



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

Vol. 46, No. 10

Home of Heroes @ Fort Polk, LA

March 8, 2019

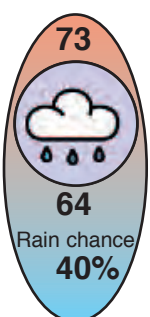


CHUCK CANNON / GUARDIAN

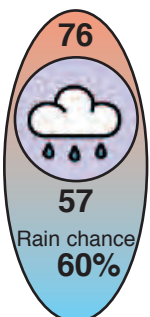
'I, Drake Quibodeaux'

Drake Quibodeaux, 8, a youngster from Vinton, La., takes the oath of enlistment from Lt. Col. Sonja Whitehead, commander, 519th Military Police Battalion, at Warrior Memorial Park March 1. Quibodeaux, who suffers from a brain tumor, and his family were invited to Fort Polk where Drake was made an honorary Soldier. See story and more photos on page 5 of today's Guardian.

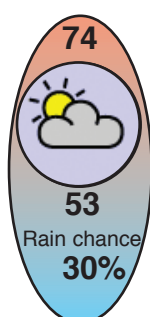
Weekend weather



Today



Thursday



Friday

Inside the Guardian

Shipping via barge 3

Hitching a ride 7

Quiz Bowl champs 10

Daylight saving time begins Sunday at 2 a.m. so don't forget to set the clocks forward before turning in Saturday.

Viewpoint

Why do bad things happen to good people?

By **CHUCK CANNON**
Guardian editor

FORT POLK, La. — It's a question that's been asked for as long as people have asked questions: Why do bad things happen to good people?

We talked about this very subject in my Sunday School class this week, and my thoughts immediately turned to Drake Quibodeaux, an 8-year-old youngster who is suffering from diffuse intrinsic pontine glioma — commonly known as DIPG — a highly aggressive and difficult to treat tumor located at the base of the brain.

If ever there was a "bad thing" happening to a "good person," this is it.

From what his parents have shared with me, Drake is a typical 8-year-old boy who enjoys the outdoors, especially fishing and hunting with his dad and brothers. He loves riding four wheelers, shooting and most things kids his age enjoy.

The Michael Mosier Foundation, dedicated to finding cures for brain stem cancers, reports that while medical advances in the past 40 years have greatly improved the survival rates of children diagnosed with most types of cancer, that's not the case for those affected by DIPG. A child diagnosed with DIPG today faces the same prognosis as a child

diagnosed 40 years ago. There is still no effective treatment and no chance of survival. Less than 1 percent of children with DIPG survive for 2 years following their diagnosis. The median survival time is 9 months from diagnosis.

Drake was diagnosed about 1 year ago, meaning that statistics say the youngster is running out of time. But you'd never know it by visiting with him and his family. They are confident that their son, brother, nephew, will be cured. Even Drake has told his mom, as she daily fights back the tears and despair that any mother would battle, "Don't worry or cry. God's got this. It will be OK."

Watching Drake and his family members as they paid a visit to Fort Polk March 1, where Drake was given the oath of enlistment and made General of the Army at Fort Polk for the day, I was taken back to a time nearly 30 years ago as I prepared to head to an assignment in Germany. My spouse, Susan, son, Justin, and I paid a visit to my grandmother at the nursing home she had been in for a few years. She was elderly and frail and we knew she probably didn't have long to be with us.

As we got up to leave, she asked,

"Where is your next assignment?"

My mother said, "They're going to Germany."

In that instant, I could tell by the look on my grandmother's face that she knew in her heart she would never see me again.

The same feeling passed over me during Drake's visit. His mother said that his strength was ebbing and this was probably

his last trip. She said hospice has been called in.

And again, I wonder, "Why do bad things happen to good people?"

While getting ready for work March 4, I heard of the tornado outbreak in Alabama on March 3 that claimed at least 23 — some of them small children.

As a Christian, I know there are things I don't understand now, that one day I will. But that doesn't make me wonder any less or ease the pain today. I'm just glad I was able to cross paths and make friends with Drake and his family. I'll not forget them or how they faced this trial with courage and faith.

I'm glad Fort Polk could provide this day for you, General Drake, and I pray that against all odds, we'll see you again.

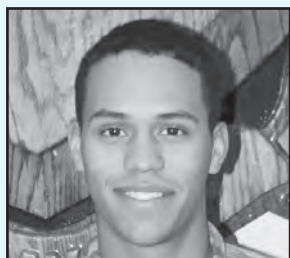
Commentary

In our view

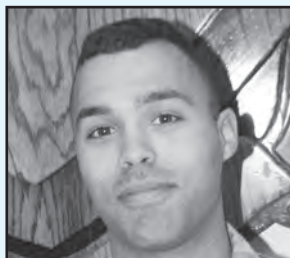
Guardian staff asked Fort Polk residents, "Are you a career Soldier or is the Army a step toward something else?" Here are their responses:



Sgt. Sergio Alas: "It is definitely a step toward another career path. I plan to get out of the military eventually and get a civilian job and go to school as well."



Spc. Ricardo Ayala: "The leadership skills we learn in our jobs can definitely apply to the civilian sector, so I see the Army as a big stepping stone."



Spc. Christian Richardson: "I'm still in the middle about that. (The Army) is a good start, especially for young people just getting out of school. It teaches you leadership and time management."



Pvt. Jeffery Schneider: "I don't know yet. I like using what we have available to us through the Army, like tuition assistance and classes. It's a stepping stone for now until I can decide if I want to make it a career or not."



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

Trading post ads:

tradingpostads@yahoo.com

Fort Polk Homepage

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

Advertising

For advertising contact
Theresa Larue
(337) 404-7242

Email: sales@thefortpolkguardian.com

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

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

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

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

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

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

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

Briefs

ECP suspended

The Residential Communities Initiative Energy Conservation Program is suspended until further notice. Residents should not be billed, receive rebate payouts, be charged administrative fees or receive delinquent utility charges. RCI partners will continue to monitor usage and provide residents with mock billing statements while the Army reviews current data collection and billing methodology. Contact your neighborhood office for more information.

75th Ranger brief

Briefings for Soldiers interested in joining the 75th Ranger Regiment are held Thursday and March 15 at 11 a.m. and 1 p.m., in Room 123 of the Fort Polk Education Center on Colorado Avenue. Email 75recruit@coc.mil or william.s.mckuin.mil@mail.mil for more information.

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.

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.

Tax help

The Fort Polk Tax Center, located in bldg 2502, Alabama Avenue, is open Monday through Wednesday and Fridays from 9 a.m.-5 p.m., Thursdays from 11:30 a.m.-7 p.m. (except from noon-1 p.m.), and Saturdays from 9 a.m.-noon by appointment only. Call 531-1040 for an appointment.



Soldiers from 626th Brigade Support Battalion, 3rd Brigade Combat Team, 101st Airborne Division off-load vehicles from barges at the Central Louisiana Regional Port in Alexandria, Louisiana.

Vehicles delivered by barge via regional port

By KEITH HOUIN

Public affairs specialist

ALEXANDRIA, La. — Ending an eight day journey on rivers across the U.S., 36 barges loaded with vehicles of the 626th Brigade Support Battalion, 3rd Brigade Combat Team, 101st Airborne Division pulled into the Central Louisiana Regional Port in Alexandria, Louisiana, Feb. 28 for the division's rotation at the Joint Readiness Training Center and Fort Polk.

As barge after barge took its place at the off load dock, 172 rotational Soldiers drove the vehicles from the barges and moved them to the intermediate staging area. At the staging area, another 200 rotational Soldiers prepared for convoy operations to Fort Polk.

"Normally we would use rail, but we are taking advantage of the barge operation because it is easier and quicker. For example, rail takes a week for us to download and we're thinking it will take us just a day to download from barge," said Maj. Nancy Colsia 626th Brigade Support Battalion, 3rd Brigade Combat Team, 101st Airborne Division executive officer.

Battalion Command Sgt. Maj. George Birchfield explained that barges allow you to have secondary loads such as tents and equipment in the vehicles, but with rail you can't pack secondary loads. They have to be loaded into containers and on rail cars separately.

"We want to have versatility. We want to have training in rail and barge operations, so we can project that combat power anywhere we're called to go. Barge operations allow us to build immediate combat power. Here we're able to unload and build that combat power at the intermediate staging base and convoy to Fort Polk. With rail we have to unload the vehicles, unload secondary materials, load secondary materials on trucks, move to the training location and unload trucks. Barge is faster, cheaper and more effective," said Lt. Col. Larry Dean, battalion commander.

Curtis Clark, 101st Airborne Division Transportation Chief, said sustainment by barge saves about \$1 million dollars versus other methods.

There are other advantages to barge operations. Chief Warrant Officer 3 Shannon Johnson, JRTC Material Manager for Sustainment Operations said having the ability to use barges gives multiple means of bringing equipment to JRTC, and the process to order a barge for transport is more streamlined than it is for any other mode of

transportation. The rotational unit has more control over the barge ordering and loading process, whereas arrival of line haul trucks is sporadic and uncontrollable. The arrival of the barge is usually known in advance. One of the reasons barge operations at the port are successful is the flexibility and support of the port's tenants (other businesses that use the port).

"Given the size of these rotations, there is always the potential for disruptions to other port tenants. However, our tenants are extremely flexible in assisting to ensure maximum efficiency during operations. In fact, one of our tenants has even provided breakfast for the Soldiers," Blake Cooper, executive director of Central LA Regional Port, said.

Even though the port had not been used for 13 years for rotational units to come to JRTC, in the past 12 months there have been three rotations to use it, Cooper said.

"The port has invested a considerable amount of capital, ensuring the rotational impact is minimal. For instance, we have improved upon our roadways and have provided additional staging capacity outside of the immediate loading area to get the equipment off the barge and ready for convoy clearances to the ISB at England Airpark or directly to Fort Polk," he said.

There are both direct and indirect benefits to using the port during JRTC rotations.

"Obviously, we appreciate and support the military utilizing barge transport. There is a direct impact to the port's revenue. However, these operations also add indirect benefits. During the rotations you have contractors and other vendors staying in area hotels and eating at local restaurants. More than anything, the port's mission relative to the rotations is to support the readiness of the Soldiers and the effectiveness of the training exercises held at Fort Polk," Cooper said.

As important as deployment capability via barge is to rotational units and the JRTC, not everyone is aware of it.

"I didn't have the big picture, but I have it now," said Alexandria Mayor Jeffrey Hall. "This is the main artery part of operations, so we have to be a part of it. Alexandria will continue to support units like the 101st and ongoing JRTC training. We consider Alexandria and the broader central Louisiana area a military community. The military is part of our fabric and our history. So many times, we speak of the economic impact, but it is much bigger than that. We want our Soldiers to know they are welcome and appreciated in central Louisiana."

National Guard shines light on dedicated Soldier

By Maj. TIMOTHY JOHNSON

Army News Service

CAMP TAJI, Iraq — The 108th Sustainment Brigade commemorates International Women's Day 2019 (today) by recognizing the dedication and strength of U.S. Army National Guard Sgt. Gabrielle Calderon.

Called upon in the 11th hour to fill a critical Operation Inherent Resolve deployment vacancy with Task Force Lincoln, comprised of Soldiers from the Illinois Army National Guard, Calderon answered without hesitation.

"My family is my motivation and drive behind everything I do. I am only here because I have their support" she said.

Serving on her first overseas deployment, Calderon executes a dual role as convoy commander and security element lead for advise and assist missions conducted with Iraqi Army key leaders. She adds energy and laughter to the daily grind and is a motivating force for the rest of the task force.

"Sergeant Calderon has the drive to improve continuously, displays a contagious attitude, and shows strong professionalism," said Maj. Zachary Bokum, her team leader. "She is a leader that others need to emulate."

Reflecting on this year's International Women's Day theme, "Balance for Better," Calderon expressed the positivity her team admires in her.

"As a motor transportation operator, I am in a male-dominated specialty," Calderon said. "I often feel I have to do better to prove I'm just as

good as the men. I don't allow it to bring me down; I use it as the fuel to put my engine into overdrive."

She offers advice for anyone experiencing gender bias, be it in a military setting or a civilian workplace: "Stand up for yourself, and prove that you are just as good, if not better, than those who surround you."

Calderon's favorite part of being a Soldier is the challenge and opportunity it presents.

"There is always a new goal to achieve, a higher rank, a new (military occupational specialty), a new unit, a new mission."

She said choosing to stay in the Army has its challenges, but it's the right choice for her and her family.

"My husband has always encouraged me to do what I love and what I'm good at, and for me, that's being a Soldier," she said. "Having him by my side allows us to show our kids that hard work is not only the job of a dad but in our home, we are a team."

Calderon said she looks forward to getting back to some of her favorite activities like organizing individual birthday parties for her kids and tinkering with the race cars in the garage. Until then, she'll continue to focus on the mission at hand, striving to be the outstanding leader described in the Creed of the Noncommissioned Officer.

"I have been blessed with some amazing leaders in my path, and I take pride in what they teach me," Calderon said. "I want to provide the same kind of leadership to my Soldiers that has been provided to me."



Sgt. SAMANTHA PETERSON/ARMY NEWS SERVICE

Sgt. Gabrielle Calderon, 108th Sustainment Brigade, is an Army leader at Camp Taji, Iraq. Calderon is deployed to Iraq to train, advise, and assist the Iraqi Army maintenance mission at Taji.

First enlisted female graduates Army's Sapper Leader Course

By MICHELLE VOWEL

Army News Service

FORT LEONARD WOOD, Mo. — Sgt. Hailey Falk is the Army's first enlisted female Soldier to graduate from the rigorous Sapper Leader Course since the program's inception in 1985.

Falk, 23, received her Sapper Tab, Dec. 7, after completing the "demanding 28-day leadership development course for combat engineers that reinforces critical skills and teaches advanced techniques needed across the Army." She is assigned to B Company, 39th Engineer Battalion "Bull Strike," 2nd Brigade Combat Team "Strike," 101st Airborne Division, at Fort Campbell, Kentucky.

"Sergeant Falk's success as the first enlisted (female) graduate represents a step forward in the process of recognizing success in the combat arms field by performance, not by gender," said Capt. John D. Baer, B Company commander, 39th BEB.

"The combat engineer military occupational specialty (12 Bravo)

opened to females in 2015, and Sergeant Falk's graduation from the Sapper Leader Course reinforces the wisdom in that decision by proving that both genders can achieve success in the enlisted combat arms career field."

Falk was promoted to sergeant last summer. With a high Army



STEPHEN STADIERD/ARMY NEWS SERVICE

Sgt. Hailey Falk receives her Sapper tab from Capt. Timothy Smith during the Sapper Leader Course graduation ceremony Dec. 7 at Fort Leonard Wood, Missouri.

Physical Fitness Test score and a dedication to physical fitness, Falk's leadership saw her potential to succeed at the Sapper Leader Course.

"She is an outstanding noncommissioned officer and embodies the be, know, do leadership model and esprit de corps. She accepts the most difficult task without hesitation. As an NCO she leads from the front and drives troops forward to accomplish all missions," said Staff Sgt. William Frye, Falk's squad leader.

Each platoon in B Company rallied to help Falk and her fellow Soldiers succeed at Fort Leonard Wood.

Among the challenges Falk faced at the leader course was the Sapper physical fitness test. The test is graded by Army standards to the individual's age and gender.

The minimum passing criteria is 230 total score, with no less than 70 points in each event. At the end of the course, Falk's instructor delivered the news that she had passed.

"At that moment, that's when it hit me that I did all this. Now, it

didn't seem hard anymore," she said.

"During (the course), it seemed like the hardest thing I've ever done."

Baer said Falk's success should be a challenge to all combat engineers of any gender. "There are physiological differences between genders, and female combat engineers often have to work harder to meet the strenuous physical demands of combat relative to their male peers. Additionally, the unit's operational demands prevent an extended preparation time for the school," Baer said.

"Sergeant Falk has humbly taken on these challenges, succeeding purely through hard work and mental toughness."

A week after graduation, Falk said she is catching up on her sleep and preparing for her next adventure — attending Pathfinder School in January.

"(I'm) hoping to get as many (Army) schools as I can," she said. "I'm ready to do anything at this point."

'General Drake' commands Polk Army for one day

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — Sometimes extraordinary circumstances call for uncommon actions.

For instance, an 8-year-old cannot enlist in the Army, nor can he attain the rank of general.

But that is exactly what took place March 1 on Fort Polk. Drake Quibodeaux, a youngster suffering from diffuse intrinsic pontine glioma, a non-operable brain tumor, was given the oath of enlistment and the rank of general, complete with his own uniform, during a ceremony at the installation's Warrior Memorial Park.

Drake, accompanied by his family, friends, fellow Soldiers and Fort Polk leadership was given a tour of the post including demonstrations by 519th Military Police Battalion, Directorate of Emergency Services Fire Department, a meal in the Guardian Inn Dining Facility and a visit to 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division, where Drake pulled the lanyard to fire one of the unit's big guns.

Gen. Drake finished his day-long visit with a briefing from Joint Readiness Training Center and Fort Polk Commanding General Brig. Gen. Patrick D. Frank.

Frank had his staff brief Drake on his "Army's" capabilities, and then asked if everything met his approval. Drake responded with a "thumbs up."

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

Radiation is part of the standard course of treatment for DIPG patients, as it is the only form of treatment that has proven benefits. For roughly 70 percent of DIPG patients, radiation causes the tumor to shrink, which provides relief from many of the symptoms associated with DIPG.

As a DIPG tumor begins to grow, it puts pressure on the nerves that control the essential bodily functions regulated by the pons. Children with DIPG commonly experience double vision, reduced eye movement, facial weakness or asymmetry, and arm and leg weakness. They also have problems with walking, coordination, speech, chewing and swallowing. As the tumor progresses, it also interferes with breathing and heartbeat, which ultimately results in the child's death.

Drake's mother, Danielle Quibodeaux, told those gathered for the enlistment ceremony how they learned of Drake's cancer.

"Just imagine your healthy son one day driving a boat, he has seizures, he becomes paralyzed for six weeks, and then being told by the doctor, 'Just go home and make memories, there's no hope,'" she said.

"That's what we're living right now. The doctors in New Orleans said, 'Just go home. There's no sense in trying anything.'"

As for how Fort Polk entered Drake's life, Danielle said it was through a Soldier stationed in Korea who read Drake's story online, and then told Command Sgt. Maj. Jerry Dodson, Fort Polk garrison command sergeant major, about his plight and Drake's request to have 190 Christmas cards sent to him.

Dodson reached out to the Quibodeaux family. On Dec. 19, Dodson, along with his spouse, Kim,



CHUCK CANNON / GUARDIAN

Drake Quibodeaux, 8, who suffers from diffuse intrinsic pontine glioma, a non-operable brain tumor for which there is no cure, receives a certificate and cap from Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, during a visit March 1. Quibodeaux was promoted to General of the Fort Polk Army for the day.

and Cpl. Devon Douglas, president of Fort Polk's Better Opportunities for Single Soldiers, made the two-hour trip to the Quibodeaux home in Vinton, Louisiana, bearing Christmas cards and presents from the Fort Polk Family.

During the visit, it was learned that Drake's dad, Christopher, had been stationed at Fort Polk and assigned to 5th Bn, 25th FA Reg. A bond developed between the Quibodeaux and Fort Polk Families resulting in the March 1 visit.

Christopher said he's grateful to Fort Polk for opening its arms to Drake and the entire Quibodeaux family.

"When they dropped the uniform off to us yesterday it brought back a lot of memories," he said. "Here I get a chance to make memories with my son, and some of my old Army buddies from back in the day have posted they wish they could be here to share this day with us. They think it's amazing.

"It means a lot. It's something I'll be able to cherish. It means a lot for Fort Polk to open its doors to us. They were caring."

On Jan. 25 the Quibodeauxs learned Drake's tumor had begun growing in a new area. It meant more radiation.

"Unfortunately, that's all they can do for us at this time," Danielle said. "We're on hospice now, so today is probably the last major thing we'll be doing. We're going to make the best of every day. This is something we couldn't do for Drake by ourselves, and now he's a four-star general.

"No words can describe the experience or the memories that are going to be made today."

Danielle said it's days like the one spent at Fort Polk that help the family get through the tough times.

"The last couple of days Drake hasn't been able to move off the couch," she said. "He's been very nauseous and pretty much unresponsive. We called hospice and adjusted his meds. We need days like this to get through the hard days."

For her part, Danielle said she tries not to show her emotions in front of Drake.

"I don't cry in front of Drake," she said. "I'll tell him I'm going to take a bath. Dad cries all the time."

Christopher said he's not shy about hiding his tears.

"I don't hold it back," he said. "If he has questions, I'll tell him. We don't keep him out of the

Please see **Drake**, page 6

3rd BCT, 10th Mtn Div 'Patriots' reach summit of Mountain Peak

By Maj. OLIVER SCHUSTER

3rd BCT, 10th Mtn Div PAO

FORT POLK, La. — The Soldiers of 3rd Brigade Combat Team, 10th Mountain Division, completed their Mountain Peak exercise this week, defeating the hybrid threat of a widely known fictional enemy, Ariana, in the Joint Readiness Training Center and Fort Polk training area.

Mountain Peak is an eight-day, brigade-level, combined-arms training exercise that validates the brigade's ability to conduct operations to the division. It is the second of three training exercises the brigade is completing to validate its readiness as an organization. The first event was the leaders training program exercise, which was completed in early February. The third event is a JRTC rotation, which the brigade is scheduled to conduct in April.

Mountain Peak allowed Soldiers like Chief Warrant Officer 2 Frank Peterson, brigade food advisor, to test the unit's logistics support procedures.

"Mountain Peak gave us another chance to test our break bulk procedures and resupply methods prior to JRTC," Peterson said. "I am confident we are ready to meet the challenges of conducting these mission

during JRTC."

Being able to get repetitions is vital for a unit to increase its readiness as it builds confidence in systems, individuals and teams.

"I feel like Mountain Peak has helped me practice how to communicate more effectively within my section," said Pfc. Jacob Frank, intelligence analyst.

The amount of support that goes into a Mountain Peak rotation is impressive. About 900 Soldiers from Fort Drum, New York, participated in the exercise as the opposing forces and observer controllers. More than half of these Soldiers came straight from their own rotation at JRTC, bringing with them knowledge from lessons learned to better prepare 3rd BCT Soldiers for a rotation.

The brigade will now have a couple of weeks to recover, do some readjusting, continue JRTC planning and spend quality time with families prior to facing off against Geronimo forces at JRTC.

Above and below right: Patriot Soldiers conduct operations during Mountain Peak from Feb. 27 to March 6.



Maj. OLIVER SCHUSTER / 3RD BCT, 10TH MTN DIV PAO



Drake

Continued from page 5

loop. Whatever he chooses to do, we'll do. He's strong. I told him I'd never leave him."

Danielle said the hardest part for her is realizing that Drake doesn't understand what's happening to his body.

"Three nights ago Drake said, 'Mom, I can't see out of my eye anymore,'" she said. "He cried. He doesn't understand, and for us that's the hardest. With DIPG, he'll still have his mental capabilities intact, but he'll lose his bodily functions, so you know he's frustrated. Sometimes he'll get so mad because even we can't understand him, and that's when we all cry. That's so hard."

A child diagnosed with DIPG today faces the same prognosis as a child diagnosed 40 years ago. There is still no effective treatment and no chance of survival.

The Quibodeaux family was told by doctors that only 5 percent of children with DIPG survive for a year following their diagnosis, and less than 1 percent survive for 2 years. The median survival time is 9 months from diagnosis. Drake will soon pass the year mark from his diagnosis in

March 2018.

Drake's older brother, Haiydn, said he struggles with his brother's suffering. "But I believe he's going to pull through it, I have faith that he will," he said. "That's all I can go on. The most difficult part has been realizing I'm not able to play with him like an older brother anymore. But I'm 16. I'm strong. I can handle it."

Although the prognosis for Drake is bleak, the family's faith is strong and they aren't ready to quit.

"We're going home and we're going to fight this," Christopher said. "We're not going to let this thing beat us. At the end of the day he's fought so hard. We're not going to live

in a box. We're going to live life to the fullest while we can."

Danielle said they've learned to rely on faith, family and friends.

"And Drake," she added. "He asks us, 'Why are ya'll crying. I'm OK. God's got me. We'll get through this.'"

"When we're weak, there is always someone there to hold us."



Drake Quibodeaux and his dad, Christopher



CHUCK CANNON / GUARDIAN

Col. Jarrett Thomas II, Fort Polk garrison commander, and his spouse, Telisha, visit with Drake Quibodeaux and his family following an enlistment ceremony making the youngster, who suffers from diffuse intrinsic pontine glioma, a nonoperable brain tumor for which there is no cure, a Soldier for a day at Fort Polk.

Save money, time with Fort Polk's Mass Transportation Benefit Program

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Sit back, relax and let someone else do the driving for a change with Fort Polk's Mass Transportation Benefit Program (MTBP). The program was established in 2000 for eligible employees and military service members to reduce pollution and traffic congestion, preserve the environment and expand transportation alternatives.

To be eligible for the program an applicant must be employed by the Department of Defense — civilian, military or non-appropriated funds.

Commuters taking part in MTBP are eligible to receive as much as \$265 per month toward their van pool fee. That amount is dependent on the distance traveled. "If you live in DeRidder, you aren't going to get that amount. It will be a lesser amount and you may have some out-of-pocket expenses," said Terry Sadler, Fort Polk MTBP coordinator. "But even if that's the case, you already have out-of-pocket expenses while driving your own vehicle, so you are probably still benefiting in other ways," he said.

The program provides flexibility when working with its participants, said Sadler.

"There may be times a person can't ride in the van because they have something scheduled that's going to require they have their own vehicle. That's fine. From a policy standpoint, as long as you don't let the time you ride in the van dip below 50 percent each month, you can maintain your full benefits. If you ride less than 50 percent of the time, you might have to pay your portion for that month out of your own pocket," he said.

Tyler Robertson, Commute with Enterprise sales executive, said his company provides vehicles to programs like the Fort Polk's MTBP. That partnership contributes to the commuting capabilities of the Fort Polk work force traveling to and from Fort Polk daily from surrounding communities.

Cities and towns that are 20 miles away or more are eligible to participate in MTBP.

"Right now the program is set up in places like DeRidder (three commuter vans), Alexandria (three commuter vans) and Florien (one commuter van), but if there is enough interest, the program could be set up as far as Lake Charles and Natchitoches, which is one of the reasons the program is trying to get the word out.

"We would love to set up commuter vans in more locations," said Robertson.

The main requirement is there must be at least four people riding in the van. Robertson said it's a seven-seatbelt vehicle, so four people is the minimum they need, but if more people sign up, the company's largest vehicle is a 15-passenger van. There is a DeRidder van with 12 active commuters.

Sadler said any commuter who lives farther than 20 miles away from Fort Polk should consider taking part in this program.

"They can save on wear and tear of their personal vehicle and if they are government employees or Soldiers, they are provided a benefit that helps pay for their participation," said Sadler.

He explained that what a commuter pays depends on how many riders there are in the van. For instance, if you have a seven-passenger van and there are only four people riding in the van, then there are going to be some out-of-pocket ex-

Tyler Robertson, Commute with Enterprise sales executive (left), Robert Ellis, assistant Mass Transportation Benefit Program coordinator (center) and Terry Sadler, Fort Polk MTBP coordinator stand next to a typical Enterprise van pool vehicle.



ANGIE THORNE / GUARDIAN

penses. "The mass benefit program will only cover a certain amount for the total cost of what Enterprise charges for the rental or lease of the van," said Sadler. "I've personally participated in the program off and on for the past 10. The most that I ever had to pay out-of-pocket for riding in the van for a month was \$50. I would probably spend \$100 per week driving myself."

The way Enterprise determines the cost of riding in the van varies. Robertson said it depends on a formula of how many people are riding in the van and the distance driven. After that they factor in the gas — which can also vary depending on the price of gas that day.

"If 10 people were coming from DeRidder, and eligible for the MTBP program benefit, there would likely be no out-of-pocket," he said. "If only four people were coming from Shreveport, there would probably be a some out of pocket expenses, but usually if you can get five or six people, most expenses are covered," he said.

Those shared expenses on the Enterprise vehicle include insurance, gas, wear and tear, upkeep and more.

"Your average commuter to Fort Polk, driving his own vehicle, is probably paying about \$400 per month for the same expenses," said Robertson. "So, financial benefits to the commuter can be anywhere from \$6,000 to \$10,000 per year in savings. It depends where you come from."

Once there are enough people from one location with an interest in commuting, Robertson said he works with everyone to come up with a central meeting spot in town such as a store or church parking lot.

"Commute with Enterprise takes care of that aspect. Once commuters agree where to meet each day, I talk to the person in charge of the parking lot to make sure that there are no issues," said Robertson. "We also want to make sure the people that sign up work a similar schedule. Are they all 8 a.m.-5 p.m. or 9 a.m.-6 p.m.? If someone is off by an hour, we try to figure out if they are able to change their shift a bit. It's usually not a problem," he said.

Other than financial benefits, the program can also help reclaim some of your time, said Robertson. "That's a big thing. If you let someone else do the driving, you can spend time doing anything from watching movies, reading or studying

to checking emails, Facebook or catching up on some work," he said. "It can also reduce stress. After all, if you are saving money and taking a nap, you are probably getting home a little more relaxed."

People do different things with that extra time, said Sadler. "In my van pool, we've had times that everyone would get in the van and catch up on sleep to and from work," he said.

Robertson said he hopes the program provides Fort Polk with healthier, happier employees, as well as reduced parking and congestion on post and at the gates, not to mention the fact that fewer cars on the road means better air quality and a reduction in carbon emissions.

Commute with Enterprise is the largest van pool provider in North America and van pooling is the safest mode of public transportation in the United States, said Robertson.

"Our goal at Fort Polk is to not only save commuters time and money, but also to connect and improve our communities. We love working with partners, such as Fort Polk, to do that," he said.

Sadler said he appreciates the privilege of participating in the Army's MTBP program.

"It's afforded me the ability to get to know people that I wouldn't have known otherwise and gives me options for transportation," he said.

Robert Ellis, assistant MTBP coordinator, said he thinks the program is an awesome privilege for DoD employees.

"Having commuting options is amazing. You look at where we are geographically and there aren't that many mass transit options available to us to go from place to place. This is an invaluable opportunity. The program will hopefully continue and grow," he said.

Certain groups are not eligible for the benefit.

These include contractors, unpaid interns and more.

Sadler said that doesn't mean they can't participate in the van pool. "They can still commute in the van pool, but they aren't eligible to participate in MTBP and government doesn't pay their part. They have to pay their fee themselves," said Sadler.

For more information about the program send an email to terence.l.sadler.civ@mail.mil or robert.b.ellis32.civ@mail.mil.



From left to right: Maj. Trevor Joseph, commander, Air Ambulance Detachment, and Capt. Connor Cash, operations officer, 1st Battalion, 5th Aviation Regiment, discuss medical and flight capabilities during a medical evacuation conference at the Joint Readiness Training Center and Fort Polk Feb. 28, with their civilian counterparts Tim Welch, program director for Med-Trans Air Medical Transport, Kane Mayeaux, Air-Med flight paramedic, and Corey Miller, program director for Acadian Air Med Services.



Mark Leslie, chief of Plans and Operations, Fort Polk Directorate of Plans, Training, Mobilization and Security and conference organizer, discusses the process to request MEDEVAC operations during the conference.

Community partners gather for MEDEVAC conference at Fort Polk

By **JEAN C. GRAVES**
Public Affairs Specialist

FORT POLK, La. — The commanding general of the Joint Readiness Training Center and Fort Polk hosted a medical evacuation conference for local and state agencies, first responders and medical professionals from six parishes at the Mission Training Center here on Feb. 28.

The symposium was a strategic engagement to improve communication and relationships with parish partners regarding the approval process to deploy Army MEDEVAC flight assistance to outside agencies. Its goal was to educate participants, formalize the request procedures and promote a shared understanding of what Fort Polk can and cannot do related to MEDEVAC.

Brig. Gen. Patrick D. Frank, JRTC and Fort Polk commanding general, opened the conference by thanking participants for attending and initiating the dialogue between Fort Polk and the surrounding community regarding air MEDEVAC operations.

"We want to continue to be great neighbors here at Fort Polk and JRTC, and we want to help out in any way we can, but we want to do it in the correct manner," Frank said.

Participants included law enforcement officials, fire departments, hospitals, civilian medical transportation companies and government agencies from Beauregard, Calcasieu, Rapides, Natchitoches, Vernon and Sabine parishes.

Theresa Basco is the coordinator for the Governor's Office of Homeland Security and Emergency Preparedness liaison for 10 parishes. She recommended agencies contact GOHSEP first if they have a need that is beyond their capabilities during an emergency.

"The conference was an important first step in bringing the community together for setting appropriate expectations of response," Basco said.

The Installation Staff Judge Advocate Col.

Thomas E. Schiffer discussed the immediate response authority in support of civil authorities, including search, rescue, evacuation and medical treatment regarding the request and use of air assets. Schiffer said requests from civil authorities must be in writing, there must be an agreement to reimburse and the condition must be imminently serious. An imminently serious condition includes anything that has the potential for loss of life, limbs or eyesight.

Mark Leslie, chief of Plans and Operations, Directorate of Plans, Training, Mobilization and Security, illustrated the procedures when a call for MEDEVAC comes to Fort Polk. He said calls will be routed through the installation operations center at (337) 531-4916. He provided participants with a list of questions that will be asked when requests are made.

Leslie described the mission authority required to execute or deny off-post MEDEVAC mission requests and highlighted the order of precedence when prioritizing support. Leslie said it is important parish partners understand the JRTC and Fort Polk mission, the inherent responsibilities for those who live, work and train here and the constraints for providing MEDEVAC for off-post agencies.

"We will continue to maintain our great relationship with our parish partners and we want to help, especially when it comes to life, limb or eyesight," he said. "But sometimes we are unable to because of the obligation we have to those training here."

Fort Polk is one of the few continental United States installations with air MEDEVAC capabilities. The 1st Battalion, 5th Aviation Regiment, U.S. Army Air Ambulance Detachment, "Cajun Dust Off," is ready to respond 24 hours a day, seven days a week. Capabilities include six UH-60 Blackhawk helicopters with hoist and night vision capabilities. The No. 1 priority is to support the JRTC mission. When an emergency occurs,

Cajun Dust Off has 15 minutes from the time the call is received to launch their crew. On average they are in the air within seven minutes. In addition to emergency evacuations, the unit has an obligation to Bayne-Jones Army Community Hospital to transfer patients across the region.

While the focus of the conference was MEDEVAC policies and procedures, Col. Marla Ferguson, BJACH commander, and Command Surgeon Maj. Bradley Tibbets explained the importance of timely notification to BJACH patient administration when Soldiers or family members are admitted to off-post hospitals. They reviewed the difference of care and handling of active duty patients who are permanently assigned to Fort Polk versus those assigned to rotational units. Ferguson also discussed the military provisions of the Health Insurance Portability and Accountability Act of 1996 and said they do not apply to family members. She said timely notification to the chain of command when a family member is admitted can aid a unit's ability to provide the level of support that a family member deserves.

Throughout the conference, conversations developed relevant to individual agencies with the appropriate military personnel on site. Mary Tarver, safety manager for Christus St. Frances Cabrini Hospital and regional coordinator for Health Care Coalition District 6, recognized the importance of Fort Polk in the community and developing a greater understanding of the emergency management plan. She said the conference was valuable not only to gain an understanding of the MEDEVAC process and procedures but also to network with other emergency management professionals in the region.

"Emergency preparedness is about building relationships," Tarver said. "It is best to get to know each other in advance of a disaster so when a crisis occurs each agency is already aware of each other's capabilities and how to leverage those capabilities to save lives."

Army Emergency Relief helps Soldiers, retirees with expenses

AER

FORT POLK, La. — Fort Polk held its annual Army Emergency Relief Campaign kickoff March 1 at Showboat Theater. The donation period runs through May 15.

The guest speaker was retired Sgt. Maj. Glen Wellman III, emergency assistant administrator, Army Emergency Relief, Alexandria, Virginia.

Wellman said the AER annual campaign informs and creates greater awareness of Army Emergency Relief's programs and benefits, and offers Soldiers and Families the opportunity to continue the legacy of "Soldiers Helping Soldiers."

"This period is not about donations, it is about awareness," Wellman said. "The intent is to make sure 100 percent of Soldiers, retired Soldiers and Family members are informed about Army Emergency Relief's programs and benefits."

From the time AER was established in 1942 by the Army Chief of Staff Gen. George Marshall, AER has provided \$2 billion of assistance to more than 3.7 million Soldiers, retirees and their Families — more than \$1 billion of that since Sept. 11, 2001. In 2018, AER provided more than \$582,000 to 1,172 members of the Fort Polk Army team.

Wellman provided the following specifics concerning the Fort Polk AER Office:

- On June 30 a newly-married Soldier requested help to purchase furniture for his recently established home. The Soldier did not own essen-

tial furnishings and had not yet begun receiving BAH.

"Is purchasing furniture for a newly married family an 'emergency?'" Wellman asked. "Probably not, but this is just an example of how your Army Emergency Relief Program has evolved and changed to meet the needs of the 21st century Soldier."

Wellman asked what would happen if AER did not help the Soldier.

"Can we all agree he still needs furniture?" Wellman asked. "If Army Emergency Relief did not help, what is the likelihood of the Soldier going to a payday lender outside of the gate or signing a contract for a high interest furniture loan? I think very likely, and that is why AER exists."

- In September another Soldier and his spouse visited the Fort Polk AER Office in need of financial assistance for a dental procedure for one of their children. The bill for this necessary procedure was more than \$1,500 and the Fort Polk AER officer was able to assist the Soldier.

"Did you know that in November, 2018, Army Emergency Relief's Board of Managers approved assistance for dependent dental care for as much as 100 percent depending on the individual circumstances?" Wellman asked. "This policy became effective Jan. 1. The board also approved a change to current policy that directs assistance for car seats and cranial helmets be provided as a 100 percent grant, as well as special needs medical equipment."

Wellman said AER also has a spouse and children's scholarship program.

"The enrollment period is open now," he said.

"Army Emergency Relief provided \$8 million to 3,465 Army spouses and children Army-wide last year and \$113,000 of that went to 47 Fort Polk spouses and children. In previous years, spouses could only apply during the same time as children, which is Jan. 1 to April 1, but that has changed. Spouses can now apply year round. AER adapts to meet the needs of Soldiers and their families. It's what we do."

- In June a Soldier assigned to Fort Polk requested assistance from AER to travel due to the death of his child. Army Emergency Relief provided assistance; 50 percent of his travel related costs were provided as a grant.

Wellman said AER provides 50 percent of funds for active duty Soldiers and their authorized dependents for travel that is related to the death or very serious illness of an immediate family member. That amount could increase to 100 percent depending on the circumstances.

Wellman said the campaign's goal is 100 percent Soldier contact and to ensure every Soldier is aware of the AER program and has an opportunity to help a fellow Soldiers by making a contribution.

"There's no limit on how much a Soldier may request from AER, if the emergency is valid and the Soldier is deemed eligible," Wellman said.

"AER financial assistance may be provided in the form of a no-interest loan, a grant or a combination of both. Soldiers in need of financial help are encouraged to seek out AER assistance. AER helps Soldiers avoid financial hardship and the many finance companies, title loan and cash-advance establishments that prey on service members with high interest rate loans."

Both active and retired Soldiers can apply for AER assistance. Applications may be submitted through unit commanders or first sergeants or directly to the local Financial Readiness Program's AER staff. Call 531-1958 for more information or visit the Financial Readiness Program staff at the Army Community Service, bldg 920, Bell Richard Avenue.



Wellman

Army Criminal Investigation Division warns of Internet sex scams

U.S. ARMY CID

QUANTICO, Va. — Special agents from the U.S. Army Criminal Investigation Command, commonly known as Army CID, are once again cautioning the Army community about ongoing Internet based "sex-tortion" scams.

Sexual extortion, or "sextortion," is a cybercrime perpetrated against unwitting victims who are often approached in casual conversation via social media platforms and then seduced into engaging in online sexual activities. After participating in the sexual request, which is most often recorded without the victim's knowledge or consent, the victim is then threatened with public exposure and embarrassment if the victim does not pay up.

With criminals threatening to send compromising video or photographs to the victim's commanders or families, victimized military

members often pay out of fear their careers will be jeopardized by the false claims. In another concerning version of the scam, the criminals contact the victim and pose as police or parents of who they claim is an "underage victim" and threaten to ruin the service member's career or have them arrested if they do not pay the ransom.

Another method the criminals use to attempt to extort money is to claim they are a lawyer working on behalf of the alleged victim. The scammer will request payments for things such as counseling for the alleged victim or to replace electronic devices that now contain alleged "child pornography." If these demands are not met, the person claiming to be the lawyer threatens to report the incident to law enforcement.

"Legitimate organizations will not contact you and ask for money in lieu of reporting you to law en-

forcement," said Special Agent Edward LaBarge, head of Army CID's highly specialized Computer Crime Investigative Unit. "Typically law enforcement will not attempt to make contact with you over the phone. If you are contacted via telephone, always request validating information such as an agency email address and offer to meet in person at a law enforcement facility before proceeding with giving out your personal information."

Army CID officials stress that if an individual is being blackmailed and comes forward, they want to help that individual.

"We encourage victims to contact us so we can help," said LaBarge. "If law enforcement gets involved early on, there are investigative steps that may help identify those responsible for victimizing Army personnel."

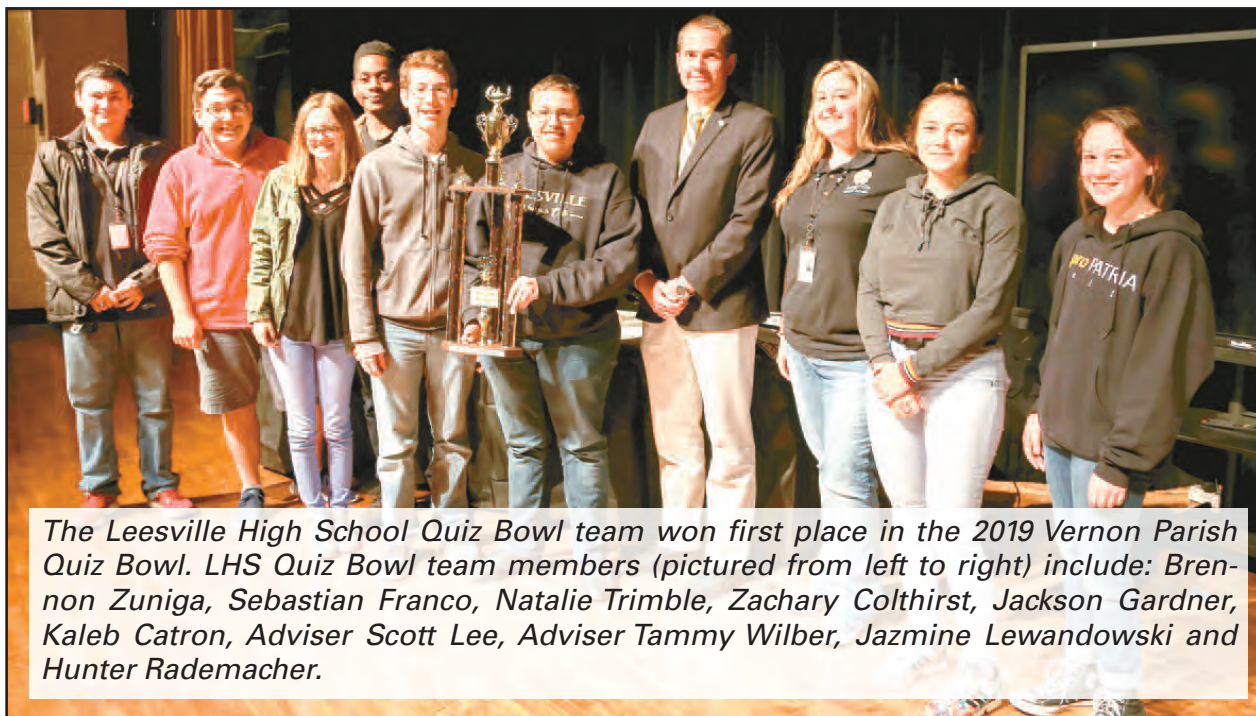
Additionally, CID officials warn that if you do not seek help, victims

are often at risk for further exploitation. Once the blackmail begins, the criminals can continue to demand additional payments, more sexual images, sensitive military information, or access to U.S. Army systems and facilities, so early notification to law enforcement is important.

"To avoid falling prey to a sextortion scam, never send compromising photos or videos of yourself to anyone, whether you know them or think you know them," said LaBarge. "You are also advised to turn off your electronic devices and physically block web cameras when you are not using them."

For more information about computer security, other computer-related scams and to review previous cyber-crime alert notices and cyber-crime prevention flyers visit the Army CID CCIU website at www.cid.army.mil/cciu-advisories.html. To report a crime to CID, visit www.cid.army.mil.

Community



VIVIAN LOPEZ/FORT POLK PROGRESS

The Leesville High School Quiz Bowl team won first place in the 2019 Vernon Parish Quiz Bowl. LHS Quiz Bowl team members (pictured from left to right) include: Brennon Zuniga, Sebastian Franco, Natalie Trimble, Zachary Colthirst, Jackson Gardner, Kaleb Catron, Adviser Scott Lee, Adviser Tammy Wilber, Jazmine Lewandowski and Hunter Rademacher.

Military students empower LHS Quiz Bowl

By VIVIAN LOPEZ
Fort Polk Progress

LEESVILLE, La. — The Leesville High School Quiz Bowl team recently finished in first place at the 2019 Vernon Parish Quiz Bowl tournament Feb. 20 at the Leesville High School auditorium in Leesville.

Each high school in the parish competed in the tournament that had questions on a variety of subjects including literature, art, history, math, science and more. In the end, the LHS team — made up of primarily military-connected students from Fort Polk — won the first-place trophy for their school.

Team members Jackson Gardner, 17, Zachary Colthirst, 16, and Sebastian Franco, 17 — who are among the military students from Fort Polk on the LHS team — expressed their excitement at winning the district Quiz Bowl.

“Winning feels great, but especially winning with people that I appreciate and am able to work together with in a positive environment,” said Gardner, an LHS senior. “It also felt good to show the power of Leesville High School and the military kids that help represent it.”

“It felt great,” added Colthirst, a junior at LHS. “We worked hard throughout the year. We all wanted to win.”

Franco, an LHS junior, said achieving the triumph for their school was especially rewarding, as the team from LHS is from different backgrounds.

“It felt amazing,” Franco said. “I’m from Germany and some of my friends are from North Carolina and Kansas. We came from all over the world and collaborated and achieved such an amazing victory.”

LHS Quiz Bowl Team Adviser Tammy Wilber said she was proud of the success of her students.

“It was overwhelming and amazing to see them win,” Wilber said. “I’m proud of their dedication. I was astonished to see them come together as a team.”

Wilber said the team prepared by meeting in her classroom after school every Tuesday to practice buzzer speed times, answer questions and study topics they weren’t familiar with.

“I love watching these kids interact,” Wilber said. “The friendship and bond this team has is like nothing I’ve ever seen.”

This is Wilber’s second year as LHS Quiz Bowl team adviser, and she said this is the first year with primarily military-connected team members.

“Given the fact that nearly the entire team was military, it was amazing what they took from learning around the world,” Wilber said. “They took this knowledge and brought it together in this small town and won a big trophy and I’m proud of them.”

Gardner, Colthirst and Franco were happy to represent their fellow military-connected students in Vernon Parish through their Quiz Bowl success.

“I thought it was great. It proves no matter where or when you move, military kids are able to become a part of the school community,” Gardner said. “We’re able to become an important part in our school, play a good role, form strong team bonds and make a difference for our community and classmates.”

“It feels good because it reminds us that as rough as a military child’s life can be — moving constantly and being separated from friends and family — that you can still collaborate with these other people in the same boat to achieve great things,” Franco added.

All three students are motivating other students to join the Quiz Bowl team.

“LHS Quiz Bowl is a great team to be on,” Colthirst said. “You never know what you actually know until you come out and try it.”

Wilber also hopes students will continue to participate in the LHS team.

“I’m hoping that other kids see that Quiz Bowl is a lot of fun and they see the bond my kids have and feel like they want to be part of it as well,” she said.

Briefs

School lunches

The following school lunch menu is for Vernon Parish schools for Monday through March 15.

Meals are served with salad bar and choice of milk:

- **Monday:** Chicken nuggets, macaroni and cheese, green beans, chilled pear halves, whole wheat roll.
- **Tuesday:** Taco salad with whole grain chips, Mexican corn, taco salad cup, fruit, spice cake.
- **Wednesday:** Egg rolls, fried rice, mixed vegetables, cheese stick, chilled peaches, sherbet.
- **Thursday:** Cheesy chili mac, buttered corn, creamy coleslaw, fruit, garlic bread.
- **March 15:** Tuna salad on whole wheat bun, French fries, Bush’s baked beans, oatmeal raisin cookie, applesauce.

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.

Applications can also be completed online via the Vernon Parish Early Childhood website at 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/.

Story time

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

Movie night

The Directorate of Family Morale, Welfare and Recreation hosts a family movie night featuring “Ralph Breaks the Internet” Tuesday at 7 p.m. at Fort Polk’s Warrior Field.

Free hot dogs, nachos, popcorn, drinks and candy are served. Bring lawn chairs and blankets.

NPE students, Families celebrate color, joy of Mardi Gras



ANGIE THORNE / GUARDIAN

Fort Polk's North Polk Elementary School celebrated Mardi Gras with a massive parade with parents lined up and down its driveway to cheer on the festivities March 1. Children dressed in Mardi Gras beads and other regalia while holding handmade signs.



A Mardi Gras gator and his pals have fun walking in the NPE parade March 1.



This young Mardi Gras reveler achieves the perfect feathers, beads, color and style of the season at the NPE Mardi Gras parade March 1.



NPE parents enjoy watching the light-hearted fun while snapping pictures of their kids in the Mardi Gras parade March 1.



Some NPE students dress as miniature floats to make the March 1 Mardi Gras parade more interesting.



CHUCK CANNON / GUARDIAN

Fort Polk runners take off March 1 for the first Army Ten-Miler qualifier on Marion Bonner Trail. After the second qualifier on March 30, the top six males and two females will be selected to represent Fort Polk at the annual Army Ten-Miler Race on Oct. 13 in Washington.

Ten-Miler hopefuls tackle first qualifier

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — Ah, spring, when a young man's (or woman's) fancy lightly turns to thoughts of love and earning a chance to represent the Joint Readiness Training Center and Fort Polk at the annual Army Ten-Miler in October.

OK, so that's not exactly Lord Alfred Tennyson's famous quote, but Fort Polk runners had their first chance to earn a spot on the Fort Polk team at a 10 mile race on Marion Bonner Trail March 1.

The damp, cool weather did not deter 10 runners from attacking the trail as they hoped to make the team Fort Polk sends to Arlington, Virginia and Washington for the second largest 10-mile run — after the Philadelphia Broad Street Run — in the United States.

This year's race is scheduled for Oct. 13 and registration begins May 1.

Ryan Hopkins, who works at Fort Polk's R2 Performance Center, helps train the local team once the final selections have been made.

"Members are selected through two qualifier events here on Fort Polk," he said. "They take the top six males and two females and make a mixed team to compete in Washington in October."

As the person responsible for getting the team in shape for the race, Hopkins said there is — not surprisingly — a lot of running.

"Monday thorough Friday we usually meet

before PT, at about 6 a.m.," he said. "Most of our training is during the summer months so we start early to beat the sun and heat."

Hopkins said the team usually starts running about 30 miles a week.

"By race week we're at about 50 miles," he said. "We don't have to focus much on hill training because this installation is basically all hills. We spend a day a week doing mile repeats out at Honor Field. The weekends are for recovery."

Hopkins said Fort Polk finished sixth overall last year and has the talent to finish even higher this year.

It's great to see the talent on this installation, it's just getting them out here to qualify and their availability for training," he said. "It's a great opportunity to represent not only Fort Polk, but the Army as a whole. (Brigadier) General (Patrick D.) Frank (JRTC and Fort Polk commanding general) is supportive of the process and our team. Last year he came out and did the final training run with us, and gave a great speech to the team."

The next Army Ten-Miler qualifier is held at 6:30 a.m. March 30 on the Marion Bonner Trail beginning adjacent to the parking lot for Bayne-Jones Army Community Hospital's Entrance A.

"Hopefully we'll have a bigger turnout since this one is on a Saturday," Hopkins said. "We need to have our best runners on the team so we can better represent JRTC and Fort Polk."



Cassel

Sports briefs

Basketball tourney

A battalion level basketball tournament is held March 18-21, from 6-9 p.m. at Warrior Fitness Center.

The event is open to active-duty Soldiers within the same battalion. Register at [Eventbrite.com](https://www.eventbrite.com). Call 531-2056 for more information.

Soccer event

Fort Polk Intramural Sports hosts a seven-on-seven soccer tournament March 25-27 from 6-9 p.m. at the Soldiers Athletic complex. T

he tourney is open to active-duty Soldiers, Family members, retirees and Department of the Army civilians age 18 and up. Register at [Eventbrite.com](https://www.eventbrite.com). Call 531-2056 for more information.

Golf scramble

Wednesday night golf scrambles at Warrior Hills Golf Course begin Wednesday and run through Sept. 5. Sign up by 4:45 p.m. for 5 p.m. shotgun start. Cost is \$20 for members, \$25 for non-members. Price includes cart, golf and prizes. For more info call 531-4661.

Strongest youth

A strongest youth competition is held March 23 at Perez Field. Register on site at 9 a.m. Contest begins at 10 a.m. Free and open to the public.

Age categories: 8-9; 10-11; 12-14; and 15 and up. Events include log toss, tire flip, sled pull and more. Call 531-6004 for more info.

Cantrell Gym

Cantrell Gym is now open 24 hours a day, seven days a week.

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.

Boys, Girls Club Youth of Year chosen to represent Fort Polk

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Fort Polk Child and Youth Services Middle School and Teen program Youth of the Year for 2019 is Destiny Ross, 15. She is the daughter of Staff Sgt. Allan Ross, Joint Readiness Training Center Operations Group, and his spouse Maria. Ross attends DeRidder High School. She loves to take pictures and tentatively plans to become a photographer.

The Youth of the Year takes part in the Louisiana Boys and Girls Club Military Youth of the Year competition.

The Boys and Girls Club of America is a program for teens and adults, which helps develop leadership skills and apply those skills to personal and community issues, according to Loretta McGowan, CYS workforce preparation specialist.

McGowan said Destiny is an amazing young lady.

"She represents the voice and spirit of hope for America and inspires other youth to lead and succeed," she said.

As the Fort Polk representative in the Youth of the Year competition, Ross will participate at the state level in Baton Rouge April 4-5.

If she wins at the state level, she will receive a \$5,000 scholarship and move on to regional level held in Atlanta, Georgia, June 17-19. If Ross wins at the regional level, she receives a \$10,000 college scholarship, renewable for up to four years, equaling \$40,000.

Regionals winners advance to the National level in Washington Sept. 21-26. The National winner receives a \$25,000 college scholarship, renewable for up to four years, equaling \$100,000.

McGowan said the Youth of the Year candidate embodies the BGCA mission and qualities of leadership, character and service along with academic excellence and a healthy lifestyle.

"Destiny has those qualities, as well as a purpose-driven awareness of the challenges facing young people today," she said. "She exemplifies the impact the Fort Polk Youth Center has on our youth."

Ross will write a speech that represents who she is as a military youth and what she believes in and then relay those words to a panel of judges and in front of an audience.

This competition increases the candidate's ability to engage with various audiences on youth issues, said McGowan.

"It is with delight that I watch the Youth of the Year learn to effectively communicate and build relationships while acquiring new skills and growing into the people they are meant to be," she said.

Ross said she was honored and ecstatic to be chosen as Youth of the Year. "It took a lot of work to get here and I know I still have a lot to do, but I think it will be worth it," she said.

One of the most difficult things will be learning to speak in front of a large crowd, said Ross.

"But I'm going to do it, no matter what," she said.



Destiny Ross

Ross said she wants to make a difference. As Youth of the Year she can share who she is and the challenges she has faced.

"I want to present a positive message to other youth that they can relate to. I want them to know I understand what they are going through and hopefully help them learn to better cope with whatever life throws at them. I'm excited to tell my story," she said.

Get up early?
GET PAID EARLY.

USAA BANK CHECKING

In the military you already get up early, why not get paid early? Get your military paycheck one business day before payday! With over 40 unique benefits designed for military members, we do more for those who serve.



Visit **USAA.COM/BANKING** or call **800-531-8521**

Membership eligibility and product restrictions apply and are subject to change. *Pay-a-Day early is subject to when USAA FSB receives pay information from DFAS. Bank products provided by USAA Federal Savings Bank. Member FDIC. Paid ad. No federal endorsement of advertiser is intended. USAA means United Services Automobile Association and its affiliates. © 2018 USAA. 254327-0718

Facts about Daylight Saving Time revealed

GUARDIAN STAFF

FORT POLK, La. — “Spring forward, fall back.” This is the memory aid commonly used to remember which way the clock is turned for a much-maligned, bi-annual ritual known as Daylight Saving Time. And that ritual occurs again Sunday at 2 a.m. (set your clocks ahead one hour).

Have you ever wondered why the time changes?

Does it change in every country? Are there areas that do not change their clocks?

Here are some facts about Daylight Saving Time that can answer those questions and more:

- It is “Daylight Saving Time” (singular), not “Daylight Savings Time” (plural).

- The idea of daylight saving was conceived by Benjamin Franklin in 1784. During his ambassadorship to France, Franklin suggested that Parisians could save money on candles and lamp oil if they changed their sleep schedules in the spring.

- The first country in the world to use Daylight Saving Time was Germany, which set clocks forward by one hour on April 30, 1916, at the height of World War I. Although a small town in Canada had experimented with seasonal clock changes as early as 1908, it was Germany’s implementation that sparked a trend that soon spread across Europe. Within weeks, several countries had started using Daylight Saving Time — among them the United Kingdom, France, Italy, Russia and even Australia. However, the initial enthusiasm was short-lived in most countries. Germany stopped using it in 1919 and Austria in 1921, while the United Kingdom, Ireland, and cities like Paris, France continued to set their clocks back and forth.

The first clock change in the United States was in 1918.

- March 19, 1918 — The Standard Time Act establishes time zones and daylight saving. Daylight saving is repealed in 1919, but continues to be recognized in certain areas of the United States. There is no federal law regarding Daylight

Saving Time from 1945-1966.

- The Uniform Time Act of 1966 establishes the system of uniform Daylight Saving Time throughout the United States. The dates selected are the last Sunday in April to the last Sunday in October. States can exempt themselves from participation.

- Congress extended the Daylight Saving Time period in 1974 and 1975 to save energy during the energy crisis.

- Daylight Saving Time is changed in 1986 to begin on the first Sunday in April and end on the last Sunday in October.

- Aug. 8, 2005 – When President George W. Bush signed the Energy Policy Act of 2005 into law on Aug. 8, 2005, it extended Daylight Saving Time from the second Sunday in March to the first Sunday in November, starting in 2007.

- Since 2007, under the new laws, all of Indiana now observes Daylight Saving Time, where only certain areas of the state did before.

- As there is no law requiring states to follow Daylight Saving Time, some do not, specifically Hawaii and most of Arizona. The U.S. territories of Guam, Puerto Rico, Virgin Islands and American Samoa also do not observe Daylight Saving Time.

- About 70 countries around the world observe Daylight Saving Time, but many countries near the equator do not. Neither China nor Japan observes it.

- Daylight Saving Time ends this year at 2 a.m. Nov. 3 (set clocks back one hour).

Editor’s note: Information for this article was compiled from The Franklin Institute, Timeand-date.com and Nationalgeographic.com

**Remember to
set clocks ahead
one hour
Sunday at 2 a.m.**



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



#RedForEd

**Visit redfordela.org to
give your input today.**



JOINT READINESS TRAINING CENTER



FORT POLK
HOME OF HEROES



Waste Connections is proud to be serving Fort Polk Home Of Heroes

We would like to provide some information each month to help us give
Ft. Polk the best service possible

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.



Assess food choices at work: Perk or hazard?

ACDMY NUTRITION, DIETETICS

PHILADELPHIA — Nearly a quarter of employed adults obtain foods and beverages at work at least once a week, according to a new study from the U.S. Centers for Disease Control and Prevention published in the *"Journal of the Academy of Nutrition and Dietetics."*

Foods obtained at work are often high in calories, refined grains, added sugars and sodium.

Using data collected in 2012-13 from the large, nationally representative Food Acquisition and Purchasing Survey (FoodAPS), CDC investigators found that 23.4 percent of the 5,222 study participants obtained food at least once a week at work. The average additional week-

ly calories obtained was 1,292, and in general the foods consumed at work did not align well with the Dietary Guidelines for Americans.

The foods analyzed in the study were either purchased from work-site vending machines or cafeterias, or obtained for free in common areas, during meetings or at worksite social events. The study did not include foods that people brought into work from home for their own consumption or foods obtained at an off-site restaurant or retail outlet during work hours.

"Employers can offer appealing and healthy options in cafeterias, vending machines, and at meetings and social events," said lead CDC investigator Stephen J. Onufrak, PhD, a researcher with CDC's Divi-

sion of Nutrition, Physical Activity and Obesity in Atlanta, Georgia. He suggests offering healthy food options such as fruit and vegetable trays during meetings, rather than a box of doughnuts or other high-calorie foods.

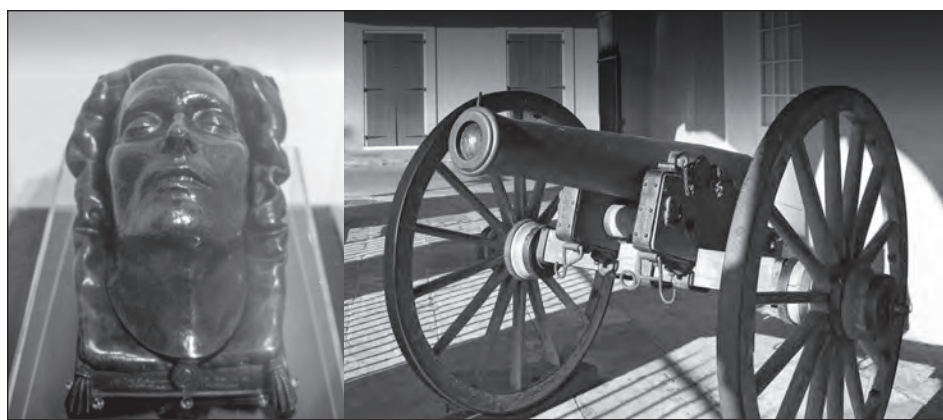
Improving the nutritional quality of foods consumed at work can be a key component in worksite wellness efforts. Obesity and low dietary quality are important

risk factors for chronic diseases such as heart disease, type 2 diabetes and cancer. These conditions represent seven of the top 10 leading causes of death in the U.S. and treating them accounts for 84 percent of healthcare

costs. In 2010, nearly three in 10 employed adults had obesity. Employed adults with obesity reported lower consumption of fruits and vegetables and less frequent leisure time physical activity than normal weight adults.

With about 150 million working adults in the U.S., worksite wellness efforts to prevent chronic disease can reach a large portion of the American public. These programs have been shown to be effective at changing health behaviors among employees, reducing employee absenteeism and reducing healthcare costs.

For more information and resources about dietary guidelines and worksite health promotion, visit www.cdc.gov/nutrition.



SEE WHAT HAPPENED, WHERE IT HAPPENED

THE CABILDO & THE PRESBYTÈRE
NEW ORLEANS, LA

It was the site of the Louisiana Purchase transfer ceremony.

And the rest, as they say, is history. Make a plan to see where it all began by visiting LouisianaStateMuseum.org.

SHARE YOUR LOVE OF LOUISIANA.



JOIN THE BAYOU KREWE TODAY!



©2018 Louisiana Department of Culture, Recreation & Tourism

LouisianaTravel.com

OPEN ENROLLMENT FOR 2019-2020

HOME OF THE EAGLES

First Assembly
Christian Academy



Nestled in the center of Leesville, FACA is a private school and childcare center serving Vernon Parish for over 20 years. Please contact us today to see how we can serve you!



Jon Bush, Principal/Administrator

1201 S. 9th St.

Leesville, LA 71446

Phone: 337-239-6553

Fax: 337-239-0714

Email: faca@cebridge.net

Website: Leesvillefaca.org

- Bible Classes and Weekly Chapel
- STEAM Curriculum
- Block Schedule
- Band and Art Options
- Competitive Robotics
- Homeschool Partnerships
- Sports Program
- Before- & After-School Care Available

Exchange expands online Hub

MAIN POST EXCHANGE

FORT POLK, La. — The Army and Air Force Exchange Service continues to expand its online Hub, with valuable resources for the Fort Polk military community and robust information for Veterans.

The Hub, which launched in 2018 at ShopMyExchange.com/Community, is a simple-to-navigate source of information for the Fort Polk community. The Hub includes news about installation-wide events and activities, military Family resources and Exchange sponsorships with Army West Point Athletics and Air Force Academy sports.

Veterans have their own space on the Hub with information about their online shopping benefit, which launched in late 2017. All honorably discharged Veterans can shop at ShopMyExchange.com tax-free for life with military-exclusive pricing. The Hub includes a link to determine eligibility and frequently asked questions.

"The Hub evolves so Soldiers, military Families and veterans stay connected to the Fort Polk community," said Beth Pritchard, Exchange general manager. "The Exchange created a one-stop shop for events and more, adding to the sense of community on Fort Polk."

The Hub also features a thriving

BE FIT page to keep Warfighters and their Families ready and resilient. The page includes health information, workout tips and better-for-you dining guidance.

Two interactive video libraries were launched in late 2018:

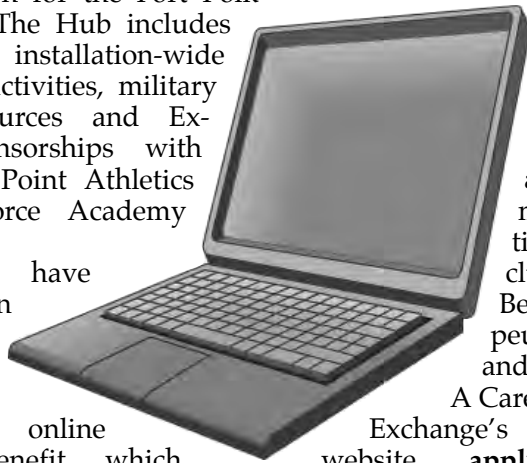
- Chef Shop makes available cooking tips and recipes from nationally known experts such as Rachael Ray, Ayesha Curry, the Pioneer Woman and others.

- Beauty Bar offers expert advice on fragrance, hair and skin care, and product information from national brands including First Aid Beauty, Earth Therapeutics, Dermalogica and more.

A Careers tab links to the Exchange's worldwide hiring website, applymyexchange.com. The Exchange is a major employer of veterans and military spouses. In 2018, the Exchange reaffirmed its commitment to hiring 50,000 veterans and military spouses by 2020.

Throughout the year, the Hub will continue to be the military community's go-to for local events, including pinning ceremonies for National Vietnam War Veterans Day.

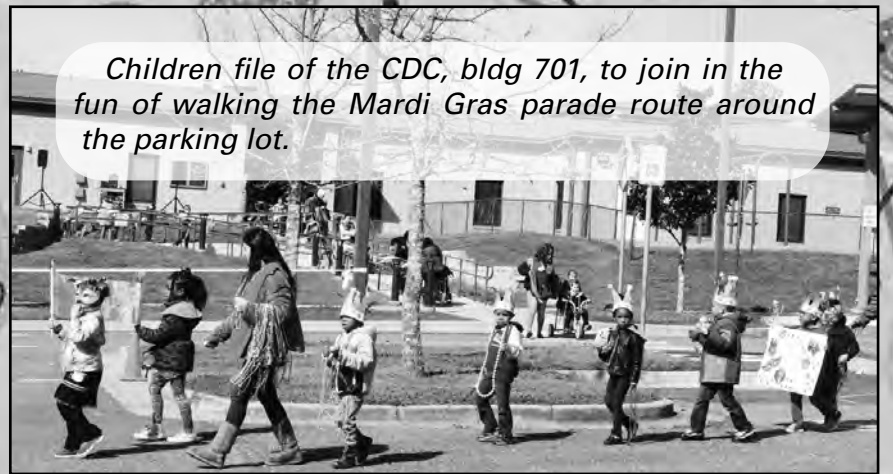
"The Hub is a tremendous resource," Pritchard said. "The Exchange is at the heart of military communities around the world. We are looking forward to watching the Hub continue to grow."



CDC, Bldg 701, hosts Mardi Gras parade



Kids at Fort Polk Child Development Center, bldg 701, take part in a Mardi Gras parade while riding tri-cycles March 5.



Children file off the CDC, bldg 701, to join in the fun of walking the Mardi Gras parade route around the parking lot.



Parents interact with kids at the CDC Mardi Gras parade March 5.

Aymond
Medical Spa
Facial aesthetics

337.239.2776

Dr. David &
Karra Aymond, MPAS, PA-C



100 N. 3rd Street | Leesville, Louisiana



DONATHAN'S DESIGNS FOR OUTSIDE LIVING

Offering a variety of Porches, Steps, Pool Decks, Privacy Fencing, and Gazebos

NO JOB TOO SMALL!

Call Dennis Donathan 318-719-1355
Free Estimates • Alexandria, LA

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 Saturday 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 under get in free. For more information visit www.bhflc.org.

- **Rabbit Festival**

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

Thursday from 5 p.m.-midnight is free admission. 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.iowarabbit-festival.org.

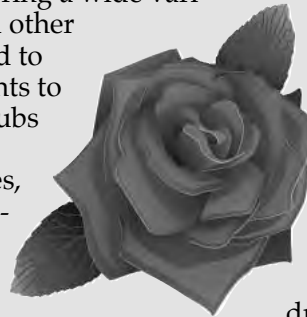
- **Nursery Festival**

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. 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.



Food booths offer items that will tantalize your taste buds. While doing 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 April 3. 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.fortpolkcommunitybassmasters.com.

SERIOUS ILLNESS?

You May Qualify for a Living Benefit Loan

Have you been diagnosed with cancer or another serious medical condition?

Do you have at least \$75,000 of life insurance?

Through our program you can borrow money from your life insurance and receive up to 50% of your policy's death benefit today.

Call today to see if you qualify.

1-877-305-6035

life credit
company



AW18-1024

LUNG CANCER? Call Now !

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

Call 1-866-377-6209 or email
cancerLA@breakinginjurynews.com.

\$30 billion is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit.

GUN

TRANSFERS

PREMIUM PAWN

246 Keyser Avenue, Natchitoches, LA

318-238-4050

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

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: _____

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.

VACATION PACKAGE FOR SOUTH PADRE ISLAND from 19 May to 26 May 2019. You will stay at the Royal Beach Tennis Resort. Asking \$500, Call 337-396-1832 for more Information.

PRO-FORM TREADMILL for sale. Asking \$100. Call 337-396-1832 for more information.

FOR RENT

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

FOR LEASE IN DERIDDER'S GREEN ACRE SUBDIVISION. Move-In Ready! Beautiful 4 BR, 2 Bath, 2 car garage, extra large living and dining areas, kitchen, den and patio with fenced backyard. Call 318-717-5057.

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 & Cod-

ing. 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)

HAVE 10K IN DEBT? National Debt Relief is rated A-Plus with the BBB. You could be debt free in 24-48 months. Call 1-844-290-9978 now for a free debt evaluation. (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! (*Requires well-qualified credit. Limits & restrictions apply.) 1-844-334-8365 (LA-SCAN)

HUGHESNET SATELITE 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)



**Saturday, March 23, 2019
9am to 2pm
Historic Downtown
Natchitoches**

Plants • Flowers • Shrubbbery • Lawn Furniture
Garden Décor • Music • Kid's Activities

FREE ADMISSION
Call (318) 352-2746 for more information

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

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)

DONATE YOUR CAR FOR BREAST CANCER! Help United Breast Foundation education, prevention, & support programs. FAST FREE PICKUP - 24 HR RESPONSE - TAX DEDUCTION 1-844-898-5943 (LA-SCAN)

MEDICAL-GRADE HEARING AIDS FOR LESS THAN \$200! FDA-Registered. Crisp, clear sound, state-of-the-art features & no audiologist needed. Try it RISK FREE for 45 Days! CALL 1-866-790-0710 (LA-SCAN)

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 - FREE! Our customer care agents await your call. 1-855-235-8207 (LA-SCAN)

START SAVING BIG ON MEDICATIONS! Up To 90% Savings from 90DAYMEDS! Over 3500 Medications Available! Prescriptions Required. Pharmacy Checker Approved. CALL Today for Your FREE Quote. 1-855-631-6419 (LA-SCAN)

STAY IN YOUR HOME LONGER WITH AN AMERICAN STANDARD WALK-IN BATHTUB. Receive up to \$1,500 off, including a free toilet, and a lifetime

warranty on the tub and installation! Call us at 1-855-776-5828 (LA-SCAN)

****STOP STRUGGLING ON THE STAIRS** GIVE YOUR LIFE A LIFT WITH AN ACORN STAIRLIFT!** Call now for \$250 OFF your stairlift purchase and FREE DVD & brochure! 1-866-541-7841 (LA-SCAN)

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)

VIAGRA AND CIALIS USERS! Cut your drug costs! SAVE \$Money! 50 Pills for \$99.00. FREE Shipping! 100% Guaranteed and Discreet. CALL 1-866-565-8358 (LA-SCAN)

AT&T INTERNET. GET MORE For Your High-Speed Internet Thing. Starting at \$40/month with 12-month agreement. Includes 1 TB of data per month. Ask us how to bundle and SAVE! Geo & service restrictions apply. Call us today 1-866-297-0160 (LA-SCAN)

DIRECTV NOW. NO SATELLITE Needed.

\$40/month. 65 Channels. Stream Breaking News, Live Events, Sports & On Demand Titles. No Annual Contract. No Commitment. CALL 1-877-201-3648 (LA-SCAN)

DISH TV \$59.99 FOR 190 CHANNELS \$14.95 HIGH SPEED INTERNET. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Call 1-855-721-4040 (LA-SCAN)

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

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)

SAVE ON YOUR NEXT PRESCRIPTION! World Health Link. Price Match Guarantee! Prescriptions Required. CIPA Certified. Over 1500 medications available. CALL Today For A Free Price Quote. 1-877-784-6520 Call Now! (LA-SCAN)

CRAFTMATIC ADJUSTABLE BEDS FOR LESS! Up to 50% Off Leading Competitors. #1 Rated Adjustable Bed. Trusted Over 40 Years. All Mattress Types Available. Shop by Phone and SAVE! CALL 1-877-852-8167 (LA-SCAN)

PORTABLE OXYGEN CONCENTRATOR MAY BE COVERED BY MEDICARE! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 855-636-1667 (LA-SCAN)

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

BECOME A PUBLISHED AUTHOR! Publications sold at all major

secular & specialty Christian bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-866-749-2897 (LA-SCAN)

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

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

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

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)


Full Time Medical Secretary, Medical Biller, & Medical Assistant

Needed for Medical Office
Experienced required
Bring resume to
1760 S. 5th Street
Leesville, LA 71446
or fax to 337-238-5703
Attn: Mariam

REPAIRS, REMODELING & PAINTING

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

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



COMPLETE FAMILY DENTISTRY

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

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

DENTAL INSURANCE WELCOME

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

FINANCING AVAILABLE

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

HUNTING & FISHING LICENSE ARCHERY PRO-SHOP

STARTING AT:
\$340



FINANCING AVAILABLE!



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

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

ARCHERY PRO SHOP
STAR APAWN GUN & ARCHERY

EXTENDED STAY

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

UNFURNISHED HOUSES & APARTMENTS for lease.

OFFICE & RETAIL UNITS for lease.

MORRIS TEAM REALTY LLC
337-239-3885

NOW LEASING RAILWAY OFFICE/RETAIL SUITES



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

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

Also Available:

#1	1227	\$1030
#2	297	\$250
#3	264	\$220
#4	336	\$280

Units may be combined Six Month and Up Lease Terms

337-239-3885

Morris Team Realty, LLC



Fort Polk Guardian

www.thefortpolkguardian.com

Published for the community of Fort Polk, La.

Pickup Your Copy of the Fort Polk Guardian at these off-base locations:

LEESVILLE:

Walmart
Walgreens
Market Basket
VFW Post #3106
American Legion Post #145
Vernon Parish Library
Merchants & Farmers Bank
(Main Branch - South 5th street)
ERA- Realty
McDonalds- Leesville
Barksdale Credit Union-Leesville
Byrd Hospital
Morris Team Realty

ENTRANCE ROAD:

Sycamore Point Apartments
Timber Ridge Apartments
Star Pawn
McDonalds
Exxon - Entrance Rd.

DERIDDER:

Barksdale Credit Union
Ivan Smith Furniture
CBG Buick GMC, Inc.
DeRidder City Hall
DeRidder Library
Chamber of Commerce
Beauregard Tourist Commission
VFW Post #3619 (Hwy 26)
Motion Cycle
Walmart
Walgreens
Morris Team Realty

