb. 29 at the Origin Bank River Market, 316 South Grand St., Monroe.

The festival highlights the rich culture and talent in the area. The music, food, musicians, artisans and chefs who keep the area vibrant join as a community and celebrate the Louisiana culture. A variety of foods from around the world will be available. Enjoy a diverse range of activities and entertainment throughout the day, including shopping. Admission is free. For more information visit

www.monroe-westmonroe.org.

Miscellaneous

• No man's land

Mansfield State Historic Site presents a program about the Sabine Free State (no man's land) created in the early 19th century. The program begins in the museum theater at 2 p.m. Saturday with guest speaker Michael Mumaugh, of the Cane River National Heritage Area.

Between 1804 and 1821 the border between the United States (Western Louisiana) and Spanish Texas was disputed. To prevent a possible border war, a neutral strip

or no man's land was established and became a haven for murderers, cattle rustlers, conspirators, pirates, settlers and more.

Mansfield State Historic Site is located at 15149 La. Hwy 175, three miles south of Mansfield. Admission is \$4 per person ages 4-61; seniors 62 and over and children 3 and under are admitted free. For more information call (888) 677-6267, or visit Facebook at [mansfieldshs](https://www.facebook.com/mansfieldshs).

• Living history

See a War of 1812 Living History Encampment at Auduon State Historic Site from 10 a.m.-4 p.m. Saturday. Soldiers and civilians dressed in period clothing bring the year of 1812 to life. Demonstrations of daily life include etiquette, duels and dancing. Military demonstrations include firing both musket and cannon.

Audubon State Historic Site is the setting for the 200-year-old Oakley house. Admission to Oakley House tours and grounds is \$10 per adult ages 18-62, \$8 per senior ages 62 and older and \$6

per student ages 4-17. Children 3 and under get in free. Audubon State Historic Site is 30 minutes north of Baton Rouge, near St. Francisville on La. Hwy 965 in West Feliciana Parish. For more information call (888) 677-2838.

• Vintage Market Days

Vintage Market Days is held today through Sunday from 10 a.m. to 4 p.m. at the Beauregard Parish Fairgrounds. Vendors will be on hand from all over the country with antiques, boutique clothing, food trucks and entertainment.

• Garden forum

The Beauregard Parish Master Gardener Spring Garden Forum takes place Feb. 21 from 8 a.m.-1:30 p.m. at the War Memorial Civic Center, 250 West Seventh St., DeRidder. Admission is free. Peruse plants and garden items for sale, sign up for door prizes and attend seminars with topics ranging from home composting, vegetable gardening, planning your landscaping and more.

For more information call (337) 463-7006.



Stay in this weekend and explore our history at some of Louisiana's world-class museums. Visit LouisianaStaycation.com to rediscover your state.

FEATURING: WEDELL-WILLIAMS AVIATION AND CYPRESS SAWMILL MUSEUM

LOUISIANA
Feed Your Soul.

2020 MARDI Gras
JAN 5 - FEB 25
CATCH THE FUN!

Events:

- FEB 14: Pineville Night of Lights Parade
- FEB 15: Mardi Gras Golf Cart & Pet Parade
- FEB 15: Town of Woodworth Mardi Gras Parade
- FEB 16: Town of Ball Mardi Gras Parade
- FEB 19: LSUA Mardi Gras Parade
- FEB 21: Classic Cars & College Cheerleaders Parade
- FEB 21: Taste of Mardi Gras
- FEB 22: Party Gras
- FEB 22: Mardi Gras Party at the Zoo
- FEB 22: AMGA 24th Annual Children's Parade
- FEB 23: AMGA 27th Annual Krewe's Parade
- FEB 23: Alcohol/Tobacco Free Parade Zone
- FEB 23: Finale Royale
- FEB 25: Tunk's Mardi Gras Boat Parade

Logos: Pineville Convention & Visitors Bureau, Alexandria Pineville Louisiana Convention & Visitors Bureau

Contact: MardiGrasCenla.com
318-442-9546

you can save! (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.dental50plus.com/morning 6118-0219 (LA-SCAN)

FDA-REGISTERED HEARING AIDS. 100% Risk Free! 45-Day Home Trial. Comfort Fit. Crisp Clear Sound. If you decide to keep it, PAY ONLY \$299 per hearing aid. FREE Shipping! Call Hearing Help Express 1-855-993-5744 (LA-SCAN)

MOBILEHELP, AMERICA'S PREMIER MOBILE Medical Alert System. Whether you're home or away. For safety and peace of mind. NO LONG TERM CONTRACTS! Free Brochure! Call Today! 1-855-411-0949 (LA-SCAN)

PORTABLE OXYGEN CONCENTRATOR MAY Be Covered by Medicare! Reclaim Independence and mobility with the compact design and long lasting battery of Inogen One. For a FREE information kit call 1-855-636-1667 (LA-SCAN)

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE with no obligation. Call 1-855-419-3231 TODAY! (LA-SCAN)

BECOME A PUBLISHED AUTHOR! Publication sold at all major secular & specialty Christian bookstores. Call Christian Faith Publishing for your FREE author submission kit. 1-877-497-3255 (LA-SCAN)

DONATE YOUR CAR TRUCK OR BOAT TO HERITAGE FOR THE BLIND. FREE 3 Day Vacation, Tax Deductible, Free Towing. All Paperwork Taken Care Of. Call 1-844-605-9298 (LA-SCAN)

INVENTORS - FREE INFORMATION PACKAGE have your product idea developed affordably

by the Research & Development pros and presented to manufacturers. Call 1-855-408-2156 for a Free Idea Starter Guide. Submit your idea for a free consultation. (LA-SCAN)

MEET SINGLES RIGHT NOW! No paid operators, just real people like you! Browse greetings, exchange messages and connect live. TRY it FREE. Call 1-866-233-2480 NOW! (LA-SCAN)

VIAGRA AND CIALIS USERS! Cut your drug costs! SAVE \$Money! 50 Pills for \$99. FREE Shipping! 100% Guaranteed and Discreet. Call 1-866-565-8358 (LA-SCAN)

VISIT THE ORLANDO THEME Parks and Enjoy Daytona Beach Florida! 7 Days and 6 Nights Only \$298. 1 Week Hertz, Enterprise or Alamo Car Rental Included! Call 1-855-942-1383 Now! (LA-SCAN)

GET THE EDUCATION YOU need for a career in Healthcare from Ultimate Medical Academy. Call 1-866-746-4143 and press 1 (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 1-866-350-4447. (M-F 8am-6pm ET) (LA-SCAN)

PREMIER OFFSHORE CATERING. WE are now accepting applications for experienced Offshore Day Cooks, Night Cooks, Bakers, Camp Boss, Galley and BR Hands. We offer a 28 & 14 rotating work schedule, and an excellent benefits

package which includes Medical, Dental, Vision, Life & AD&D Insurance. Starting salaries depending on level of offshore experience. Apply at www.premicroffshorecatering.com (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)

BANKRUPTCY SALE 3019 ADMIRAL Doyle Drive West, New Iberia Louisiana 3 Buildings totaling 10,497 Square Feet on 5 acre parcel: Single Story Office Building With 3,200+ Square Feet. Warehouse With 4,800+ Square Feet. Equipment Storage Building With 2,470 Square Feet. Keen-Summit Capital Partners, LLC (646)381-2222 keen-summit.com (LA-SCAN)

DIRECTV SATELLITE TV SERVICE at \$59.99 per month! 1 YEAR PRICE LOCK! 155+ Channels available. Call NOW to get the MOST SPORTS on TV! 1-888-498-4312 (LA-SCAN)

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

HUGHESNET SATELLITE INTERNET 25MBPS starting at \$49.99

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:	
#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



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

per 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)

SAVE BIG ON HOME INSURANCE! Compare 20 A-Rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 877-533-3917 (Monday-Friday 8am-8pm Central) (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 Wire-

less! Ask how to get the Next Generation Samsung Galaxy S10e FREE. FREE iPhone with AT&T's Buy One, Give One. While supplies last! 1-866-429-3991 or www.freephones-now.com/LA (LA-SCAN)

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

STAY IN YOUR HOME longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including free toilet, and life time warranty on the tub and installation! Call 1-877-318-1753 or visit www.walkintubquote.com/LA (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 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! 1-855-403-6345 (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. 1-855-238-1870 (LA-SCAN)

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

MARY KAY

FREE.* FUN. FABULOUS!

Get your girlfriends together and let's play with makeup. You can earn **FREE*** products for playing hostess. Plus, I'll give the group customized product recommendations so everyone can look fabulous. It's girl time!

Contact me to get started.

*Available through participating Independent Beauty Consultants only and with \$800 in retail sales

Chrisalyn thurman
Independent Beauty Consultant
www.marykay.com/cfaith
6787610485



CAN SHIP DEPLOYMENT!

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

STARPAWN GUN & ARCHERY



BOOST YOUR BUSINESS

**ADVERTISING PACKAGE DEALS FOR ALL BUSINESSES
LARGE OR SMALL**

Get 200.00 OFF YOUR Advertising Package!

Call today to find out how!

Don't have an ad design? **THAT'S OKAY.**

Our FREE design service can help **YOU** create a new ad and give you direction to help **YOU** *get customers through your doors!*

EXPAND YOUR REACH!

We offer group discounts when placing ads in our partner papers!

Sabine Index, Natchitoches Times, Mansfield Enterprise, Colfax Chronicle, Winn Parish Enterprise, Bienville Democrat, and now offering entire North Louisiana coverage in the Piney Woods Journal!



CALL THERESA
FOR YOUR ADVERTISING NEEDS,
IN THE **FORT POLK GUARDIAN**

CALL TODAY! 337-404-7242