



# FORGING THE

# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

March 1, 2019

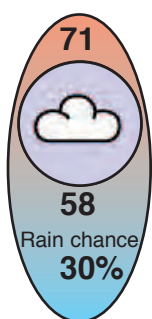


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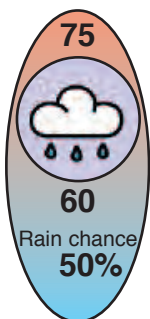
### Soldiers make reading fun

Staff Sgt. Jesus L. Solis, a respiratory specialist and S-2 NCOIC for Fort Polk's Headquarters and Headquarters Detachment, 115th Combat Support Hospital, 1st Medical Brigade, reads to students at Parkway Elementary School as part of the annual Read Across America program. For more photos of 115th CSH Soldiers reading to students see page 13 of today's Guardian.

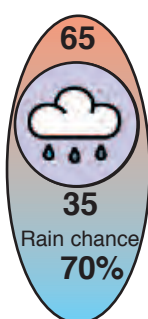
### Weekend weather



Today



Thursday



Friday

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# Viewpoint

## Soldier learns importance of lifesaver course

By Pvt. CARLOS FANTAUZZI  
Army News Service

FORT BRAGG, N.C. — Learning how to save a life is a skill that may mean the difference between life and death on the battlefield. That is why when I was given the opportunity to participate in the Combat Lifesaver Course at Fort Bragg, North Carolina, I leapt at the opportunity.

The cold morning air, the kind that freezes your fingers and makes your ears go numb, was the first thing I noticed as I walked toward the course building across the long, dirt parking lot. I recall wishing the training would take place indoors to avoid the frigid weather.

I sat down in the classroom excited to learn but hesitant because I didn't know what would be expected of me.

While I understood everything the instructors were saying about the seriousness of being a lifesaver, I felt like I wouldn't truly understand until we began the hands-on training.

My understanding of the seriousness of this training grew when they showed a video of a Soldier suffering a traumatic injury, and he was losing large amounts of blood. The scene was chaotic. The medics around him were scrambling and yelling out to one another about what to do to save his life.

It became evident to me that this course wasn't just a class I was attending, but that it would teach me skills that could mean the difference between life and death.

After the classroom instruction, which lasted only a few hours, we finally made it to the hands-on part of the training. We were paired up in groups and given a battle scenario in which one of us was injured and needed a tourniquet. I was chosen to be the first "injured" Soldier, and we all filed outside into the cold I had been hoping to avoid.

I laid down across from my partners on the frozen grass, and I thought my job was simple — I would just lay there and let them apply the tourniquet on me.

But as I laid there, I began to think about what could cross an injured Soldier's mind during this moment:

"Am I going to make it?"

"Will I see my family again?"

My partners rushed to me and applied pressure to the simulated wound on my right arm, and they began applying the tourniquet.

During this time, I kept recalling the video of the Soldier with the real-life trauma to his leg. I couldn't

imagine the pain he must have felt, let alone the fear.

The following day we learned about chest seals and, again, we watched a video during the classroom instruction.

As the video rolled, showing a Soldier suffering from a gunshot wound to the chest, I saw the looks of fear, horror and disgust on my classmates' faces. Maybe it was the sight of the blood or the screaming, but the reality set in for me — I might be the person in the midst of all that chaos that would be the only one that could save that Soldier's life.

This course is meant to prepare us as Soldiers for the harsh reality of combat. I also came to realize that there are times we forget what our brothers and sisters are going through overseas.

We forget that every night while we fall asleep peacefully in our own beds that there are men and women out there going through hell.

By the end of the course I gained a newfound respect for medics in the Army. I graduated with the title of Combat Lifesaver and feel proud and better equipped, if need be, to help save a brother or a sister's life.

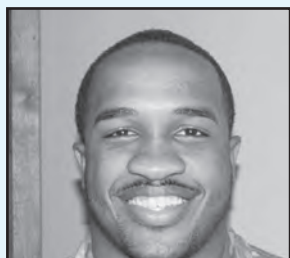
## Commentary

## In our view

Guardian staff asked Fort Polk residents, "What career goals are you actively working on?" Here are their responses:



**Pfc. Michael Craig:** I am working toward getting a waiver to be a specialist so I can then go to the basic leader course to become a section sergeant. In the meantime, I'm working on getting a degree in network communications.



**Spc. Je'quan Dias:** I am working for the commander's "hip pocket" scholarship, which will allow me to be released from active duty to go to school and get my degree in information technology, then come back in as a second lieutenant.



**Sgt. 1st Class Ka-reem Franklin:** "I want to attend the master leaders course to enable me to lead Soldiers and staff in tactical operations."



**Spc. Alberto Re-sendiz:** I am on a broadening assignment with the division commander, and (working on) a scholarship to earn a degree in nursing.



## Guardian

### Editorial Staff

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

**Col. Jarrett Thomas II**  
Garrison commander

**Kim Reischling**  
Public affairs officer

**Chuck Cannon**  
Editor

**Jean Dubiel**

**Angie Thorne**  
Staff writers

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

Email: [Kimberly.Reischling@us.army.mil](mailto:Kimberly.Reischling@us.army.mil)

Trading post ads:

[tradingpostads@yahoo.com](mailto:tradingpostads@yahoo.com)

**Fort Polk Homepage**

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

### Advertising

For advertising contact  
Theresa Larue  
(337) 404-7242

Email: [sales@thefortpolkguardian.com](mailto:sales@thefortpolkguardian.com)

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## Briefs

### MASS trans program

The Department of Defense provides mass transportation benefits, to offset commuting costs, reduce pollution and traffic congestion, preserve the environment and expand transportation alternatives. To be eligible, an applicant must be employed by the DoD. Contractors, personnel on temporary duty, foreign exchange employees or those whose daily commute to Fort Polk is within 20 miles are not eligible. Applications must be confirmed by your supervisor and approved by your DoD organization's Mass Transportation Benefit Program reviewing official. Processing may take up to 30 days. Once approved, contact **Terrence Sadler**, [Terrence.I.sadler.civ@mail.mil](mailto:Terrence.I.sadler.civ@mail.mil) or Robert B. Ellis, [robert.b.ellis32.civ@mail.mil](mailto:robert.b.ellis32.civ@mail.mil). For more information visit [www.whs.mil/MTBP](http://www.whs.mil/MTBP).

### Hiring, education event

Fort Polk hosts a hiring and education event for the military community April 25 at 10 a.m. at the Warrior Fitness Center. Information about education and career opportunities is offered to Soldiers, spouses, retirees, veterans and Department of the Army civilians. For more information call the Soldier for Life-Transition Assistance Program at 531-1591.

### Exchange construction

The Exchange began construction on a new freezer/cooler unit at the Express 1 store, Louisiana Avenue and La. Hwy 467, Tuesday. The project is expected to take up to 30 days. Frozen food, dairy and chilled non-alcoholic beverages will remain available at Mini Mall Express, 2275 Louisiana Ave., North Fort Express, 2891 Chaffee Road, and North Fort Troop Store, 4535 Entrance Road. Cold beer will be available at the Class VI, 7720 Colorado Ave. The Exchange apologizes in advance for any inconvenience this project may cause.

### DAV assistance

Disabled American Veterans Post 20, Leesville, has a new service officer, Hunter Young, to assist veterans with submitting VA disability claims by appointment only. The office is located in the Railway Suites, directly behind the Vernon Parish Courthouse on La. Hwy 468. Monthly meetings are held the third Monday of each month at 7 p.m. The next meeting is March 18. Call (337) 353-4313 to schedule an appointment.

### ASP closure

The Ammunition Supply Point, bldg 4101, is closed March 19-21 for quarterly inventory. Call 531-0950/4793 for more information.



### Fort Polk thanks Leesville Police Department

*In a ceremony at bldg 350 Feb. 27, Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general, awarded members of the Leesville Police Department with certificates and medals of appreciation for their continued partnership with not only Fort Polk military police, but also Fort Polk Soldiers and Families. Standing left to right on the front row: Dan Duhon, LPD investigator, Beth Westlake, LPD deputy chief, Greg Hill, LPD chief, Sgt. Zac Strickland, LPD police officer. Back row from left to right: Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general, Lt. Col. Sonja Whitehead, 519th Military Police Battalion commander, Maj. Howard Smith, Fort Polk deputy police chief, Capt. Drew Graves, police operations, Leo Stolfi, Fort Polk Directorate of Emergency Services deputy director, Debbie Horton, LPD secretary to the chief, Janel Tupper, LPD evidence technician, Jeffrey Price, LPD investigator, Command Sgt. Maj. David W. Bass, Fort Polk command sergeant major and Command Sgt. Maj. Robert Mattson, 519th MP Bn command sergeant major.*

## Patriot Soldiers present 'African Americans in times of war'

By **JEAN DUBIEL**  
Guardian staff writer

FORT POLK, La. — Soldiers with the 3rd Brigade Combat Team, 10th Mountain Division dressed as historical figures in a living presentation of African Americans who served in the military from the Revolutionary War through today's conflicts at the Bayou Theater Feb. 22.

The program, co-hosted with Fort Polk's Equal Opportunity Office, began with a video highlighting the myriad contributions of African Americans in service to the nation. Though individuals like Crispus Attucks (the first American killed during the Revolutionary War) and Brig. Gen. Benjamin O. Davis Sr. (the first African-American Army officer to attain rank of brigadier general) featured prominently in the video, African-American military groups were also acknowledged, including the United States Colored Troops of the American Civil War; Buffalo Soldiers of the Native American Wars; Harlem Hellfighters of World War I; Tuskegee Airmen of World War II; and more.

After the video, 10 Soldiers each took a turn advancing from the middle of the theater down the aisles to the stage with microphone in hand, delivering a summation of the historical figure they represented. Clad in period uniforms, these Soldiers were:

- First Lt. Aaron Proctor as Attucks, who joined other American patriots in Boston to defy British troops in what became known as the Boston Massacre March 5, 1770. Attucks was the first American killed in that battle.

- Spc. Clynt Archuletta represented the U.S. Colored Troops, a group of about 180,000 men who volunteered to serve in the Union Army during the Civil War, with 40,000 of them giving their lives for the cause.

- Spc. Branden Campos portrayed Pvt. William Henry Johnson, an heroic World War I Soldier that fought off a German raid in hand-to-hand combat, killing multiple German soldiers and rescuing a fellow Soldier while experiencing 21 wounds in the Argonne Forest in France May

Please see **Soldiers**, page 6



## Hand-to-hand combat course instills Soldiers' 'Warrior Ethos'

By Capt. ADAN CAZAREZ

Army News Service

JOINT BASE PEARL HARBOR-HICKAM, Hawaii — Air Force Maj. Frederick Cruz from the Hawaii Air National Guard, pins down fellow Airman on shallow ocean waves as water splashes after each body hit. Sparring with Airman 1st Class Christian Torres, they alternate control with each movement.

Both Airmen participated in an Army Combatives Level-1 program sponsored by the 94th Army Air and Missile Defense Command on Joint Base Pearl Harbor-Hickam, Feb. 19-22.

About a dozen Soldiers and Airmen from active duty and the National Guard grappled with white-knuckled concentration during the Army combatives program in the four-day course.

According to the website featuring the U.S. Army Maneuver Center of Excellence, based at Fort Benning, Georgia, the mission of the Army Combatives Course is to train leaders and Soldiers in close quarters combatives to instill the Warrior Ethos and prepare Soldiers to close with and defeat the enemy in hand-to-hand combat.

Staff Sgt. Jeffery Jenkins, a wheeled vehicle mechanic, also a Level-3 combatives instructor with the 94th Army Air and Missile Defense Command, reinforced the mission statement regarding mental toughness.

"Army combatives helps build individual fitness, confidence and mental strength," said Jenkins.

"The benefit of this program is to help instill the Warrior Ethos mentality with the never quit attitude, never leave a fallen comrade and place the mission first."

Jenkins said endurance and mental intensity — not solely physical strength — are paramount in successful hand-to-hand combat. The Army combatives program tests participants from varying physical fitness levels, experiences and backgrounds.

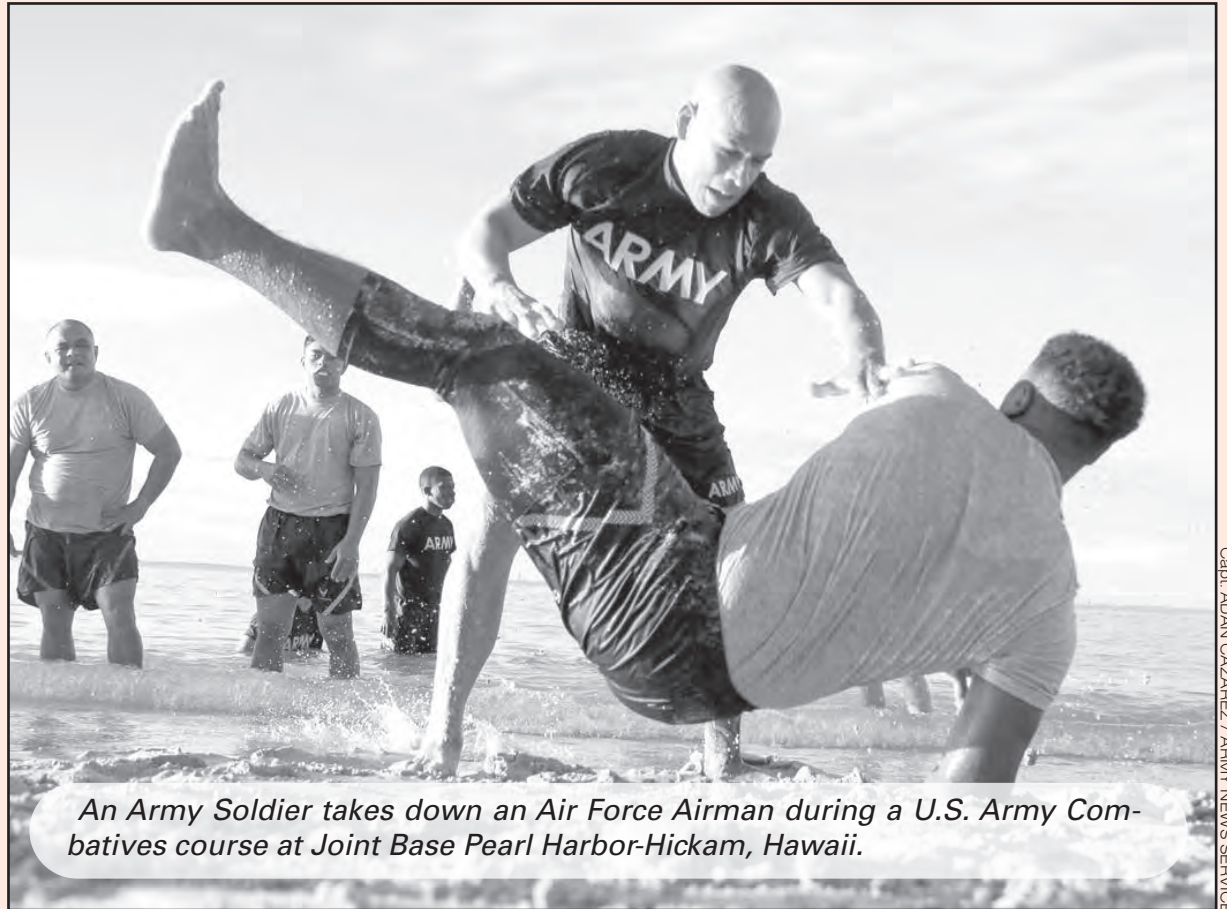
"The most challenging part of the course has been keeping up with the physical training and staying on my toes at all times," said Torres. "Especially remembering my techniques when you're physically and mentally exhausted."

The enemy doesn't care if you're tired, he added.

Training others is just what Soldiers and Airmen like Cruz hope to take back with their new skillset.

"What I hope to get out of the course is a better understanding of how to defeat opponents using hand-to-hand combat," said Cruz. "This has been a great opportunity to learn from the Army combatives program, and I look forward to taking this new set of skills and knowledge learned to my fellow Airmen."

The Modern Army Combatives Program started in 1995 with the 2nd Ranger Battalion. It has been incorporated into the new TC 3-



An Army Soldier takes down an Air Force Airman during a U.S. Army Combatives course at Joint Base Pearl Harbor-Hickam, Hawaii.



Air Force Maj. Fredrick Cruz pins down a fellow Airman during a U.S. Army Combatives course exercise at Joint Base Pearl Harbor-Hickam, Hawaii.

25.150, the Army Ground Fighting Techniques publication, and Basic Combatives is one of the Forty Warrior Core Tasks of the Warrior Ethos initiative.

"What we're teaching these Soldiers and Airmen today is to be confident and mentally prepared to defeat their enemy if needed in hand-to-hand combat," said Jenkins.



A cake-cutting ceremony took place at the Family Readiness Center Feb. 26 to help celebrate Military Saves Week — Feb. 25-today — with a one day financial seminar. Cutting the cake, from left to right, are Sgt. Christa Douglas, 115th Combat Support Hospital, Kevin Juntilla and his spouse, Nene Doan, Clarence Harmonson, Army Community Service director, Xavier Brimzy and his daughter, Nahaile, 2, and Jeanette Hill, financial counselor. Fort Polk's ACS Financial Readiness Program hosted the seminar. The event was open to Soldiers, Family members, retirees and civilians. Classes offered at the event included budget and financial enhancement, blended retirement system, Thrift Savings Plan and more. For more information call 531-1957/1958.

# Discover handy tips to help you save money

## AMERICASAVES.ORG

It seems as though prices for everything continue to rise, while paychecks stay annoyingly stagnant. Figuring out how to get the most out of your finances can be a real challenge, especially if budgets and accounting aren't your strong points to begin with. That's where an organization like Fort Polk's Army Community Service Financial Readiness Program and helpful websites like [www.americasaves.org](http://www.americasaves.org) can aid Soldiers and Families with vital fiscal information. The following tips and more can be found at [www.americasaves.org](http://www.americasaves.org).

### General savings tips

- Build an emergency fund. It can make all the difference. Low-income Families with at least \$500 in an emergency fund are better off financially than moderate-income families with less saved.
- Establish the framework of your budget. If you are looking for an easy way to begin, on the first day of a new month get a receipt for everything you purchase. Stack the receipts into categories like restaurants, groceries and personal care. At the end of the month you'll be able to clearly see where your money is going.
- Budget with cash and envelopes. If you have trouble with overspending, try the envelope budget system where you use a set amount of cash for most spending. Once the cash is gone, it's gone.
- Don't just save money. There's a difference between saving money and saving money for your future. So don't just spend less, put the money you save into a savings account to plan for college expenses, retirement or emergencies.
- Save automatically. Setting up automatic savings is the easiest and most effective way to save, and it puts extra cash out of sight and out

of mind. Every pay period, have your employer deduct a certain amount from your paycheck and transfer it to a retirement or savings account. Ask your human resources representative for more details about how to set this up. Or every month, have your bank or credit union transfer a fixed amount from your checking account to a savings or investment account.

- Aim for short-term savings goals. Make a goal such as setting aside \$20 a week or month, rather than a longer term savings goal. People save more successfully when they keep short-term goals in sight.
- Start saving for your retirement as early as possible. Few people get rich through their wages alone.

It's the miracle of compound interest, or earning interest on your interest over many years, that builds wealth. Because time is on their side, the youngest workers are in the best position to save for retirement. Learn more about different options for saving for retirement in your workplace.

- Take full advantage of employer matches to your retirement plan. Often as an incentive, employers will match a certain amount of what you save in a retirement plan such as a 401(k) or the military's Thrift Savings Plan. If you don't take full advantage of this match, you're leaving money on the table.
- Save windfalls and tax refunds. Every time you receive a windfall, such a work bonus, inheritance, contest winnings or tax refund, put a portion into your savings account.
- Make a savings plan. Those with a savings plans are twice as likely to save successfully.

- Save your loose change. Really. Putting aside just \$.50 per day over a year will get you 40 percent of the way to a \$500 emergency fund. Some banks, credit unions and apps offer programs to round your purchases to the nearest dollar and put that money into a separate savings account.

- Use the 24 hour rule. This rule helps avoid purchasing expensive or unnecessary items on impulse. Think over each nonessential purchase for at least 24 hours. This is particularly easy to do while shopping online, because you can add items to your cart or wish list and come back to them a day later.

- Treat yourself, but use it as an opportunity to save. Match the cost of your nonessential indulgences in savings. So, for example, if you splurge on a smoothie while out running errands, put the same amount into your savings account. Think of it this way, if you can't afford to save the matching amount, you can't afford the treat either.

- Calculate purchases by hours worked instead of cost. Take the amount of the item you're considering purchasing and divide it by your hourly wage. If it's a \$50 pair of shoes and you make \$10 an hour, ask yourself if those shoes are really worth five long hours of work.

- Unsubscribe. Avoid temptation by unsubscribing from marketing emails to the stores you spend the most money at. By law, each email is required to have an unsubscribe link, usually at the bottom of the email.

- Place a savings reminder on your debit card. Remind yourself to think through every purchase by covering your card with a savings message, such as "Do I really need this?" Write the message on a piece of masking tape.





# 1st BCT, 10th Mtn Div preps for live fire at JRTC

## GUARDIAN STAFF

FORT POLK, La. — Soldiers with the 1st Brigade Combat Team, 10th Mountain Division, from Fort Drum, New York, prep for a live fire exercise at the Joint Readiness Training Center and Fort Polk as Rotation 19-04 moves to its conclusion. The photos on this page show the Soldiers going through their paces.



## Soldiers

Continued from page 3

14, 1918. He was the first U.S. Soldier to receive France's Croix de Guerre (a medal for courage), and posthumously awarded the Medal of Honor by President Barack Obama in 2015.

- First Lt. Taurean Morrow as Davis, aforementioned as the first African-American to earn the rank of brigadier general. Davis also served with a "Buffalo Soldiers" regiment in the Philippines and on the Mexican border. He was the father of Benjamin O. Davis Jr., who became the first African-American general officer in the Air Force and attained the rank of four-star general in 1998.

- Staff Sgt. Devon Wood presented as Chief Master Sgt. James Cotton, who in 1941 became one of the first men to be assigned to the Tuskegee Airmen, a group of U.S. Army Air Corps aviators and maintenance personnel that was comprised of African-Americans.

- First Lt. Jared Jerrick represented Ensign Jesse L. Brown, the first African-American aviator in the U.S. Navy and a recipient of the Distinguished Flying Cross. He was also the first African-American Naval officer killed in the Korean War.

- First Lt. Theo Adama was Capt. Riley Leroy Pitts, the first African-American commissioned officer to receive the Medal of Honor for his actions during Vietnam. He received the award posthumously from President Lyndon B. Johnson in 1968.

- Second Lt. Jalen Brown portrayed Gen. Colin Powell, an American statesman and retired four-star Army general. Powell is the first Jamaican-American to serve on the Joint Chiefs of Staff and become U.S. Secretary of State.

- Capt. Ema Agyapong presented as 2nd Lt. Emily Jazmin Tatum Perez, the highest-ranking African-American female cadet in the history of West Point. Perez was killed in action Sept. 12, 2006, while leading a convoy through Al Kifl, Iraq, a mission for which she volunteered, and became the first female African American officer in U.S. military history to die in combat.

- Pvt. Tyrone Carradine was himself and represented the future Soldier. He joined the Army last year, attended basic combat training at Fort Jackson, South Carolina, and advanced individual training at Fort Lee, Virginia. Carradine is an automated logistical specialist.

Brig. Gen. Patrick D. Frank, who attended the observance and gave coins and certificates of appreciation to each roleplayer, seemed especially impressed with Carradine.

"This is one tough dude! You do not want to see him out there (in the box)," Frank said. "If there are any Geronimo guys out here, this is what's coming after you. That's the Warrior Spirit right there," he said of Carradine.

Frank said the Army's integration in 1948 is one of the things that makes the Army great today. "General Colin Powell (once) said that he was proud to be in the world's greatest Army — it's only the world's greatest Army because we're a team, and we're a team because we are integrated. Great job by these Patriots here today."

Col. Kendall Clarke, commander, 3rd BCT, 10th Mtn Div, said events like this one "extend our 60-, 70- and 80-year aspirations to go beyond policy, climate and culture," he said. "Our Army — your Army — remains our nation's engine of change. The Patriots today walked us through time. They not only highlighted things that paved the way but demonstrated the best of our nation's values."

## Briefs

### School lunches

The following school lunch menu is for Vernon Parish schools for Wednesday through March 8. School is out Monday and Tuesday for Mardi Gras. Meals are served with salad bar and choice of milk:

- **Wednesday:** Fish burger or fish sticks, Bush's baked beans, oven baked fries, mixed fruit.

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

- **March 8:** Grilled cheese sandwich, vegetable soup, carrots/cucumbers/broccoli cup, apple wedges.

### Family symposium

The Chaplain Family Life Center hosts the Second Annual Family Life Symposium, "Navigating Social Media Pitfalls," Thursday from 9 a.m.-4:30 p.m. in Glory Chapel. Chaplains, Unit Ministry Teams and concerned community leaders are invited.

Guest speaker is John Fort of Be Broken Ministries in Beaverton, Oregon, and Cindi Geeslin, Fort Sam Houston, Texas.

Register at [www.signupgenius.com/go/30e0f4ca5a828aaf94-2018](http://www.signupgenius.com/go/30e0f4ca5a828aaf94-2018) or email [william.j.glenn.mil@mail.mil](mailto:william.j.glenn.mil@mail.mil).

### Preschool registration

Registration for the Vernon Parish Preschool Programs (Head Start and LA4) for the 2019-20 school year begins March 19. Visit the school of your choice to register between 8 a.m. and 1 p.m. on March 19 to register.

Applications can also be completed online via the Vernon Parish Early Childhood website at [www.vernonpreschool.com](http://www.vernonpreschool.com) March 19. Call Lisa Franklin, LA4 coordinator, at (337) 537-5145 or the Head Start office at (337) 239-6899 for more information.

### Color run

Fort Polk's Directorate of Family Morale, Welfare and Recreation hosts the Dye Hard Warrior 5K Color Run April 6 from 9 a.m.-noon beginning at Showboat Theatre, South 10th Street. To register or for more information visit the DFMWR Facebook page at [www.facebook.com/fortpolkmwr/](http://www.facebook.com/fortpolkmwr/).

### Story time

A story time and movie featuring "Iron Giant" is held March 12 at 5:30 in Allen Memorial Library, Colorado Avenue. Participants can enjoy a story, craft and the movie. Registration is required. Call 531-2665 for more information.



*Peyton Wisdom, 2, gives the Mommy and Me Cooking Class a thumbs up as she enjoys her Fish in a Pond Snack. The class exposed youngsters to new foods and provided tips on how to make meals healthier. The activity also allowed moms and their kids the opportunity to spend quality time together and they worked together to create the meals and enjoyed reading "The Very Hungry Caterpillar" together.*

KATHY PORTS / BJACH PAO

## Class introduces new foods to young eaters

By KATHY PORTS

BJACH PAO

FORT POLK, La. — A special Mommy and Me Toddler Cooking Class offered Fort Polk youngsters and their mothers an opportunity to enjoy a special time while trying out new food groups.

Alexis Motley, Bayne-Jones Army Community Hospital's registered dietitian, and host and creator of the Simple Healthy Cooking Classes, read "The Very Hungry Caterpillar" to a group of 16 children ages 2-5. The story introduced a variety of different foods as the friendly caterpillar ate his way towards becoming a butterfly. Motley told the mothers that at this age, children may be picky eaters and it was normal to resist eating meat.

"They go from milk to pureed food and then meat," she said. "Learning to chew takes work and time."

"Each child is different," Motley said. "Whenever you introduce a new food, pair it with something they like. The two-bite rule suggests that a child take two bites before moving on to another food."

"Another great technique is making sure the child's plate fits the child. Keep encouraging

your child. It make take a few times with new foods before they really like something, but don't get discouraged."

Following story time, each child had an opportunity to make a fish in the pond snack using rice cakes, whipped cream cheese, a couple drops of blue food coloring and fish crackers. The children mixed the cream cheese with the food coloring and spread it on the rice cakes, and then float or put the fish crackers on top.

Motley said to make this recipe healthier, try adding chopped fresh veggies and herbs. Cucumber pieces, small spinach leaves and parsley make great lily pads.

The children spread the blue cream cheese over the rice cake decorating it with the fish. Some of the fish never reached the pond as the children sampled the fish before deciding to put them on the rice cakes.

Each child received a colorful apron, goodie box filled with surprises plus a caterpillar crown to color. Mothers got helpful tips along with a couple of books to help them with their meal preparation.

Motley said BJACH's dietitians are available to help and referrals are not required. To make an appointment call 531-3129.



# Fort Polk's Net Zero Waste Team performs skit at NPE

## NET ZERO WASTE

FORT POLK, La. — The Net Zero Waste and Conservation teams partnered with the North Polk Elementary School to conduct an interactive learning skit for students during the school's weekly Teddy Bear Time Jan. 18.

The goal was to provide outreach and education to school-aged children on recycling and environmental stewardship.

The skit was held within the school's auditorium, where students engaged with live mascot characters from the NZW Program.

Learning was facilitated through the use of visual aids such as projected background images, interactive participation, a program outreach video, the reading of a children's book and a question and answer session.

In the skit, the children represented the citizens of a fictional place called Litter Town. They undertook an adventure to help a

young girl named Jo learn where local trash trucks dumped her neighborhood's waste.

While on their journey, the children discovered Litter Town had a huge waste problem. The town had an overgrown and out of control landfill.

The only way to save Litter Town was to find their beloved recycling fairy, Savvy, help her to regain her powers and watch her defeat the awful trash monster, a garbage dump named Frump.

The children were determined to prove to Savvy that as citizens of Litter Town, they not only could separate recyclable from non-recyclable items, but also show they remembered how to recycle.

At the end of the skit, the students watched a short, youth-inspired video that showcased recycling at Fort Polk, and listened to a book reading where they learned



the importance of reducing, reusing and recycling.

At the close of the outreach event, students were allowed to ask the NZW mascots questions. To determine success, the team measured engagement from the school-aged children.

The high engagement level provided the team with feedback that children understood concepts and learned new themes.

Student engagement also served

as a vehicle to help move the skit from conflict to resolution, encouraged environmental stewardship and demonstrated good recycling habits.

In the end, the children were excited about how they could support the environment and keep the Fort Polk Community beautiful. As Principal Lee Coriell overlooked the student's participation, he commented on how well "the groups were engaged."

With the help and support from North Polk Elementary School's librarian Erika Russell, teachers and staff, this outreach event was made possible.

Moving forward, the Net Zero Waste team seeks to create more child-friendly activities filled with educational value and engagement for school-aged children to encourage recycling and simultaneously find opportunities to show Fort Polk youth how involved Soldiers are as recycling role models.

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## Exchange program rewards military students for academic excellence

### EXCHANGE

DALLAS — According to the Department of Defense Education Activity, the average military child will move six to nine times during a school career — three times more often than children whose parents do not serve in the military. The Army and Air Force Exchange Service is commending the achievements of young scholars at Fort Polk with its You Made the Grade program.

First- through 12th-graders, including homeschooled students, who maintain a B average or higher are eligible for a \$5 Exchange gift card every grading period during the 2018-19 school year. To receive their gift card, students must present a valid military I.D. and proof of qualifying grades during any grading period at the Fort Polk Exchange customer service area.

"The Exchange is honored to reward the academic achievements of military children," said Beth Pritchard, Fort Polk Exchange general manger. "Military students work hard to succeed in the classroom. The You Made the Grade program proves their diligence and resiliency pay off."

Students who make the grade can enter the worldwide sweep-



stakes to win a \$2,000, \$1,500 or \$500 Exchange gift card. Since February 2000, the Exchange's You Made the Grade program has rewarded nearly 200 military students for their academic achievements through prizes worth nearly \$550,000.

The sweepstakes entry forms are found on the back of the You Made the Grade gift card sleeve. Students can send completed forms to:

You Made the Grade  
PO Box 227398  
Dallas, TX 75222-7398

Students can submit one sweepstakes entry for each grading period. The first drawing of the 2018-19 school year took place in December 2018, with presentations made at Fort Campbell, Kentucky, Vandenberg Air Force Base, California, and Seymour Johnson AFB, North Carolina. The next drawing will be held in June.



# Annual Interactive Health Fair provides excitement, fun

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — The annual Child and Youth Service Interactive Health Fair, hosted by Fort Polk's CYS Sports and Fitness program, was filled with characters, color and creativity that encouraged kids to engage and absorb everything the event could teach them. The fair was held at the Siegfried Youth Center Gym Feb. 22 from 3-6 p.m.

Jennifer Mallon, Youth Sports program associate, said the folks at Youth Sports care about Fort Polk Families and want to give them what they need to be healthy and happy.

She said one example of this is the bike used to demonstrate how electricity is conducted. Mallon said Youth Sports requested 46th Engineer Battalion's 1st Lt. Heath Coles to help them build the bike. He and the Soldiers of the 687th Horizontal Engineer Company came through.

"They built the bike for us and it has been a big hit with the kids," she said.

Mallon said she enjoys seeing the expressions on kid's faces as they learn new things at the fair.

"They get excited. We have everything from environmental here with snakes and spiders to Dental Health explaining the best way to keep teeth healthy and more," she said.

Mallon said participating vendors are asked to be interactive with the kids, whether that means taking pictures with people dressed as bumble bees and cows or learning the importance of cleaning your hands.

"This isn't just about lecturing them. I think participation helps kids learn and maintain what we are trying to teach them. No matter their age or learning style, we have it covered," she said.

The annual event is something Mallon said Youth Sports is proud to promote.

"The fair takes months of hard work and preparation and I'm so excited it is a success," she said.

Jodi Fowler, Youth Sports assistant director, said she is thankful for the vendors and what they to make the event a success each year. "We couldn't do this without them. The vendors are Fort Polk resources for Soldiers and Families. They take part in the fair to share their information with the Fort Polk community. They do it with a lot of energy and are great with the kids," she said.

David Broyles, Fort Polk Directorate of Public Works energy manager, took part in the fair at the booth set up to demonstrate electricity. As part of his setup, Broyles had the bike that was built for the fair. The bike was built into a wooden frame and attached to a generator. A wire ran from the generator to a set of light bulbs. When kids got on the bike and began to pedal, they generated enough energy to light the bulbs. He said the bike demonstrated the basis of electricity by showing kids how electricity is conducted.

"This fair is all about helping kids learn. What I'm doing is teaching them about energy and energy conservation while they are young. What they learn now will stay with them for the rest of their lives, especially with a demonstration like this that is fun and makes a direct connection between the bike, the physical motion of their pedaling and creating electricity," said Broyles.

Carolyn Willis, a CYS employee, said she volunteered to paint milk mustaches on kids at the CYS healthy milk and bones booth. She said she



ANGIE THORNE / GUARDIAN

*As David Broyles, Fort Polk Directorate of Public Works energy manager, and other students cheer him on, Elijah Nelson, 5, pedals the bike at the electricity booth during the Interactive Health Fair held at Siegfried Youth Center Gym Feb. 22. As he pedals the bike, the energy he creates produces enough electricity to light up the panel of light bulbs behind him.*



*Amy Brennan, Fort Polk DPW Environmental Resources Management Division, holds a Louisiana Pine Snake at the Interactive Health Fair Feb. 22 as Mara Proto, 22 months, reaches out to touch. Mara's mom Janie looks on as Tracy Mann and her daughter, Jordan, 2, are watching while sitting and waiting their turn.*

thinks this annual fair is vital for the military community.

"I feel we owe it to Families and children to help teach them about being healthy. I think it's our responsibility to host events that educate, as well as enhance their lives," she said.

Kyleon Williams, 8, said he enjoyed the health fair. Williams was part of a group of students from the School Age Center attending the fair.

"It's really interesting and I'm looking forward to riding the bike that makes electricity," he said.

Izabell Tippet, 9, also part of the School Age Center group, said she liked the exercise booth



*CYS staff members dress up as a skeleton and a milk cow to teach kids the importance of drinking milk for healthy bones.*

the best but she said that was because her mom worked at that one.

Tippit said she was also interested in the vendors that focused on the environment. "I like dirt. It's fun. I'm in a gardening club," she said. "The fair is great because I like to learn new things."

Carolette Wright, a Fort Polk parent, said she brought her sons Malachi, 11, and Jude, 8, to the fair for a couple of reasons.

"I think it's a great place for them to interact with other kids and adults while learning new things, she said. "We have also been trying to live healthier lives, so we thought we would see what we could discover at the health fair."



# School Age Center hosts Mardi Gras parade



Mason Moore, 7, shows off his Mardi Gras style at Fort Polk's School Age Center Feb. 21. The kids at the center were preparing to take part in their own Mardi Gras Parade on center grounds.



The excitement builds as Fort Polk's School Age Center's doors are held wide open and the Mardi Gras parade begins Feb. 21.



Members of the School Age Center staff were almost as excited as the kids to take part in the center's Mardi Gras parade.



The first leg of the parade traveled around the School Age Center's traffic circle.

Please see **Parade**, page 11



# Parade

Continued from page 10



Lindsay Romero helps her son, Sagan, 8, decide whether he wants to wear a Mardi Gras hat or mask as he gets ready to march in the parade held at Fort Polk's School Age Center Feb. 21.



School Age Center kids had fun throwing beads to Family members that came out to watch the parade Feb. 21.



Some Family members were able to collect quite a haul of Mardi Gras beads at the School Age Center's Mardi Gras parade Feb. 21.



Students and Family members line up for a slice of king cake — the ultimate Mardi Gras treat — after the School Age Center's Mardi Gras parade ended.



# Sports



Kenny White (6), 519th Military Police Battalion "Strike Hard," puts in two of his nine points during his team's 44-37 win over 41st Transportation Company during Fort Polk intramural basketball play Feb. 26 at Warrior Gym.

CHUCK CANNON / GUARDIAN

## MPs 'Strike Hard,' knockout 41st Trans 44-37

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — Jack Harmon poured in 15 points and Kenny White chipped in with nine to lead a balanced Strike Hard MPs squad to a 44-37 win over 41st Transportation Company Feb. 26 in intramural basketball at Fort Polk's Warrior Gym.

The 41st Trans (4-5) jumped out to an early 10-4 lead and appeared poised to move their record north of .500, but the MPs (2-7) fought back grabbed its first lead at 14-13 behind a couple of 3-pointers from Harmon. But a break away dunk by Michael Levels followed by a long trey put the 41st back on top 18-14 with 5:00 left in the first half.

A layup and long jumper from Harmon sandwiched around a Levels 3-pointer made the score 22-21 in favor of Strike Hard with two minutes left in the half. The MPs scored the last two points on a Harmon layup to take a 24-21 lead at the half.

The teams traded baskets for the first 10 minutes of the second half with the MPs holding on to a slim 31-30 lead with five minutes left in the game.

From that point it was all Strike Hard as they ran off nine points in a row to boost their lead to 40-30 with 3:30 left.

The 41st Trans was able to whittle the lead to five points at 42-37 with 22 seconds left, but that was as close as they could get. Harmon added a layup for the MPs as time expired to make the final score 44-37.

Harmon said he was pleased with his team's

effort the entire game.

"It felt great to play a complete game," he said. "We played a good team and played hard the whole game. We didn't fade in the second half like we have in some of our games. We 'Struck Hard.'"

Smart decisions played a major role in the win, Harmon said.

"We played smart," he said. "We outhustled them and made sure to make two or three passes before attacking the basket. In the second half we upped that to three or four passed before taking a shot."

Defense was also a key to the MPs win, Harmon said.

"I think we identified their shooters, stayed in their face and they fell apart," Harmon said. "Good communication and playing smart is key for us. Whether we win or lose, we're going to 'Strike Hard.'"

Levels led the 41st Trans with 16 points and Jeremy McGee added 13. Levels said poor defense was his team's downfall.

"Our defense hurt us," he said. "Their little guys were hitting the boards and getting all the rebounds."

After the 9-0 second half fun put the 41st Trans down by 10 with 5:00 left in the game, Levels said his team panicked.

"Everything fell apart for us in the second half," he said. "We've got to get back to focusing on defense and not so much offense. In this league, if you have a strong defense you'll win; tonight we didn't have a strong defense."

In other action FSC defeated MEDDAC 50-35 and Team Slim won by forfeit against MEDDAC.

## Sports briefs

### Baseball signup

The Directorate of Family Morale, Welfare and Recreation's Child and Youth Services Youth Sports holds signup for wee ball (3-4 years), T-ball, baseball and softball today at 6880 Radio Road, bldg 400. Participants must have a current sports physical and be registered with CYS. Boys 15-18 and girls 13-15 are especially encouraged. A skills assessment is scheduled for today at 5:30 p.m. for T-ball and 6 p.m. for all others. For more information call 531-6004.

### Gymnastic classes

The Directorate of Family Morale, Welfare and Recreation Child and Youth Services hosts the following gymnastic classes at bldg 2070, Youth Gym:

- Parent and child gymnastics, ages 12 months to 3 years, Mondays at 10 a.m., 10:30 a.m. and 11 a.m., and Fridays at 5:30 p.m., \$25 a month.
  - Preschool gymnastics, ages 3-5 years, Monday, Tuesday and Friday 4:30 p.m., and Wednesday 11 a.m., \$35 a month.
  - School age gymnastics, ages 6-9 years, Mondays at 5:30 p.m. and Wednesdays at 6:30 p.m., \$45 a month.
  - School age gymnastics, ages 10 and up, Wednesdays at 5:30 p.m., \$55 a month.
- Children must be registered with CYS. Call 531-6004 for more information.

### Jiu Jitsu classes

The Fort Polk Directorate of Family Morale, Welfare and Recreation and Child and Youth Services offers Brazilian Jiu Jitsu classes for ages 6 and up for \$48 a month. Classes are held in bldg 744 Tuesdays and Thursdays from 5:30-6:30 p.m. and 6:30-7:30 p.m. Participants must be registered with CYS. Call 531-6004 for more information.

### Soccer camp

Challenger International Soccer Camp is back at Fort Polk by popular demand for two sessions: June 3-7 and July 22-26.

Classes for TinyTykes (ages 3-5) are 8-9 a.m. and cost \$96. Classes for ages 6-12 are from 9:15 a.m.-12:15 p.m. and cost \$149.

Applications can be picked up at Child and Youth Service, bldg 400, 6880 Radio Road.

Mail applications and payment (checks payable to Challenger Sports) to:

Mike Rees

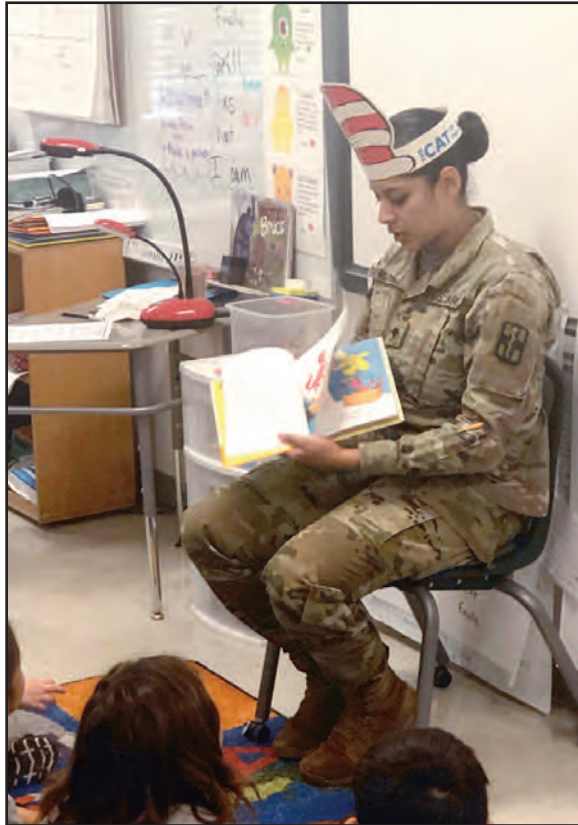
Challenger Sports

4403 Manchaca Road, Suite C

Austin, Texas 78745

Email [mrees@challengersports.com](mailto:mrees@challengersports.com) for more information.





JEAN GRAVES/PUBLIC AFFAIRS SPECIALIST

### 115th Combat Support Hospital Soldiers read to students

*Read Across America is an annual reading and awareness program that calls for children to celebrate reading on or around March 2, the birthday of beloved children's author Dr. Seuss, according to the National Education Association. Soldiers from 115th Combat Support Hospital read to Parkway Elementary*

*School students Feb. 25 in celebration of Read Across America Day. From left to right: Spc. Nathanael F. Dean, licensed practical nurse with B Company, Spc. Hannah N. Villalobos, signal support specialist, Headquarters and Headquarters Detachment and Sgt. Elisa B. Battle, licensed practical nurse, B Co.*

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# Dental team conducts exams, explains importance of oral health

## FORT POLK DENTAL TEAM

FORT POLK, La. — During February, the Dental Team from Fort Polk's dental clinics visited area schools to promote proper brushing and flossing, and perform dental exams as part of National Children's Dental Health Month.

This year the teams visited North Polk Elementary, Parkway Elementary and the Fort Polk Child Development Center. The volunteer team of dentists, dental hygienists and dental assistants saw 500 children for dental exams and gave away more than 800 goodie bags with toothbrushes, toothpaste, oral hygiene instruction sheets and fun coloring pages and stickers.

Team members said it's important to get youngsters started early with proper dental care practices.

Capt. Kevin Brunstein, a general dentist, said teeth and oral health are important so he's glad to help teach kids the basics of oral hygiene and start them off with good habits at a young age.

"The kids are really fun to work with and loved showing us their wiggly teeth," Brunstein said. "Although our screenings do not take the place of a regular dental exam, I'm glad we could provide feedback to parents about any areas of concern. Overall it was a great experience."

General dentist Capt. Stephen Thomas said he was impressed by the number of kids that did not have any treatment needs.

"I feel like it is a good representation of the parents' hard work to take care of their children's teeth," he said. "For those parents that struggle to help their children brush their teeth, hang in there: It's not an easy task and a lot of sweat and tears goes into it, but as your child gets older they will be grateful you stuck with it. When we improve our children's oral health, their overall health improves, and as a result their overall quality of life improves."

Dental assistant Brittany Minze said it was

*The Fort Polk Dental Team gets a little help from local students in presenting a skit during National Children's Dental Health Month.*



FORT POLK DENTAL TEAM

"nice" to give back to the children of the Soldiers who sacrifice their own lives for our freedom.

Some of the comments the team overheard from the children included:

- "I already know I have two cavities, here and here. This one jwas recently filled, and this one still needs to be filled." (Child then opens his mouth ready to have the exam.)
- "I liked when you had the kids from our class wear the tooth costume. That was funny."
- "Finally someone else other than my mommy is looking at my teeth."
- "Thank you. I will see you next year."

Team member Capt. Barbara Wegiel said it's

important to teach kids how to care for their teeth because oral health plays an important role in a person's overall health.

"Teaching children proper oral hygiene allows them to practice good habits from an early age and sets them up for success as adults," Wegiel, a general dentist, said.

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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.



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AW19-1034



# BJACH encourages healthy living with National Nutrition Month tips

By SHEILA ANTHONY

BJACH Health Promotion

FORT POLK, La. — National Nutrition Month is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals.

Taking charge of your health contributes to overall well-being as well as losing weight or staying at your ideal weight, which reduces risks of chronic illness such as heart disease and diabetes.

The campaign, originally “National Nutrition Week,” was first launched in 1973, with the theme “Invest in Yourself — Buy Nutrition.”

The American Dietetic Association was an early advocate in getting the message to the public organizing educational events held in schools and health care centers. This year’s theme is “Bite into a Healthy Lifestyle,” focusing on exercising regularly and making the best food choices.

Eating healthy can be easy, tasty and inexpensive if you stick to some simple guidelines. It can help reduce your risk of heart disease, stroke and other things you’d rather avoid. The good news: Eating right doesn’t have to be hard or require you to give up things you love. It’s all about making smart choices to build an overall healthy dietary pattern.

Here are some simple ways you and your family can eat healthier:

- Include fruits and vegetables, whole grains, beans and legumes,

nuts and seeds, fish (preferably oily fish with lots of omega-3 fatty acids), skinless poultry, and plant-based alternatives, low-fat and fat-free dairy products and healthier fats and non-tropical oils.

- Limit sweets and added sugars, especially sugary drinks, sodium and salt, saturated fat and fatty or processed meats — if you choose to eat meat, select leaner cuts.

- Avoid trans fat and partially hydrogenated oils.

## Tips

- Choose mindfully, even with healthier foods. Ingredients and nutrient content can vary.

- Read labels. Compare nutrition information on package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and trans fat, and no partially hydrogenated oils.

- Watch your calories. To maintain a healthy weight, eat only as many calories as you use up through physical activity. If you want to lose weight, take in fewer calories or burn more calories.

- Eat reasonable portions. Often this is less than you are served, especially when eating out.

- Don’t dismiss entire food groups. Eat a wide variety of foods to get all the nutrients your body needs.

- Cook and eat at home. You’ll have more control over ingredients and preparation methods.

- Look for the Heart-Check mark to easily identify foods that can be part of an overall healthy eating pattern.



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# Lagniappe

## BOSS

Check out Fort Polk's Better Opportunities for Single Soldiers. The organization offers single Soldiers the opportunity to volunteer, as well as participate in fun events. Don't miss your chance to take part.

- **Basketball game**

Fort Polk BOSS is taking a trip to New Orleans as the Pelicans host the Phoenix 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.

- **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.

- **Volunteer opportunity**

The BOSS program encourages

you to donate your time to those in need. BOSS lends a helping hand at the DeRidder Soup Kitchen each Monday and Wednesday. Departure time is 4 p.m. from the Home of Heroes Recreation Center.

## Festivals

- **Black Heritage Festival**

The annual Black Heritage Festival takes place March 9 at the Lake Charles Civic Center, 900 Lakeshore Dr., 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 while celebrating diversity, culture and education. 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, clothing, collectibles, Greek paraphernalia and more. Admission is \$5 per person. Children 5 and un-

der get in free. For more information visit [www.bhflc.org](http://www.bhflc.org).

- **Rabbit Festival**

The Iowa Rabbit Festival takes place March 14-16 at the Burton Coliseum Complex, 7001 Gulf Hwy., Lake Charles.

March 14 from 5 p.m.-midnight is free admission night. The carnival and vendors will be open and accessible, but the Burton Coliseum will be closed.

March 15 the festival takes place from 5 p.m.-midnight. Admission is \$5 per person for those 12 years and older.

March 16 the festival opens at 10 a.m. and ends at midnight. Admission is \$5 per person for those 12 years and older.

Live entertainment includes local musicians Dustin Sonnier, Wayne Touns, Jamie Bergeron and more.

For more information visit [www.iowarabbitfestival.org](http://www.iowarabbitfestival.org).

- **Nursery Festival**

Get a jump start on your spring planting at the 34th annual Louisiana Nursery Festival March 15-17 in Forest Hill. Hours are March 15-16 from 8 a.m.-6 p.m. and March 17 from 10 a.m.-4 p.m.

Vendors host booths offering a wide variety of handmade crafts and other wares. In addition, it's hard to decide which beautiful plants to take home. All types of shrubs and trees are available in a variety of sizes. Rose bushes, especially the disease resistant Knock-Out Rose, are offered in a host of colors. Also, be sure not to forget your bedding plants that provide color to your garden all summer long. If you are stumped as to what to plant and where, just ask one of the garden experts available on site.

Equipment displays line the back of the grounds with golf carts, lawnmowers, lawn care tools, tractors and pickup trucks for the man (or woman) to consider purchasing.

There'll be food booths that will be cooking items that will tantalize your taste buds. While doing all your shopping, the kids can enjoy the midway rides. For more information call (318) 452-2362.

## Miscellaneous

- **Azalea trail**

Enjoy the first blooms of spring on the historic azalea trail. The Lafayette Azalea Trail winds through the historic districts, grand boulevards and streets of Lafayette; about 20 miles of floral

splendor within the city's urban core. Some of the bushes are more than 80 years old. For more information visit

<https://azaleatrail.org/>.

- **Texas Hold 'em**

If you love a good game of poker, stop by Spare Time Lounge, 2087 Ninth St., Fort Polk, 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.

- **Chimp adventure**

Make plans to visit Chimp Haven March 16 from 9 a.m.-noon, Keithville, La. The center is open to the public on a Chimpanzee Discovery Day. The event is an entertaining and educational adventure for the entire family. Visitors to Chimp Haven will have the chance to observe the chimpanzees in forested habitats; talk to staff about the chimps personalities and natural behavior; and discover the wonders on the nature trail. Admission fee: Adults (13 years and above) - \$10; children (6 -12 years) - \$5; and children (5 years and under) - free. For more information visit <https://chimphaven.org/events/>.

- **Language club**

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

- **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. Meetings are held at 7 p.m. at the New Llano American Legion, Post 387, 500 Vernon St., New Llano. The March tournament takes place on Sam Rayburn Lake. For more information call (337) 535-7591 or visit [www.fortpolkcommunity-bassmasters.com](http://www.fortpolkcommunity-bassmasters.com).

- **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.

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KIM REESE, ELEMENTARY PRINCIPAL  
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CALL 239-1055 OR 392-1569  
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NONDISCRIMINATORY POLICY AS TO STUDENTS

Faith Training Christian Academy admits students of any race, color, national and ethnic origin to the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate based on race, color, national or ethnic origin in administration or its educational policies, admissions, policies, athletics, or other school programs.



# 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

### Your opinion on Public Education in Louisiana matters!



## #RedForEd

Visit [redfordla.org](http://redfordla.org) to give your input today.



### SCHOOLS

**CHILD CARE OPENING'S** at First Assembly Christian Academy! 6 Weeks to 3-years-old. Also Enrolling Pre K - 4 for 2019-2020! Call 337-239-6553 or visit us at 1201 South 9th in Leesville.

### FOR SALE

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

### FOR RENT

**ONE BEDROOM HOUSE** with two baths and Townhouses (\$700 per month), References required. Call 318-793-8901

**LOW RATES!** Fully Furnished Studio Suites. Daily, Weekly, and monthly rates available. Full Kitchenettes with utilities & Cable included. **EARN FREE STAYS! CALL NOW** 318-370-8356

### REAL ESTATE

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

### STATEWIDES

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

**APPLYING FOR SOCIAL SECURITY DISABILITY OR**

**APPEALING A DENIED CLAIM?** Call Bill Gordon & Assoc., Social Security Disability Attorneys, 1-844-883-2045 FREE Consultations. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. (TX/NM Bar)] (LA-SCAN)

**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)

**ARE YOU BEHIND \$10K OR MORE ON YOUR TAXES?** Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 1-855-402-7354 (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)

**SAVE YOUR HOME!** ARE you behind paying your MORTGAGE? Denied a Loan Modification? Threatened with FORECLOSURE? Call the Homeowner's Relief Line now for Help! 1-866-470-1641 (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)

## Advertising in The Fort Polk Guardian

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

call Theresa Larue

337-404-7242

or email her at

[sales@thefortpolkguardian.com](mailto:sales@thefortpolkguardian.com)



### Guardian Tradin' Post Ad

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

\* Businesses will not receive free advertising. All business ads must be prepaid. We accept Visa and Mastercard.

(This includes child care, quarters-cleaning, or the sale and/or breeding of multiple pedigreed/registered animals)

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

Turn in ads to the Public Affairs Office, Bldg. 4919, Magnolia Dr. Or fax to 318-352-3667 or email to tradingpostads@yahoo.com

Deadline for FREE ads is NOON Tuesday.

Category: ☐ Household Appliances ☐ Furniture ☐ Sporting goods ☐ TV/Radio/Stereo ☐ Motor Vehicles ☐ Computers ☐ Pets ☐ Garage Sales ☐ Real Estate ☐ Misc.

Advertisement: In 25 words or less (one word per block) give description, price, telephone number and other pertinent information. For garage sales, list time, date and location.


I am a: ☐ Soldier ☐ Retiree ☐ DA Civilian ☐ Military family member

In signing this form, I certify that the items I am advertising will be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Phone: \_\_\_\_\_



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**1-800-443-3780**

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Alexandria, Baton  
Rouge, Hammond,  
Harvey, Lafayette,  
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## Earn a Class A, B or C CDL

- **FULL-TIME  
4 WEEK PROGRAM**  
-160 Hours
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8 WEEKEND PROGRAM**  
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- **Refresher Course**  
-40 Hours
- **Passenger/School Bus  
Course**  
-40 Hours

**We are a 3rd party tester.**

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

**VIASAT SATELLITE  
INTERNET UP TO 12  
MBPS PLANS START-  
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Our Fastest Speeds (up to  
50 Mbps) & Unlimited  
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\$100/month. Call Viasat  
today! 1-855-801-0860  
(LA-SCAN)

**ATTENTION: OXYGEN  
USERS! GAIN** freedom  
with a Portable Oxygen  
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heavy tanks and refills!  
Guaranteed Lowest Prices!  
Call the Oxygen Concen-  
trator Store: 855-382-4168  
(LA-SCAN)

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

**MEDICAL-GRADE  
HEARING AIDS FOR  
LESS THAN \$200! FDA-**  
Registered. Crisp, clear  
sound, state-of-the-art fea-

tures & no audiologist  
needed. Try it RISK FREE  
for 45 Days! CALL 1-866-  
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**YOUR MEDICATION,  
MADE EASY! PillPack** is  
a full-service pharmacy  
that sorts your medication  
by the dose and delivers to  
your door -- For free.  
Learn more: 877-811-  
5046 (LA-SCAN)

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DRIVERS. RUN** in OK,  
AR, LA and TX! Home  
weekly, earn \$1100-\$1300  
plus great benefits! Rider  
and Pet program. Call 888-  
537-0273 today! (LA-  
SCAN)

**BATHROOM RENOVA-  
TIONS. EASY ONE  
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ize in safe bathing. Grab  
bars, no slip flooring &  
seated showers. Call for a  
free in-home consultation:  
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SCAN)

**AT&T INTERNET. GET  
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Speed Internet Thing.  
Starting at \$40/month with  
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service restrictions apply.  
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SATELLITE** Needed.  
\$40/month. 65 Channels.  
Stream Breaking News,  
Live Events, Sports & On  
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Contract. No Commitment.  
CALL 1-877-201-3648  
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**DISH TV \$59.99 FOR 190  
CHANNELS \$14.95  
HIGH SPEED INTER-  
NET.** Free Installation,  
Smart HD DVR Included,  
Free Voice Remote. Some  
restrictions apply. Call 1-  
855-721-4040 (LA-SCAN)

**EARTHLINK HIGH  
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Low As \$14.95/month (for  
the first 3 months.) Reliable  
High Speed Fiber Optic  
Technology. Stream Videos,  
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Earthlink Today 1-866-794-  
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**HOME BREAK-INS  
TAKE LESS THAN 60  
SECONDS.** Don't wait!  
Protect your family, your  
home, and your assets  
NOW. Get a FREE Quote!  
Call 1-888-694-2603 (LA-  
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**MEDICAL ALERT SYS-  
TEM FOR SENIORS.**  
Peace of Mind - Less than  
\$1 a day! Limited time offer:  
Free Shipping, Free Equip-  
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Call anytime: 1-855-487-  
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A Neighborhood**

  
**SYCAMORE POINT  
TIMBER RIDGE**

# 2 Bedroom Apartments starting at \$795/month

ALSO AVAILABLE

**2 BR/2 Bath Flat @ \$815/month**  
**2 BR/2.5 Bath Town home @ \$795/month**  
**3 BR/2 Bath Flat @ \$850/month**

**Washer/Dryer Included with a 12 month lease**

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**SAVE YOUR HOME!** ARE you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner's Relief Line now for Help! 1-855-222-0483 (LA-SCAN)

**SECURE YOUR HOME WITH VIVINT SMART HOME TECHNOLOGY.** Call 1-888-894-0402 to learn how you can get a professionally installed security system with \$0 activation. (LA-SCAN)

**AUTO INSURANCE STARTING AT \$49/MONTH!** Call for your fee rate comparison to see how much you can save! Call: 844-430-4651 (LA-SCAN)

**DENTAL INSURANCE. CALL PHYSICIANS** Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 1-855-268-0108 or <http://www.dental50plus.com/morning> Ad# 6118 (LA-SCAN)

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**WE SHOP; YOU SAVE ON YOUR MEDICARE SUPPLEMENT INSURANCE!** Call 1-844-318-1309 today to compare Medicare benefits and costs from up to 20 top-rated carriers. Receive the best option for you. (LA-SCAN)

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**BECOME A PUBLISHED AUTHOR!** We edit, print and distribute your work internationally. We do the work... You reap the Rewards! Call for a FREE Author's Submission Kit: 1-877-287-9291 (LA-SCAN)

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

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**Full Time Medical Secretary, Medical Biller, & Medical Assistant**

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#306	132	\$190
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#311	259	\$200
#313	305	\$230

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