



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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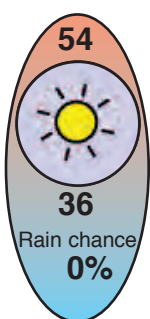


CHUCK CANNON / GUARDIAN

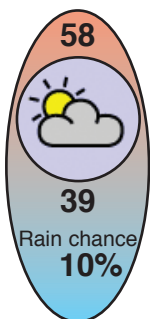
Army CoS visits 2nd SFAB at JRTC

Gen. Mark A. Milley (left foreground) visits with Brig. Gen. Donn Hill (right foreground), commander, 2nd Security Force Assistance Brigade, during the SFAB's rotation to the Joint Readiness Training Center Jan. 22. Milley held a working lunch with members of the 2nd SFAB and met with the unit's Soldiers. For more photos of the visit see page 6 of today's Guardian.

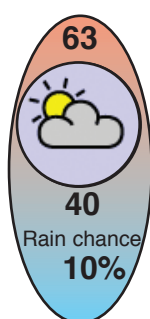
Weekend weather



Today



Thursday



Friday

Inside the Guardian

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Viewpoint

Milley visit highlights importance of SFABs, JRTC

By **CHUCK CANNON**
Guardian editor

FORT POLK, La. — When Army Chief of Staff Mark A. Milley visited the 2nd Security Force Assistance Brigade Jan. 22 at the Joint Readiness



Cannon

Training Center at Fort Polk it emphasized the significance of both the SFAB's role in today's Army, as well as the confidence Army leadership has in the JRTC to

prepare SFABs to competently complete their missions. During Milley's visit, Brig. Gen. Patrick Frank, commander, JRTC and Fort Polk, accompanied the chief of staff to the JRTC training area where he met Brig. Gen. Donn Hill, commander, 2nd SFAB and other SFAB

leaders. Milley was given a first-hand look at the training JRTC's observers/controller/trainers provided the visiting Soldiers, as well as role-playing efforts by Afghan National contractors, supporting forces provided by 3rd Brigade Combat Team, 10th Mountain Division, opposing forces consisting of 1st Battalion, 509th Infantry Regiment Soldiers, and interpreters and O/C/Ts from the 353rd Infantry Regiment. Milley hosted a working lunch with SFAB Soldiers and visited some of the training sites where SFAB team members shared what they had learned from their three-week long crucible in the piney woods and mock villages of the JRTC training area.

SFABs are specialized units with the core mission to conduct training, advising, assisting, enabling and accompanying operations with allied and partner nations. Soldiers in SFABs are highly trained, and among the top tactical leaders in the Army. Their work will strengthen U.S. allies and partners while sup-

porting security objectives and the combatant commanders' warfighting needs. There is no better place for SFAB Soldiers to develop those skills than at Fort Polk's JRTC. The best O/C/Ts the Army has to offer compose the cadre at JRTC and they are the most qualified to help visiting Soldiers focus on what remains the Army's top priority — Readiness. A readiness "Stand-To" posted on **Army.mil** stated Soldiers must always be ready to fight. The Army must prepare the Total Army Force to meet global demands while remain-

ing optimally postured for major contingencies that may require the ability to conduct the full range of military operations.

The perfect place to train Soldiers how to do that is at the Joint Readiness Training Center. The JRTC and Fort Polk team, from Frank to the lowest private, take their jobs seriously, and are proud to be forging the Warrior Spirit and train Soldiers to accomplish whatever mission they face.

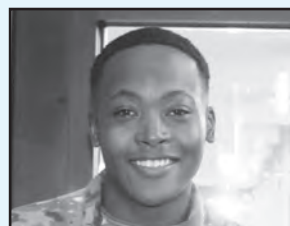
Commentary

In our view

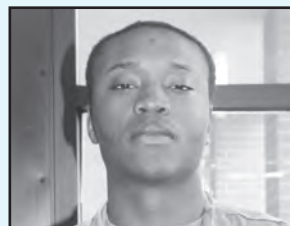
Guardian staff asked Fort Polk residents, "Do you have a celebrity you admire? Why?" Here are their responses:



Staff Sgt. Kevin Rhodes: "Beyonce because she is fierce."



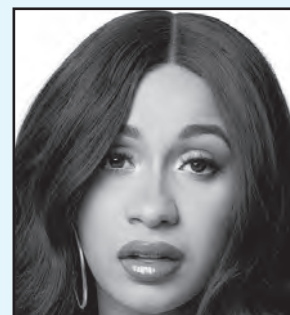
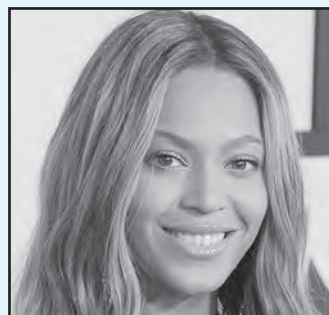
Spc Anthony Holmes: "Denzel Washington because he is a hard core actor."



Pvt. Antoine Sinkfield: "Samuel L. Jackson because he is a great actor."



Pfc. Jerrina Barnes: "Cardi B. I love her story. Her background is inspiring."



Guardian

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NewScope

Briefs

February CIF

A Community Information Forum is held Feb. 6 at Army Community Service, bldg 920 from 10-11 a.m. Installation directorates will brief followed by a question and answer period. Call 531-1392 for more information.

Laundry point

The Laundry Drop-off and Pick-up Point, bldg 2375, is temporarily closed pending the award of a new contract. If patrons have items that have been returned for pickup, they may contact Ronale Coleman at 531-1814 or (337) 238-8718 to coordinate pick-up.

Article submissions

Getting the word out about events pertinent to the Fort Polk community is as easy as 1-2-3 with the Guardian. Simply email the information — including date of activity, location, time and a point of contact — to kimberly.k.reischlin.civg@mail.mil.

For those who would like to write a letter to the editor, the submission process is the same. Letters may be emailed to the above address or hand written and mailed to:

The Fort Polk Guardian
Attn: Letter to the Editor
7033 Magnolia St., bldg 4919
Fort Polk, LA 71459

The Guardian accepts articles and photos with news pertinent to the community.

Photos, with a resolution of 150 or higher, must be attached in jpg format. Information must be received at the Guardian by Tuesday to be included in the next Friday's issue of the Guardian. For more information call 531-1392.

Right arm night

The Joint Readiness Training Center and Fort Polk's Directorate of Family Morale, Welfare and Recreation hosts Right Arm Night Jan. 25 beginning at 4:30 p.m. at Showboat Theatre. Admission is free and you must be 18 or older to participate. For more information call 531-1959 or visit www.polk.armymwr.



CHUCK CANNON / GUARDIAN

During a senior leader engagement at the Joint Readiness Training Center, part of Rotation 19-03 for the 2nd Security Force Assistance Brigade, an Afghan role player (left) meets with a member of the 2nd SFAB, supported by her military linguist (to her left) and a Guardian Angel (far right). Military linguists provide valuable support to SFAB advisor teams, providing interpreter support, as well as advice on cultural nuances.

Military linguists integral part of SFAB teams

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — As the 2nd Security Force Assistance Brigade wraps up Rotation 19-03 at the Joint Readiness Training Center and Fort Polk, one group of local Soldiers will pack their bags and deploy with the SFAB.

Ten MOS 09L — military linguists — who are native Dari Pashtu speakers from Afghanistan have been attached to 2nd SFAB advisor teams as interpreters. The Soldiers are assigned to Fort Polk's 52nd Translator/Interpreter Company, 3rd Battalion, 353rd Infantry Regiment.

Lt. Col. Francisco Javier Lopez, commander, 3rd Bn, 353rd Inf Reg, said the 1st SFAB, which recently returned from Afghanistan, had four native speaking linguists attached to it.

"The accomplishments and performance (of the four 1st SFAB linguists) was highlighted from every senior leader, and they requested more for the 2nd SFAB," Lopez said. "These 10 volunteered to serve with the SFAB and are excited to do this mission. They believe in what they are doing."

Lopez said the linguists who will travel with the 2nd SFAB are among the best Soldiers the Army has to offer.

"We have the Army's first Airborne Ranger 09L," Lopez said. "We also have a Soldier who was a former Afghan National Army captain. These are just two examples, but are indicative of the quality of Soldiers we have in the 51st TICO."

Lopez said military linguists, often referred to as interpreters, fulfill a vital role on SFAB advisor teams.

"The relationship between interpreters and ad-

visors is critical," he said. "We teach and train that the interpreter is an asset and function of the advisor team. They work together."

Advisors must operate within a certain culture, Lopez said, and the military linguist, MOS 09L, is an expert in that culture. The Soldier is a master translator as well. "Those three key components — interpreter, culture expert and translator — make the advisor and advisor team better, stronger and faster to achieve their mission," Lopez said.

As an expert in culture, Lopez said interpreters help their advisor understand the nuances of the culture they are in.

"The wrong phrase or wrong approach could ruin a relationship," he said. "Advising must be done in the culture, meaning you have to be immersed. When dealing with foreign cultures, it can be complex. The 09L helps to bridge that understanding with the advisor and local culture."

The goal of 09Ls is to be a part of the advising team, Lopez said.

"My charge is to ensure the 09L is ready as a Soldier to endure the challenges of a combat zone," he said. "They must be physically ready, tactically ready with their weapon, and proficient in their MOS to provide expertise to the team. None of that has changed over the years. I think it's more of a challenge now to make sure they can embed with any team and be a part of it."

Lopez said his battalion integrates with Operations Group and JRTC's plan to meet Army readiness goals by training Soldiers and units to be ready to deploy anywhere at any time on a moment's notice.

Please see **Linguists**, page 5

Army news

Digital environment teaches Soldiers lessons of modern battlefield

By **SAM CAMPBELL**

Army News Service

FORT LEONARD WOOD, Mo. — The U.S. Army Engineer School combined forces with the U.S. Army Military Police School and presented a virtual staff ride (VSR) overview brief Tuesday at Fort Leonard Wood's (Missouri) Digital Training Facility. The objective of the brief was to discuss the future utilization of Large-Scale Combat Operations VSRs, such as the newly developed World War II Stalingrad and Korean War Chipyong-ni VSR.

VSRs are created in a digital 3D environment, which allows Soldiers to examine, analyze and discuss the effect terrain has on combat operations.

The VSR permits Soldiers to be taught in classrooms as opposed to traditional staff rides, which require physical travel to a battlefield, budget allocations and a fair allotment of time.

In addition to easing logistical concerns, a VSR enables aerial and first-person viewing of battlefields that no longer exist, have been severely altered in their physical presence, or are currently too hazardous to visit, such as Afghanistan's Waygal Valley.

According to Florian Waitl, USAES command historian, some historical recreations are more beneficial for one branch than the other due to the nature of the operations and discussions of the historical events being presented to the students.

"Engineers like to take a closer look at historical mobility and countermobility operations, while MPs are interested in route reconnaissance or convoy security operations," he said. "One of the VSRs offered is the Palm Sunday Ambush, which can be seen as the hallmark VSR of the MP Corps due to the actions of Staff Sgt. Timothy Nein and Sgt. Leigh Ann Hester during an insurgent ambush on a U.S. convoy in Iraq on March 20, 2005. The MP Soldiers' actions are discussed in detail during the VSR, which not only resulted in saving countless lives but also in Hester being the first woman since World War II to receive a Silver Star and the first woman ever to be cited for heroism in close quarters."

Waitl said each school has different needs and goals during the infused history lessons but the change from counterinsurgency to large-scale combat operations really brought the two schools' historians together to find better historical battles to prepare today's warfighter — engineers and military police Soldiers.

"We really want to tailor the new staff rides to all of our needs, which is the reason why we invited such a broad front of educators from both schools," he said.

Waitl said by looking at Chipyong-ni and Stalingrad as the possible standard for future virtual staff rides in the classroom, they will be able to add the discussion of the evolution of doctrine and help the students understand the reasons for some of the Army's "modern doctrine."

"That is something you will not get out of a Wilson's Creek Staff Ride," he said.

Although staff rides to Civil War battlefields



A virtual Soldier surveys the territory of Bomol, Afghanistan, during a virtual staff ride held Jan. 14, at the Digital Training Facility.

are beneficial, Waitl said VSRs offer a different experience.

"The scale of the battle was obviously much smaller and the connection between a Civil War battle and the threats we face today against peer and near-peer competitors are just not easily conveyed as can be done by a modern VSR. Multi-domain operations are the future of warfare, and it seems if we reach back too far into our past history, too many students will get lost and will never reach the learning outcomes we would like them to achieve."

Ron Miller, USAMPS command historian, agreed.

"The new VSRs are also more contemporary," Miller said. "Aerial resupply — you didn't have that in Wilson's Creek."

Waitl said educating engineers and military police side-by-side with the help of a VSR utilizing a historical LSCO battle is feasible and conceivable.

"With Chipyong-ni, we can really build an awesome product for both of our schools, which will be so much better than the traditional staff rides currently conducted on Civil War battlefields in the vicinity of Fort Leonard Wood," Waitl said.

Miller echoed Waitl's enthusiasm for the VSR's versatility. "A lot of the lessons learned are applicable across the board, especially when it comes to leadership and decision-making."

The virtual staff ride also allows instructors to adjust weather conditions to match significant historical circumstances, like the Korean War's winter of 1951, or potential scenarios like maneuvering under heavy fog.

Despite its lower fiscal, time and logistical requirements, the virtual staff ride shares the ability with its traditional counterpart to affect Soldiers on a more visceral level than a map could.

"The leadership aspect, the human dimension,

must be found in a staff ride, field or virtual, and it must hit the heart if you want to be successful and reach your students," Waitl said.

The command historians said they look forward to the expansion of virtual staff rides.

"History matters," Waitl said. "The Soldiers have to get something out of the discussion of historical actions, and it must inform and transform them in their profession of arms, otherwise we failed them."

The briefing was attended by doctrine analysts, training and curriculum developers and leaders from the Basic Officer Leader Course, Captains Career Course, Engineer Warrant Officer Basic Course, Engineer Warrant Officer Advanced Course, Engineer Prime Power School and current students of the Reserve Engineer Senior Leader Course.

Army briefs

Army garners award

WASHINGTON — A solar power plant with energy-storage capability at Redstone Arsenal, Alabama, and a biofuel power plant at Schofield Barracks, Hawaii, were among projects that helped the Army gain recognition in 2018 with an award from the Federal Energy Management Program.

Energy resilience is a top priority for the Army, said Jack Surash, acting deputy assistant secretary of the Army for energy and sustainability. The projects generate a total of 350 megawatts of distributed energy that help stabilize and reduce the Army's costs while improving its security, resilience and reliability.

Linguists

Continued from page 3

"We're fully supportive of that plan to train the SFAB here at the JRTC," he said. "Our expert trainers in advisor operations are fully distributed across all the task forces. We have also established connections with cultural role players from the corps level down to the lowest battalion level to ensure the environment fits the design, so the training fits the SFAB's needs."

Lopez said it's challenging to provide the right training environment the SFAB needs.

"At the Joint Readiness Training center we provide that crucible moment for them, so we can get them ready to go into theater," he said.

Although the SFAB concept is relatively new, Lopez said advisor missions have been an ongoing endeavor for the Army since the Revolutionary War.

"In some form or fashion, the Army has been using advisors to reach certain populations throughout its history," he said. "We continue that today. Before the refocus using SFABs, we provided the training necessary to fill certain advisor requirements across the globe. Over the years we've amassed a lot of knowledge. Our goal through the JRTC is to give that knowledge back and to be a part of the effort to help the SFABs deploying to theater."

As for the 2nd SFAB as it finishes its JRTC rotation, Lopez said he's confident the brigade will have a successful deployment.

"My trainers and instructors have briefed me and said that if the Soldiers of the SFAB make a mistake, they catch it quickly and correct it," he said. "It's good to see how quickly they are maturing in advise and assist operations. They are coming together to create a talented organization. If this is the Army's approach to security force assistance, then the future is bright. I'm happy the battalion can be integrated into this training."



A military linguist (right rear) provides interpreter assistance to a member of a 2nd Security Force Assistance Brigade advisor team during a key leader engagement, part of Rotation 19-03 at the Joint Readiness Training Center and Fort Polk Jan. 22.



A military linguist attached to the 2nd Security Force Assistance Brigade (left) provides interpreter assistance during a key leader engagement at the Joint Readiness Training Center Jan. 22, part of the 2nd SFAB's rotation. Staff Sgt. Nawid Abraham (standing), a military linguist with Fort Polk's 52nd Translator/Interpreter Company, 3rd Battalion, 353rd Infantry Regiment, serves as an observer/controller/trainer to provide guidance during the exercise.

CHUCK CANNON / GUARDIAN

Milley visits 2nd SFAB Soldiers during JRTC Rotation 19-03

GUARDIAN STAFF

FORT POLK, La. — Army Chief of Staff Gen. Mark A. Milley visited with members of the 2nd Security Force Assistance Brigade Jan. 22 at the Joint Readiness Training Center. The 2nd SFAB was participating in JRTC Rotation 19-03 in preparation for a deployment to Afghanistan later this year.

Milley spent time visiting with Soldiers, conferring with senior leaders and took part in a working lunch before departing.

The photos on this page offer a view of Milley during his time with the 2nd SFAB in the JRTC training area.



CHUCK CANNON / GUARDIAN



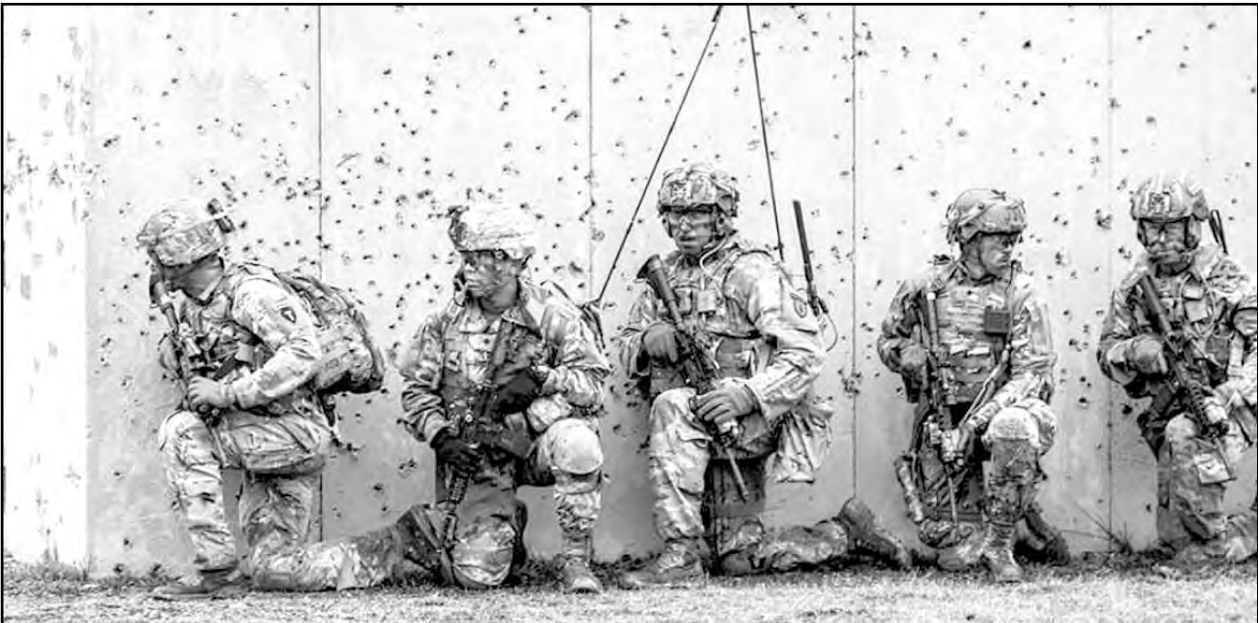
Patriot Soldiers provide support for 2nd SFAB JRTC rotation

GUARDIAN STAFF

FORT POLK, La. — Soldiers with Fort Polk’s 3rd Brigade Combat Team, 10th Mountain Division, provided support to the 2nd Security Force Assistance Brigade during its rotation to the Joint Readiness Training Center Jan. 6-24.

The Patriots provided Soldiers to play as host nation forces and assisted with administrative, logistical and medical needs for the 2nd SFAB members during the rotation.

The photos on this page show the 3rd BCT, 10th Mtn Div Soldiers in action during the rotation.



Sgt. Ashley Morris / 3rd BCT, 10th Mtn Div PAO

Briefs

School lunches

The following school lunch menu is for Vernon Parish schools for Monday through Feb. 1. Meals are served with salad bar and choice of milk:

- **Monday:** Steak fingers, mashed potatoes, gravy, Italian seasoned green beans, peaches and Jell O cup, whole wheat roll.
- **Tuesday:** Barbecue ribettes on whole wheat bun, Cajun French fries, peas and carrots, pineapple chunks.
- **Wednesday:** Oven fried chicken with barbecue sauce, white Northern beans, broccoli and rice, cantaloupe, whole wheat cornbread.
- **Thursday:** Pork roast with gravy, whole grain rice, sweet peas, fruit, whole wheat roll.
- **Feb. 1:** Chili dog on whole wheat bun, French fries, ranch style beans, watermelon, coleslaw.

Spouses' Club gala

The Fort Polk Spouses' Club hosts a Mardi Gras Masquerade Gala at Showboat Theater from 7-11 p.m. Feb. 1.

The event includes dinner, drinks, dancing and an auction.

The gala benefits the club's Scholarship and Community Grants fund. Cost is \$20 in advance, \$25 at the door and includes light and heavy hors d'oeuvres, one signature cocktail or beer, tea, water and entertainment.

Attire is Mardi Gras casual. For more information or to purchase tickets online visit fortpolkspousesclub.wildapricot.org. You do not need to be a Spouses' Club member to attend.

Date night

Army Community Service's Family Advocacy Program hosts a date night, "Vow Renewal," from 6-9 p.m., Feb. 8 at ACS, bldg 920.

FAP will pay for the cost of child care, as long as the children are enrolled in Child and Youth Services.

This is an evening for couples to renew their vows, enjoy dinner, dancing and games.

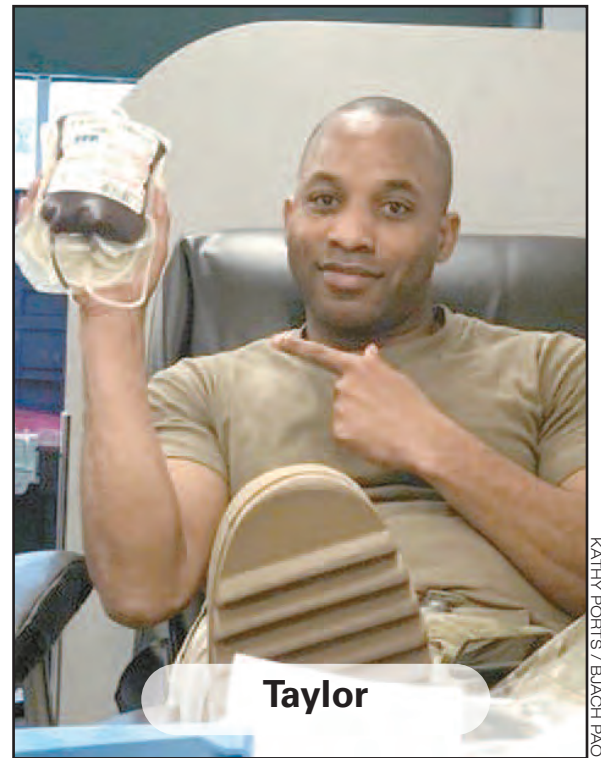
For more information or to register call 531-1938.

Health fair

A health fair is held from 10 a.m.-2 p.m. Feb. 9 at Fort Polk's Main Post Exchange. Dietitian approved meal plan recipes with free samples are available at 10 and 11 a.m.. Enjoy free food court samples, more than 20 health booths and more. For more information call 531-3153.



Ferguson



Taylor

KATHY PORTS / BJACH PAO

BJACH exceeds Lifeshare goal

Bayne-Jones Army Community Hospital staff surpassed LifeShare Blood Center's goal Jan. 18 during a blood donation drive. Col. Marla J. Ferguson, hospital commander and Command Sgt. Maj. Roderick Taylor, both donated blood in hopes of encouraging others to donate as well. Twenty-six units of blood were collected during the drive. LifeShare had a goal of 20 units. LifeShare Blood Center conducts blood drives at BJACH about every two months. Normally, the blood bus is located outside BJACH's Entrance B. However, Jan. 18 was a BJACH training day and hospital clinics and other services did not open until 1 p.m. The bus relocated to Entrance A's upper parking lot where it was clearly visible to beneficiaries and staff. LifeShare personnel told BJACH staff that supplies of O negative and O positive are critically low.

February marks condom awareness

By TONI PRITCHARD
BJACH DPM

FORT POLK, La. — Everyone knows Valentine's Day is Feb. 14; but did you know that February is also National Condom Awareness Month? That might explain why Army Medicine chose February to kick off its campaign to "Promote Responsible Personal and Social Behavior."

This campaign focuses on the prevention and management of sexually transmitted diseases and infections. The major tasks identified in the campaign are targeted education, early screening and treatment and promoting the appropriate use of prophylaxis.

Despite efforts by the Louisiana Office of Public Health, Louisiana continues to rank first, second or third in the U.S. for all of the major sexually transmitted diseases or infections. Louisiana has been ranked as the worst state in the nation for the past five years due to these consistently high rankings.

Louisiana hasn't seemed to make much headway in the battle to reduce the number of STD/STIs reported in the state. For example, Louisiana was ranked No. 2 in the U.S. last year

for gonorrhea with 10,782 cases reported and is ranked No. 3 in the nation this year — but the state had 12,017 cases (1,235 more cases).

You might wonder how you can protect yourself in this environment.

First and foremost remember: When it comes to matters of the heart, look for quality over quantity; it is OK to say no. Then, when you think you are ready to enter into an intimate relationship, think safety.

The Bayne-Jones Army Community Hospital Department of Preventive Medicine can help. If you are eligible for care at BJACH, Department of Preventive Medicine, located in bldg 3515, on Georgia Avenue between BellRichard and 17th Street, has a walk in clinic Monday through Friday from 8-9:30 a.m.

The staff at DPM provides confidential testing and treatment if indicated. It also provides education, and has condoms.

If you are not eligible for care at BJACH there are health units in every parish in Louisiana. The Vernon Parish Health Unit is located by Byrd Regional Hospital at 406 Fertitta Blvd., Leesville, and the Beauregard Parish Health Unit is located at 216 Evangeline St., DeRidder.

Thousands apply to join new Army esports team

By SEAN KIMMONS

Army News Service

FORT MEADE, Md. — More than 6,500 Soldiers are hoping to be part of a new Army esports team that will compete in video game tournaments nationwide to attract potential recruits.

"It's essentially connecting America to its Army through the passion of the gaming community," said Sgt. 1st Class Christopher Jones, NCO-in-charge of the budding team.

About 30 Soldiers are expected to be picked for the team and some of the first positions could be filled this summer. Only active-duty and Reserve Soldiers are currently allowed to apply.

Those chosen will be assigned to the Marketing and Engagement Brigade for three years at Fort Knox, Kentucky, where the Army Recruiting Command is headquartered.

While they will not become recruiters, team members will receive a crash course on Army enlistment programs to answer questions from those interested in learning about the service.

Once built up, the team will fall under an outreach company that will also include an Army rock band and a functional fitness team.

Not everyone on the team will compete. Those who will may train up to six hours per day on video games, Jones said, adding that gameplay sessions would be live streamed or recorded for spectators to watch.

Esports has ballooned in popularity in recent years with millions of followers.

In August, the Washington Post reported that esports could generate about \$345 million in revenue this year in North America. In 2017, a major esports tournament in China also drew a peak of more than 106 million viewers — roughly the same number of those who watched last year's Super Bowl.

"It's something new and it's been gaining a lot of steam," Jones said.

While on the team, Soldiers will still conduct physical training, weapons qualifications and other responsibilities that come with being a Soldier. They will also have to maintain certifications in their military occupational specialty.

"Outside of that, there will be esports training," Jones said. "So whatever game they're playing in, they'll not only be playing it, but be coached in it to get better."

The team, he said, shares a similar concept to that of other Army competitive teams that continually train, such as the Golden Knights parachute team, World Class Athlete Program and Army Marksmanship Unit.

"Esports is like traditional sports," he said. "Nobody can just walk in and expect to play at a competitive level."

The Army, he said, already has talented gamers out there who can compete in events.

Last weekend, a few Soldiers competed at PAX South in San Antonio as a way to introduce Army esports to the greater gamer community.

In one of the events, a Street Fighter V tournament, two Soldiers placed first and second.

"This is the perfect opportunity to showcase



ARMY NEWS SERVICE

A few Soldiers competed at PAX South in San Antonio as a way to introduce Army esports to the greater gamer community Jan. 18-20. The esports team is currently searching for members to join the team, which was created to boost recruiting efforts in the gaming community.

not only to the Army, but to the civilian populace and the esports industry that we also have what it takes," Jones said of the events.

Recruiters from the San Antonio Recruiting Battalion also joined them and were able to generate some leads with potential recruits, he added. There are plans to do the same at the PAX East exposition in Boston in late March.

As a gamer and a recruiter himself, Jones said the team can help bridge the civilian-military gap by breaking down misconceptions some young people may have about the Army.

Being able to play their favorite video games with others who share the same passion is also a bonus.

"For a lot of Soldiers, to include myself, it's like a dream come true," Jones said. "This is just one of those ways we can start the conversation."



Animal care specialist faces strong competition, takes second place

By MICHELLE THUM

Army News Service

AVIANO, Italy — Staff Sgt. Crystal Pittman, animal care specialist and noncommissioned officer in charge of the Aviano Veterinary Treatment Facility, Aviano, Italy, recently competed in the Italian Open National Weight-lifting Championship and took home the second place title.

Pittman recorded a snatch of 83kg/183lbs and 97kg/213lbs to help her team, which placed third for males and second for females. A snatch involves lifting a barbell from the ground to overhead in one continuous motion.

Pittman, who joined the Army because she felt like she needed to do more with her life, said that being in the Army showed her that she could push herself through difficult tasks. Her newly discovered strength during physical training tests led her to pursue Olympic lifting.

“My hobby has given me the physical ability to be a good role model for my Soldiers and others outside of my organization,” Pittman said. “Along with the physical ability, it has also given me the confidence and resilience to do anything I put my mind to. Lifting has taught me that failure happens, but you learn and grow from it and that is what makes you a great leader.”

As an animal care specialist, Pittman provides medical support for military working dogs, as well as privately owned animals in Aviano, Italy.

Pittman also supervises six civilian employees and manages the day-to-day operations at the veterinary clinic. She says the job can be challenging from time to time, but it is also rewarding. She enjoys having a positive impact on the animals she cares for as well as humans she meets and works with.

Pittman said her days can easily become overwhelming and stressful when juggling appointments and ensuring tasks are complete, much like the challenges of weight training.

“Olympic lifting is not just a physical sport, but a mental one, too,” she said.

“You have good days and bad days — just like in your day-to-day life. But my hobby has helped me tremendously by giving me the mental toughness and confidence to take on whatever comes at me.”

Pittman said she often uses the strategies she learned through weightlifting in her work life.

“Taking a deep breath and using mental agility to figure out what needs to be done first helps,” she said. “The mental toughness helps me stay focused and prioritize to make sure the mission gets accomplished.”

Pittman said her biggest motivation to push through and work harder is knowing she is getting stronger.

“I love feeling strong. As a little kid, I would watch Buffy the Vampire Slayer and wish that I was strong like her.”

She inspires her Soldiers by showing them that they can do anything they set their mind to.

“Don’t underestimate yourself. You can achieve the goals you set for yourself if you work hard” Pittman said.



Staff Sgt. Crystal Pittman, noncommissioned officer in charge of Aviano VTF, during the Italian open.



Staff Sgt. Crystal Pittman, animal care specialist, works on military working dog Cigan V279.

Before parade fun, learn history behind Mardi Gras celebration

GUARDIAN STAFF

FORT POLK, La. — For military Families at their first posting to Fort Polk, a holiday like Mardi Gras might seem strange. New residents and visitors alike might wonder what all the fuss is about.

Those folks that have only seen the surface of the celebration — attention-grabbing parties hosted by kings and queens, fabulous food (king cake, yummy) and myriad parades for dogs, kids and adults — aren't getting the whole story. Those things may get a great deal of notice, but they aren't the only pieces that make up the Mardi Gras puzzle.

You only have to dig a little deeper to discover the core of what Mardi Gras is truly about.

Mardi Gras can be a fascinating holiday to learn about and enjoy. Don't miss your chance to admire, participate and celebrate it for all its historical, cultural and religious aspects.

To whet your appetite for all things carnival, here is a small sample of what Mardi Gras is about, according to www.history.com.

Mardi Gras is a Christian holiday and cultural phenomenon celebrated in many countries around the world — mainly those with large Roman Catholic populations — on the day before the religious season of Lent begins. Brazil, Venice and New Orleans play host to some of the holiday's most famous public festivities, drawing thousands of tourists and revelers every year.

The origins of Mardi Gras, according to historians, dates back thousands of years to pagan spring and fertility celebrations, including the Roman festivals of Saturnalia (an unrestrained often licentious celebration) and Lupercalia (a Roman ritual of purification and fertility).

When Christianity arrived in Rome, religious leaders decided to incorporate these popular local traditions into the new faith, an easier task than abolishing them. As a result, the excess of the Mardi Gras season became a prelude to Lent, the 40 days of penance between Ash Wednesday and Easter Sunday.

Along with Christianity, Mardi Gras spread from Rome to other European countries, including France, Germany, Spain and England.



Traditionally, in the days leading up to Lent, merry-makers binged on all the meat, eggs, milk and cheese that remained in their homes, preparing for several weeks of eating only fish and fasting. In France, the day before Ash Wednesday came to be known as Mardi Gras, or "Fat Tuesday."

The word "carnival," another name for the festivities, may also derive from this custom: In Medieval Latin, carnelevarium means to take away or remove meat.

Mardi Gras in the United States

Many historians believe the first American Mardi Gras took place on March 3, 1699, when French explorers Iberville and Bienville landed in what is now Louisiana, just south of the holiday's future epicenter: New Orleans.

They held a small celebration and dubbed the spot Point du Mardi Gras. In the decades that followed, New Orleans and other French settlements began marking the holiday with street parties, masked balls and lavish dinners.

When the Spanish took control of New Orleans, however, they abolished these rowdy rituals, and the bans remained in force until Louisiana became a U.S. state in 1812.

On Mardi Gras in 1827, a group of students donned colorful costumes and danced through the streets of New Orleans, emulating the revelry they'd observed while visiting Paris.

Ten years later, the first recorded New

Orleans Mardi Gras parade took place, a tradition that continues to this day.

In 1857, a secret society of New Orleans businessmen called the Mistick Krewe of Comus organized a torch-lit Mardi Gras procession with marching bands and rolling floats, setting the tone for future public celebrations in the city.

Since then, krewes (a social club that sponsors parties, parade floats and other Mardi Gras-related events) have remained a fixture of the Carnival scene throughout Louisiana.

Other lasting customs include throwing beads and other trinkets, wearing masks, decorating floats and eating king cake.

Louisiana is the only state in which Mardi Gras is a legal holiday. However, elaborate Carnival festivities draw crowds in other parts of the United States during the Mardi Gras season as well, including Alabama and Mississippi. Each region has its own events and traditions.

Locally, as folks prepare to enjoy the carefree cultural chaos that is a Mardi Gras



Please see **Parade**, page 14

Wounded Warriors use music, camaraderie to heal

By MARY THERESE GRIFFIN

Army News Service

FORT DRUM, N.Y. — Author Bryce Anderson once said, “I’ve found that no matter what life throws at me, music softens the blow.” Soldiers at the Warrior Transition Unit, Fort Drum, New York have had their share of challenges and are using music to help them on their road to recovery.

Soldiers at the WTU have started a weekly guitar group that provides them with many positive aides to their recovery.

“(Music) helps with stress, plus the adjustment of being around other Soldiers in a more social environment. Playing guitar shows them that they can accomplish anything if they put some time and effort into the goal,” said Sgt. 1st Class Michael Stone. The 10th Mountain Division Spectrum Manager came to the WTU after being diagnosed in 2017 with a genetic based form of cardiomyopathy, a disease of the heart muscle that makes it harder for your heart to pump blood to the rest of your body. Stone now has a defibrillator implanted into his side, but that doesn’t stop him from using music to work with his fellow wounded warriors.

“I think it can certainly help with anxiety about starting something new, or starting over; especially Soldiers of a more advanced age. You are never too old to start something new,” said Stone.

According to Recreational Therapist Annalise Doyle, no experience is required to join the weekly guitar club, just determination to make music and heal.

“The guitar group is a chance for Soldiers to learn a new skill in a welcoming environment,” Doyle said. “Our guitar group combines people who have been playing for years with people



Spc. Alexander Madera (left) and Sgt. 1st Class Michael Stone (right) strum away stress and anxiety while learning a new song in their guitar group at Fort Drum, N.Y., Jan. 15.

who have attempted to play over the years or have never picked up a guitar before.” Song ideas are welcome and all music genres are explored by the guitar group. Stone also encourages Soldiers attending the group to bring their patience and a sense of humor.

“Occasionally someone will drop a (guitar) pick into the body of the guitar, which is funny because we bring it up on a regular basis when it happens, and it happens to everyone. It is particularly funny watching someone try to retrieve

it,” Stone said. “It can get frustrating though, but the environment is always supportive and almost everyone who plays has experienced it at least once. This actually happened to me this last week and I’ve been playing for almost 30 years.”

The group meets every Tuesday at the Soldier and Family Assistance Center and uses guitars donated by Soldiers who are leaving the group or they share one.

Of course, there is always the option to bring your own.

William Beaumont Army Medical Center team saves newborn’s life

By MARCY SANCHEZ

William Beaumont Army Medical Center

EL PASO, TEXAS — For most women, pregnancy is an incredible 40-week journey ending with the delivery of baby. But it’s not always that easy or predictable with possible complications threatening the health of mother, baby or both.

Recently, medical professionals at William Beaumont Army Medical Center’s Labor and Delivery section in El Paso, Texas, skillfully dealt with a rare complication when a laboring mom experienced an umbilical cord prolapse, leading staff to quickly respond to the obstetrical emergency via an emergency cesarean section.

A cord prolapse occurs when the umbilical cord prolapses, or drops, through the open cervix into the vagina ahead of the baby which may block fetal-placental circulation resulting in loss of oxygen to the fetus and possible stillbirth if not treated immediately.

“(The patient) was already here and admitted because we were inducing labor,” said Diana Ortiz, charge nurse during the shift of the incident. “The doctor went in there to (rupture) the membrane and the cord came out, he was trying to make her go into labor.”

Although the artificial rupture of membranes is a common procedure performed to accelerate or induce labor, there are always risks involved. According to studies by the Cleveland Clinic,

about one in every 500 pregnancies may result in an umbilical cord prolapse, increasing the importance of staff readiness. “Rupturing of the amniotic sack is just part of the process to help a mom who’s not going into labor any other way, and there are risks associated with that,” said Army Maj. Michael Swift, the obstetrician-gynecologist performing the procedure.

Obstetrical emergencies, such as cord prolapse, are routinely simulated at WBAMC’s L&D section through the use of medical manikins to evaluate staff communication during emergencies, and improve interdisciplinary and clinical performance. “We do practice simulations but this was beyond simulations, it was just a really, really, solid team,” said Swift. “It was fast, it was extremely fast. Everyone was well organized it was like an absolute perfect orchestra.”

According to the staff, as Swift called for assistance after the prolapse, a team of nurses quickly prepared the operating room for the emergency cesarean section, while another nurse jumped on the gurney with the patient to assist with alleviating pressure on the umbilical cord due to the baby dropping. “The teamwork was dynamic, and worked out so well,” said Ortiz, a seven-year L&D nursing veteran. “Everybody ran and did something, it synchronized really well, and right at change of shift.”

According to Ortiz, shift changes are usually a more chaotic time during care as outgoing staff

are occupied with the transfer of patient information to incoming staff and other activities.

“I’m still catching my breath because everything just fell into place from (umbilical cord prolapse) to (emergency cesarean section),” said Ortiz.

For Swift, who is only two years out of his medical residency, the only other real-world experience with an umbilical cord prolapse was during his residency. He credits the team of nurses for their quick reaction, turning a potentially fatal situation to an otherwise successful delivery. “These nurses are extremely experienced and have been doing this for years, but it does demonstrate the importance of simulations, because these are practiced routinely,” said Swift.

As a result of their actions, staff members were presented commander’s coins following the incident. Staff members include: Santa Ware, Maria Martell, Lisa Obermeyer, Yesenia Ruelas and Jennifer Ruelas.

Within six minutes, the team’s actions went from the umbilical cord prolapse to delivery of the baby with no further complications. Two weeks following discharge, during a follow up appointment the family were content and thankful for the rapid response and teamwork at WBAMC.

“There’s always great crew work, if something happens everybody knows what to do,” said Ortiz.

Invisible wounds don't discriminate by gender, study finds

MILITARY HEALTH SYSTEM COMMUNICATIONS OFFICE

FALLS CHURCH, Va. — A significant number of military women injured in combat-related events subsequently experienced invisible wounds such as post-traumatic stress and anxiety, according to a recent Naval Health Research Center study. Further, women in the enlisted ranks were more likely than female officers to receive these mental health diagnoses.

"Forty percent of women... receive mental health diagnoses after coming home... ."

Capt. JUDY DYE
Navy Reserve

The NHRC study is one of the first to focus solely on military women, said Mike Galarneau, director of operational readiness research at the NHRC, in San Diego. However, other studies have explored mental health diagnoses in combat veterans overall as well as in the active-duty population. For example, a RAND Corp. study found that about 31 percent of troops returning from Iraq and Afghanistan have a mental health condition or reported experiencing a traumatic brain injury.

A study by the Psychological Health Center of Excellence found that mental health disorders among service members overall increased from

about 9 percent in 2005 to almost 17 percent in 2013, before declining to about 15 percent in 2016.

For the NHRC study, a team of six researchers used the Expeditionary Medical Encounter Database to identify more than 1,000 service women who were injured in combat-related events from 2003 to 2015 during Operation Iraqi Freedom and Operation Enduring Freedom.

The researchers used this information for their analysis, said Navy Reserve Capt. Judy Dye, a board-certified adult nurse practitioner and Navy Reserve specialty leader for nursing research. Dye presented findings from the unpublished study, "Factors That Contribute to Mental Health and Quality of Life in Combat-Injured Military Women," in 2018 at the Military Health System Research Symposium in Kissimmee, Florida.

About 74 percent of the combat-injured women received wounds classified as not life-threatening, Dye said. Another 15 percent suffered moderate injuries, 8 percent were seriously injured, and 3 percent sustained severe injuries. Forty percent of all combat-injured women in the study received one or more mental health diagnoses in the year following their injury. The most prevalent were post-traumatic stress, 20 percent; depressive disorders, 12 percent; adjustment disorders, 9 percent; and anxiety, 8 percent.

"Forty percent of women — that's a fair amount of combat-injured women who receive mental health diagnoses after coming home," Dye said. "With the roles of military women con-

tinuing to evolve, it's critical to increase our understanding of these injuries so that we can provide focused interventions for servicewomen."

The average age of the combat-injured women was almost 27, Dye said, compared to age 24 for men in demographic studies of combat-injured personnel. About 85 percent of the combat-injured women were in the Army and overall, 88 percent were in the enlisted ranks.

The majority of the women served in combat support, communications, and transportation jobs, Dye said. An additional 17 percent served in health care roles. The Department of Defense rescinded the direct combat exclusion rule for women in 2013 and opened all military occupations to women in 2016, paving the way for more women to serve in direct combat roles.

Women serving in combat support and communication roles were less likely to receive mental health diagnoses within one year of injury than their counterparts serving in other positions, Dye said.

The number of deployments of the combat-injured women ranged from one to five. The majority of injuries, 67 percent, occurred during a first deployment. Eleven women were injured in more than one combat-related incident, Dye said.

The U.S. Navy Bureau of Medicine and Surgery's Wounded, Ill, and Injured Program provided support for the study.

"This study has opened the door to a much larger track of research looking at outcomes in military women exposed to combat," Galarneau said. "Some of it is already underway."

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Parade

Continued from page 11

parade, they make sure to practice yelling, "Throw me something mister!" It's the battle cry of any Mardi-Gras parade attendee hoping to score a few of those free plastic beads, doubloons and other festive trinkets.

There was a time when you had to drive south of Interstate 10 to see such parades, but now it seems as though every city and town in the state takes part in this pre-Lenten frivolity as the "Mardi Gras au coeur de la Louisianne" (Mardi Gras in the heart of Louisiana) spirit takes hold.

If you would like to see for yourself what all the excitement is about, here is a listing of just a few of the Mardi Gras celebrations that will be taking place across the state:

2019 Leesville Mardi Gras parade:

- March 2 — The Mardi Gras parade takes place at 2 p.m. along Third Street in Leesville.

2019 Lafayette Mardi Gras events:

- Feb. 22 — Krewe de Canailles Walking Parade. Downtown Lafayette, 6:30 p.m.
- Feb. 23 — Krewe of Carnivale

en Rio Mardi Gras Parade. Downtown to Cajun Field, Lafayette. 6:30 p.m. For more information call (337) 984-6522 or visit RioLafayette.com.

- Feb. 23 — Krewe des Chiens. Downtown Lafayette at 2 p.m. For more information call (337) 984-6522.

- March 1-5 — Le Festival de Mardi Gras à Lafayette. Carnival rides & games, live music, food vendors, parades roll through festival grounds at Cajun Field, Lafayette. Times vary.

- March 2 — Krewe of Bonaparte Mardi Gras Parade at 6:30 p.m.

- March 2 — Children's Parade begins at 12:30 p.m.

- March 4 — Queen Evangeline's Parade takes place at 6 p.m.

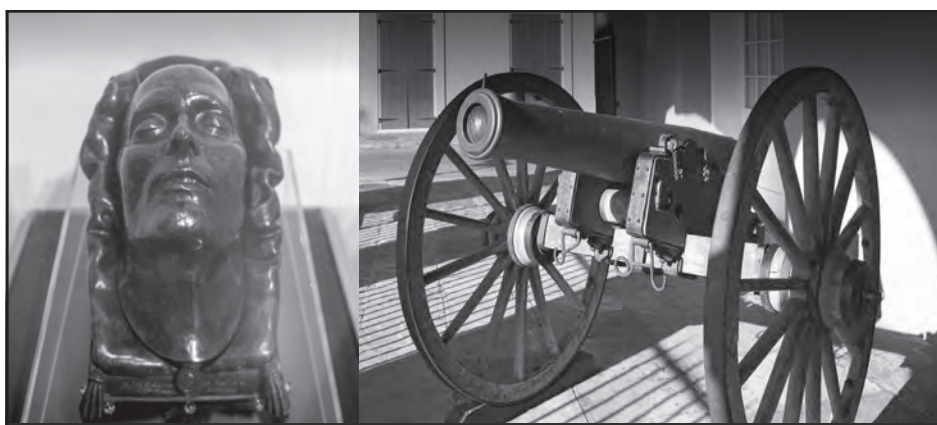
- March 5 — Mardi Gras Show at Clark Field. Clark Field Stadium, Lafayette.

- March 5 — King Gabriel's Parade takes place at 10 a.m.

- March 5 — Lafayette Mardi Gras Festival Parade takes place at 1 p.m.

- March 5 — TownSquare Media Independent Parade takes place at 2:30 p.m. For more information call

Please see **Parade**, page 15



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1. All dumpsters on Fort Polk are required to have top lids and side doors closed at all times, we ask that when you are done placing items in the container you ensure lids and doors are closed.
2. Please do not place any items in front of dumpsters as this prevents the driver from being able to service the dumpster.
3. There should be no field trash placed in any dumpster not marked "Mixed Field Waste", if a unit has field training to conduct they can call 535-1155 and schedule containers to be placed at their training location.
4. Please do not park vehicles around dumpsters, this will prevent the dumpster from being serviced.

If there are any questions and or concerns about dumpsters, bulk items or containers for field training please contact us at 535-1155 for Assistance.



Parade

Continued from page 14

(800) 346-1958 or visit www.lafayettetravel.com or GoMardiGras.com.

2019 Lake Charles Mardi Gras events

- Feb. 28 — Mardi Gras lighted boat parade at 7 p.m. along the Lakefront Promenade, 900 Lakeshore Dr. Watch a Mardi Gras parade on the lake.

- March 1 — Mardi Gras merchants' parade takes place at 7 p.m. It begins in downtown Lake Charles and travels down Ryan Street. Local business leaders and social organizations take to the streets on festive Mardi Gras floats from the Lake Charles Civic Center to Ryan Street, ending at Sale Road.

- March 2 — Krewe of Barkus Parade begins at 2 p.m. at the Civic Center, 900 Lakeshore Dr. A

parade of costumed pets and their owners makes for a whimsical, carnival atmosphere.

- March 3 — Mardi Gras Children's parade begins at 3:30 p.m. The parade route travels along Ryan Street.

- March 5 — Krewe of Krewes Mardi Gras parade begins at 5 p.m. from downtown Lake Charles and travels along Ryan Street.

For more information visit www.visit-lakecharles.org.

2019 Alexandria Mardi Gras events:

- March 1 — Hixson Classic Cars and College Cheerleader Parade begins at 4 p.m.

- March 2 — Children's Parade begins at 10 a.m. and travels along Murray street, Alexandria.

- March 2 — Alexandria Zoo Mardi Gras par-

ty takes place from 2-4 p.m. Admission is regular price. For more information visit www.thealexandriazoo.com.

- March 3 — Krewes parade begins at 2 p.m.

For more information visit www.alexmardi-gras.net.

2019 Monroe Mardi Gras parade:

- Feb. 16 — Krewe of Janus Mardi Gras Parade takes place at 6 p.m. This year's theme is under the big top.

For more information visit www.monroe-westmonroe.org.

2019 Shreveport-Bossier Mardi Gras events:

- Feb. 23 — Krewe of Centaur parade
- Feb. 24 — Krewe of Barkus and Meoux Pet Parade: Sunday, Feb. 24, 2019

- March 2 — Krewe of Gemini parade

- March 3 — Krewe of Highland parade

- March 5 — Childrens Mardi Gras Parade

- March 5 — Fat Tuesday in Shreve Town, A Walking Parade

For more information visit www.shreveport-bossier.org.



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Images (left to right): Jackson Square, glass plate negative by George François Mugnier, ca. 1915, LSM 09813.126.1; Baroness Micaela Almonester de Pontalba, oil on canvas by Amelia Gu, 1841, gift of Mrs. Alfred P. Parker, LSM 12969.2.

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As winter rolls along, Fort Polk's Better Opportunities for Single Soldiers is adding more volunteer opportunities and fun events to the calendar. Don't miss your opportunity to take part in the fun.

- **Lemon lot**

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

Register at the Home of Heroes Recreation Center, bldg 1455.

- **Super Bowl fun**

Join BOSS for a Super Bowl party at the Home of Heroes Recreation Center. Enjoy free appetizers and door prizes.

The grand prize is a 65-inch television. Watch for the Facebook contest for your chance to win a VIP area including comfortable seating for up to 14 people, rib plates, extra door prize tickets and sodas. Single Soldiers only.

- **Basketball game**

Fort Polk BOSS is taking a trip to New Orleans as the Pelicans host the Suns March 16. The cost is \$70 per Soldier, which covers transportation, hotel, ticket and VIP game experience.

Space is limited so don't miss your chance to watch basketball at its best. Departure is from the Home of Heroes Recreation Center at 9 a.m.

For more information on BOSS events call 531-1948.

Festivals

- **Black Heritage Festival**

The annual Black Heritage Festival takes place March 9 at the Lake Charles Civic Center, 900 Lakeshore Dr., Lake Charles, from noon to 6 p.m.

The festival features live entertainment, mouth-watering food and family fun. The event brings together the cultures of Africa and Southwest Louisiana and highlights the best in the community.

Celebrating diversity, culture and education, the festival is filled with legendary Zydeco, jazz, rhythm and blues and gospel performers. Food booths will serve plenty of great tasting Louisiana Creole and traditional African-American foods, including gumbo, jambalaya and barbecue.

The vendor marketplace will be open with an array of art, books, jewelry, African artifacts, clothing, collectibles, Greek paraphernalia and more. Admission is \$5 per person. Children 5 and under get in free.

For more information visit www.bhflc.org.

Miscellaneous

- **Texas Hold 'em**

If you love a good game of poker, stop by Spare Time Lounge, 2087 Ninth St. today at 6 p.m. to participate in a Texas Hold'em Tournament. The event takes place every Friday at 6 p.m. There is a \$20 buy-in and one \$20 re-buy. Weekly prizes are awarded to the top three players. Call 531-8139 for more information.

- **Teen workshop**

If you've enjoyed watching movies like "The Nightmare Before Christmas," then you might want to learn how to make stop-motion animation. If so, don't miss the Stop Motion Animation Workshop for teens held Saturday at the Beauregard Parish Library rotary meeting room, 205 South Washington St., DeRidder, from 9:30 a.m.-1 p.m.

The workshop includes information about how to create a storyboard, lighting, filming and editing. Teens will enjoy eating snacks and watching examples of stop-motion animation for inspiration. At the end of the workshop, participants will watch each other's movies.

For more information call Stephanie Niesen, youth programming coordinator, at (337) 463-6217 ext. 30, or email niesens@beau.org.

- **Rodeo time**

The Southwest District Livestock Show and Rodeo returns to the Burton Complex, Lake Charles, Jan. 31-Feb. 2.

The Western Heritage Parade kicks off Jan. 31 at 5 p.m. Folks will enjoy the professional rodeo performances at 7:30 p.m., featuring bucking broncos, thundering hooves and cheering fans. For more information call (337) 463-9588.

- **Garden forum**

If you are itching to begin your planting season, stop by the War Memorial Civic Center, DeRidder, Feb. 15 from 9 a.m.-noon. for a Spring Garden Forum, hosted by the Beauregard Master Gardeners and the Louisiana State University Agriculture Center. Discussion topics include soil nutrition, blueberries, tomatoes and Louisiana super plants. Admission is free.

For more information call (337) 463-7006.

Clubs/groups

- **Toastmasters meet**

Is Toastmasters Right for You? Do you want to become a confident public speaker and strong leader?

If so, Toastmasters is the place for you. You'll find a supportive learn-by-doing environment that allows you to achieve your goals at your own pace. The Fort Polk Toastmasters Club is



called Speak and Grow Toastmasters. The club invites you to stop by and get to know them. The club meets from noon-1 p.m. at the Fort Polk Education Center, 7460 Colorado Ave., room 208, on the first and third Wednesdays of each month. The next meeting is Feb 6. For more information call LaVersa Wiltz at (337) 208-8557.

- **Language club**

Would you like to immerse yourself in learning a foreign language such as Russian, Spanish, Brazilian, Portuguese or Tagalog?

If so, attend the Language Immersion Table the first Wednesday of each month from noon to 1 p.m. at Tiger Hall. The next meeting is Feb. 6. For more information call Miguel Moyeno at (636) 577-4274.

- **Lose weight**

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

- **Bass Masters**

If you like to fish and want to be part of a group with common interests, the Fort Polk Community Bass Masters is the right club for you.

The club meets monthly on the Tuesday before each tournament.

The next meeting is held Jan. 29 at 7 p.m. at the New Llano American Legion, Post 387, 500 Vernon St., New Llano. The February tournament takes place on Toledo Bend Feb. 2.

For more information call (337) 535-7591 or (337) 397-0745 or visit www.fortpolkcommunitybassmasters.com.

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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

SERVICES

INDEPENDENT CARE-GIVER Caring & Compassionate lady who will help with personal hygiene, medication, laundry, light housekeeping and cooking. Will drive where ever you need to go, run errands and help with secretarial duties. Prefer to work 12/7 OR 24/7 (flexible but need at least 8 hours per day). *No Inside Cats* *Excellent References Available* Call Rose: 337-348-2381.

HELP WANTED

ATTENTION: HAIR STYLIST'S & NAIL TECH Body & Balance is looking for Talented & Motivated Hair Stylist and a Nail Tech. I can offer booth Rental or Commission. For a Personal Interview call Callie - 337-353-4446.

FOR SALE

2011 JEEP LIBERTY 4X4, 85k miles in very good cond. Try to finance it. Asking \$6500. Call 337-353-3360.

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

REAL ESTATE

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

tised in this newspaper are available on an equal opportunity basis.

STATEWIDES

FAMILY ISN'T ALWAYS ABOUT GIVING BIRTH, IT'S ABOUT GIVING LOVE! Loving, Single, Mother looking to adopt a newborn. Expenses Paid. Call 917-745-6945 (LA-SCAN)

PREGNANT? CONSIDERING ADOPTION? CALL us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-855-780-8359 (LA-SCAN)

UNABLE TO WORK DUE TO INJURY OR ILLNESS? Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. Local At-

torneys Nationwide 1-844-883-2045 [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)) (LA-SCAN)

AIRLINE MECHANIC TRAINING GET FAA CERTIFICATION. No High School Diploma or GED-We can help. Approved for military benefits. Financial aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance. 877-902-6315 (LA-SCAN)

HEALTHCARE CAREER TRAINING ONLINE. Start a New Career in Medical Billing & Coding. Medical Administrative Assistant. To learn more, call Ultimate Medical Academy. 1-855-400-1967 (LA-SCAN)

FINANCIAL BENEFITS FOR THOSE FACING SERIOUS ILLNESS. You may qualify for a Living Benefit Loan today (up to 50 percent of your Life Insurance Policy Death Benefit.) Free Information. CALL 1-844-297-7783 (LA-SCAN)

OVER \$10K IN DEBT? Be debt free in 24-48 months. Pay a fraction of what you owe. A+ BBB rated. Call National Debt Relief 1-855-419-8260 (LA-SCAN)

DIRECTV & AT&T 155 CHANNELS & 1000S OF SHOWS/MOVIES ON DEMAND (W/SELECT PACKAGE.) AT&T Internet 99 Percent Reliability. Unlimited Texts to 120 Countries w/AT&T Wireless. Call 4 FREE Quote- 1-866-734-0452 (LA-SCAN)

GET A SMARTPHONE FOR \$0 DOWN* WITH AT&T NEXT® AND AT&T NEXT EVERY YEAR? \$250 Gift Card for Switching to AT&T! (*Req's well-qualified credit. Limits & restr's apply.) 1-844-334-8365 (LA-SCAN)

HUGHESNET SATELLITE INTERNET - 25MBPS STARTING AT \$49.99/MONTH! Get More Data FREE Off-Peak Data. FAST download speeds. Wi-Fi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-844-253-8788 (LA-SCAN)

SPECTRUM TRIPLE PLAY! TV, Internet & Voice for \$29.99 each. 60 MB per second speed No contract or commitment. More Channels. Faster Internet. Unlimited Voice. Call 1-844-669-6795 (LA-SCAN)

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

ATTENTION: VIAGRA AND CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - \$99 + FREE Shipping! 100% guaranteed. CALL NOW: 1-855-403-6345 (LA-SCAN)

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OXYGEN - ANYTIME. ANYWHERE. No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 1-855-382-4168 (LA-SCAN)

SLEEP APNEA PATIENTS - If you have Medicare coverage, call Verus Healthcare to qualify for CPAP supplies for little or no cost in minutes. Home Delivery, Healthy Sleep Guide and More -

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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: _____

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Call us at 1-855-776-5828
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Call Earthlink Today 1-866-
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