



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

Vol. 46, No. 15

Home of Heroes @ Fort Polk, LA

April 12, 2019

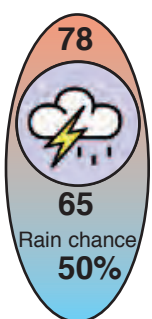


3rd BCT, 10th Mtn Div tackles JRTC

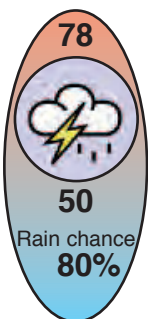
Fort Polk's 3rd Brigade Combat Team, 10th Mountain Division, began Rotation 19-06 at the Joint Readiness Training Center on April 7. According to the JRTC Operations Group Facebook page, "The

Patriots will be put through the premier crucible training experience with lethal and non-lethal scenarios in the most complex environments." For more photos see page 5 of today's Guardian.

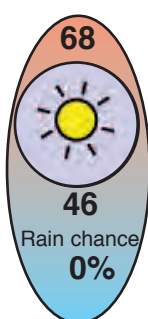
Weekend weather



Today



Thursday



Friday

Inside the Guardian

USAF medics train 3 Head over heels 11

WWII lessons learned .. 6 Color run fun 12

Kids visit firefighters ... 8 Louisiana beauty 13

Viewpoint

Find opportunities everywhere, just take them

By Jean Clavette Graves
Public affairs specialist

Editor's note: Jean Graves, Public Affairs Office, took a professional development opportunity in Washington, D.C. March 10-14. In the editorial below she writes about a few of her experiences.

FORT POLK, La. — As I found myself heading the wrong direction on the Washington D.C. Metro at 6 p.m. on Mar. 10, I started wondering what I was doing and longing to be home with my husband, son and dogs. After going the wrong direction for fifteen minutes, I decided to get on with it. I jumped off the train at the next stop and got on one heading in the correct direction. After a full day of travel from Fort Polk, to our nation's Capitol, I arrived at my hotel off DuPont Circle just in time for a complimentary glass of wine.

I was here for a training opportunity, the Congressional Operations Seminar offered by the Government Affairs Institute at Georgetown University. I would be attending class across the street from the U.S. Capitol in the Rayburn House of Repre-

sentatives Office building for the week. I was excited for the opportunity to learn more about the legislative process, interact with my elected representative and his staff and improve my understanding of the relationship between the Army, the legislative branch of government — all to improve my role as a public affairs specialist on the community relations team.

Early on in my career I learned the importance of taking advantage of opportunities when they present themselves. Opportunities come in a

variety of forms: Training, work or volunteerism. New and challenging assignments

on the job or in personal endeavors with continuing educational units, certifications and advanced degree programs are all opportunities I've taken advantage of along the way.

Joining the Army was an opportunity I took advantage of, too. After college I discovered a bachelor's degree in history and sociology was not as valuable as the tuition I paid would suggest. Despite a degree from a prestigious university, I found myself struggling in the real world. In 1996 the Army had a pro-

gram called student loan repayment, and you best believe that was an opportunity I eagerly took. The Army, to me, was not only a means to pay off my student loan debt, but a way for me to serve my country and gain discipline and direction that I was desperately needing.

Unlike my friends from college, I was an Army veteran and spouse who moved around the country and world with my Soldier. Every move forced me to reinvent myself professionally and sell my skills to my next employer by illustrating how what I did at a previous installation and organization translated to the new organization. Every opportunity filled holes in my resume and showed potential employers that not only do I have what it takes to enhance their organization, I am willing and able to take the necessary steps to improve myself professionally. My resume is long and varied. I've worked as a secretary, program operations specialist, human resources supervisor, administrative officer, casualty notification and assistance trainer, an education counselor, program director and transition service specialist. Each job was unique and rewarding, but keeping up-to-date on training was always important

Please see Find, page 4

Commentary

In our view

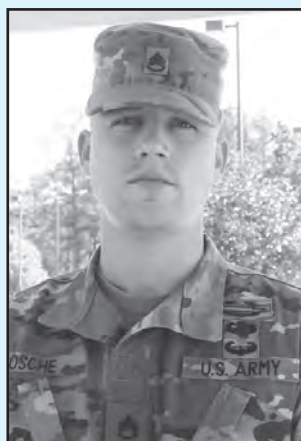
Guardian staff asked Fort Polk community members, "Who is your favorite cartoon character and why?" Here are their responses:



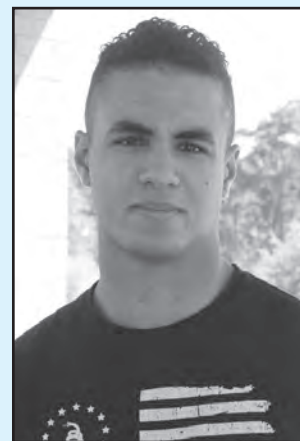
Darlene Goit: "I like Bugs Bunny. My dad passed away when I was 4 and I have fond memories of watching those cartoons with him when he came home from work."



Staff Sgt. Steven Salas: "Rock Lee, from the Naruto series. He is a powerful ninja without the benefit of super powers. I like that he works hard to be one of the best."



Staff Sgt. Larry Osche: "I've always liked Tom and Jerry. It's quick, funny humor and I don't have to worry about a plot or storyline."



Pierce Matthews: "I like Zuko from Avatar: The Last Air Bender. He started out as a bad guy, but by the end he was the good guy. I liked that he could grow and change."



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

Road repairs

The following road repairs are slated for two areas of Fort Polk over the next few months:

- The contract to repair Fourth Street has a required completion date of May 24. Work includes shoulder repairs, culvert replacement, removing asphalt, repaving with new asphalt overlay and new pavement markings. The work will require closures, detours and flagging operations to complete the repairs while ensuring safety for motorists and construction crews. Repairs are planned for three phases to minimize impact to motorists. Alternate routes are encouraged to minimize delays and traffic congestion. At the completion of Fourth Street repairs, Mississippi Avenue repairs will begin and include shoulder work, crosswalks, milling, repaving and pavement markings.

- The contract to repair erosion along La. Hwy 467 has a required completion date of June 6. Work includes repairing a slope failure just southeast of access control point 2 and eroded sites between Louisiana Avenue and access control point 2. The slope failure site requires a lane shift for inbound and outbound traffic April 15-26 to ensure safety for motorist and construction crews. Alternate routes are encouraged to minimize delays and traffic congestion.

Holocaust observance

The Joint Readiness Training Center and Fort Polk and the 519th Military Police Battalion host a Holocaust "Days of Remembrance" observance Wednesday from noon to 1 p.m. at the Warrior Center. The theme is "Beyond Religious Boundaries." Everyone is invited. For more information call 531-1911.

SHARP golf event

In conjunction with Sexual Assault Awareness and Prevention Month, the Fort Polk Sexual Harassment Awareness Response Prevention Program hosts a "Drive Out Sexual Assault" golf scramble Thursday at Warrior Hills Golf Course. Check in for the four-person team is from 8-9:15 a.m. the day of the event, with a shotgun start at 9:30 a.m. Team members can be military, civilian or family members, but must be from the same unit. Organizations may enter as many teams as they want. No mulligans. Rules of golf will be followed.

Cost is \$20 for WHGC members and \$35 for non-members, to be paid no later than Thursday at the Installation SHARP Office, bldg 1947. Prizes will be awarded for the first place team, closest to the pin and longest drive. For more information call 531-1578/1788.



U.S. Air Force medical personnel train for trauma care on the battlefield at Fort Polk.



U.S. Air Force medical personnel learn how to triage an amputated leg during training at Fort Polk.

Air Force medics receive training at JRTC

JRTC OPERATIONS GROUP

FORT POLK, La. — About 60 U.S. Air Force medical personnel descended on North Fort Polk April 5 to receive enhanced tactical care for casualties training.

Military and civilian instructors from Bayne-Jones Army Community Hospital's Learning Campus provided a Tactical Combat Casualty Course (TC3) for the medical providers and all combatant Airmen providing support for Joint Readiness Training Center rotation 19-06.

TC3 was created to teach evidence-based, life-saving techniques, and strategies for providing

the best trauma care on the battlefield.

"This course has been in the making for a while," said Capt. Kimberly Raymond, BJACH education officer in charge. "It was created from lessons learned."

The course consisted of classroom, hands-on under the guidance of an instructor and a realistic trauma lane.

"With the incorporation of the realistic equipment, this training enhances the readiness capabilities of the U.S. Air Force along with getting the Airmen ready for future joint environment," said Lt. Col. Tom Naughton, Air Mobility Command, Scott AFB, Illinois.

'Soldier for Life' program helps Soldier transition careers

By Staff Sgt. NEYSA CANFIELD

Army News Service

FORT CARSON, Colo. — Three years ago, Sgt. Ana Lopez joined the Army to challenge herself.

"The military was something I was always interested in doing since I was 18 years old," said the California native. "I was proud when I became a mechanic in the Army."

The wheeled vehicle mechanic with Golf Company, 1st Battalion, 12th Infantry Regiment, 2nd Infantry Brigade Combat Team, 4th Infantry Division, said the Army matured her.

"I loved working on military vehicles and learning their capabilities in different environments," Lopez said. "As my contract neared the end, I felt like although I enjoyed being in the military it just wasn't for me."

With her mind made up to leave the military, Lopez began to think about the future.

"I was very nervous about my decision," she said. "I knew I wanted to go back to school, but what about a job and bringing money to my household? I was a bit worried."

Those stressors, were not only felt by Lopez,

but by her Family as well.

"A lot of Soldiers get out of the military and they don't necessarily know what to do next, and that can cause a lot of problems," said Juliana Lopez, wife of Ana Lopez. "I was nervous that would happen to us."

However, like every Soldier who transitions out of the Army, Ana Lopez enrolled in the installation's Soldier for Life-Transition Assistance Program.

The SFL-TAP is a commander-funded program that provides transition assistance services to eligible Soldiers. Soldiers learn about job searches, career-making decisions, current occupational and labor market conditions, resume and cover letter preparation, and interviewing techniques.

"It was through SFL-TAP that I learned about the program Changing Lanes," Lopez said.

Changing Lanes, offered by Caliber Collision (that partners with SFL-TAP), is a no-cost, 18-week training program for service members and veterans who are leaving active duty and returning to the civilian life. Upon completion of the program, members are offered job placement op-

portunities across the U.S.

"It's an amazing program; not only did I receive great training (and) a great job opportunity, but I was also able to get a job in California, where my Family and I wanted to return to," said Lopez.

"Going through SFL-TAP and Changing Lanes has brought me comfort in my decision to leave the Army."

The sense of comfort that Ana Lopez felt also helped put her wife at ease.

"I am grateful the military has programs like this and that (my wife's) unit let her participate in it," said Juliana Lopez. "I am excited for the both of us."

Lopez said she is thankful for the opportunities the Army gave her.

"The Army is a great place to learn about yourself and to grow as a person," she said. "I am grateful programs like SFL-TAP exist for Soldiers. I hope everyone that goes through the program is willing to listen and take advantage of what they offer."

For information about programs available at Fort Polk call 531-1591.

Find

Continued from page 2

because moving was just a few years away. I needed to maintain my marketability and professional credibility.

I've been extremely fortunate to have found a valuable and rewarding career with the Department of the Army alongside my Soldier with only two brief periods of unemployment. Not finding a job immediately after a permanent change of station at Fort Riley and at Fort Polk were opportunities for me to stay home with my newborn son, earn a master's degree, volunteer with Army Family Team Building and the Boy Scouts of America, and earn graduate certificates that have since helped me advance in my career. Both volunteer opportunities enabled me to build my resume. While volunteering at AFTB I became a certified master trainer which led to my job as Department of the Army Casualty Affairs trainer while stationed at Fort Carson, and my time with the BSA gave me the social media training and experience that helped me with my current position.

Two years ago I took a new position at the Fort Polk Public Affairs Office on the community relations team.

My professional and educational background is not journalism, marketing or public relations, but experiences and training I've received prior to this assignment made me an attractive candidate and I have proven my ability on this team. I had taken prerequisite courses through the civilian education system for my new career field which allowed me to begin taking advantage classes available to public affairs professionals.

Public Affairs offers a large variety of centrally funded training opportunities for our career program — CP22. During my short tenure here I have taken advantage of two. Last year I completed the Public Affairs Qualification Course which consisted of six months' worth of online course work followed by two weeks residency at Fort Meade, Maryland. PAQC was challenging and helped me develop the journalism skills I had been lacking.



Jean Graves

My most recent opportunity was a trip to Washington D.C. March 10-14 for the Congressional Operations Seminar. Wow. The last time I was in D.C. I was marching in the Cherry Blossom Festival with my high school band thirty years ago. What an amazing and eye-opening look at the inner workings of our government and how challenging it is for our elected leaders to get things done that are in the best interests of their constituents, while setting national policies, providing oversight to governmental agencies and maintaining fiscal responsibility to tax payers.

I witnessed bills being introduced on the Senate

floor, visited with my state representative and his staff, sat in on the House Judiciary Committee meeting as well as networked with other federal employees from a variety of agencies from across the country.

The seminar was four days long but felt like four hours. Our instructors were senior fellows with doctorate degrees, former Congressional staffers, journalists, lobbyists and former members of the House of Representatives.

I was one of only two public affairs professionals in attendance. My classmates were budget analysts, grant writers, policy writers, and legislative coordinators for their organizations. I learned with employees from NASA, General Services Administration, and Centers for Disease Control and Prevention, the Library of Congress, the Social Security Administration, Drug Enforcement Administration and the departments of Homeland Security, Defense, Commerce and Education.

After class I took the opportunity to visit the Smithsonian Air and Space and Natural History museums, I walked the National Mall from the Capitol and visited the Washington, Jefferson and Lincoln memorials. I explored the city and enjoyed delicious food from restaurants frequented by famous chefs I follow on Instagram. I rode the metro and listened to my favorite podcasts each day during my commute and I enjoyed every minute of the experience during my short visit.

Next year I hope to attend the Georgetown STRATCOM Planning in a Social Media World. As a Department of the Army civilian employee I have countless training opportunities and every time I am able, I take advantage of them. Regardless of where you work, who you work for or even if you are not working right now, there are always opportunities out there for self-improvement and professional development.

My advice: Take advantage of each opportunity as it presents itself to you. It may lead to a dream job one day.

'Patriot' Soldiers tackle JRTC 'crucible' in Rotation 19-06

GUARDIAN STAFF

FORT POLK, La. — Soldiers with the 3rd Brigade Combat Team, 10th Mountain Division, began their rotation to the Joint Readiness Training Center April 7.

Although Fort Polk is the 3rd BCT's home station, JRTC Operations Group said on its Facebook page they are determined to make Rotation 19-06 a true learning experience for the Patriots.

The photos on this page shows the 3rd BCT in action as they battled rain, mud and the OPFOR during the first few days of the rotation.



JRTC OPS GP



'Death of the Wehrmacht' different read

By Retired Lt. Col. MARK LESLIE
Chief, Plans and Operations, DPTMS

FORT POLK, La. — When I started this book, I realized it was the first book exclusively on World War II I have reviewed. This has not been an intentional exclusion. I have read dozens of books on World War II, it's just that out of the largest CSA reading list ever, it actually has a relatively low number of books dedicated to this war.

As I looked at the title, I wondered out of all the great books on World War II out there, why would the Chief want us to read a book about the army of the Nazi regime, and an army that lost the war?



Leslie

That question was answered within the first few chapters. While this is an historical account, it doesn't read like one. The author is a gifted and talented writer that can take a subject that has been written about in thousands of books with a fresh approach, unlike the textbook style of many World War II history books.

The author, Robert Citino, is no stranger to the German army or ways of war in World War II. He has authored several books on the subject that have marked him as "the authority" on the German army. He makes a point in the introduction to ensure the reader this is not a "what if" book that many authors of the German army in the war are often plagued by. In fact, in my opinion, his factual based and exhaustive study dispels many myths of the German army in World War II.

Citino takes aim at the mystique of Rommel, the notion of many that Germany ever had a chance of winning the war (logistics and manpower alone make this almost an impossibility — at least for the goals Hitler had in mind), the train of thought that the German army was superior in training, equipment and doctrine, and, my favorite, the development of the "blitzkrieg." I learned — as you will when you read this book — the Germans didn't invent it, nor did they even use the term.

The blitzkrieg style of warfare was developed in the interwar years

as a result of the stagnant and costly price of World War I. Mobile warfare and a combined arms fight were not exclusive to Germany and were in development internationally in the interwar years. The Germans just validated it on a grand scale first and refined it before the rest of the world.

What I liked about the book most was how the author, using the German army of 1942 as a vehicle, managed to explore and weave together all three levels of warfare: From tactical, to operational all the way through strategic. Plus, he managed to take the reader through those levels and explain how they are all interrelated as well as the how and why decisions at every level, relate to the next. The read is an education in cause and effect of the levels of warfare with a masterful writing style that educates the reader in a seamless and enjoyable way.

Many historians like to purport the theory that Hitler and his meddling with his generals lost the war.

The author points out that while he certainly didn't help it, the often-vaunted German general staff failed as well. While the general staff became masters on the art of operational maneuver (the author explains why), over confidence and underestimation of the enemy as well as a terrible intelligence system contributed to the destruction of the German army — as well as the Allied forces. I think maybe this is one of the reasons the Chief wants us to read this book. There is a lesson here for the leader and staffer alike.

Conversely, one of the things that intrigued me about this book was the discussion on what we now call mission command and they called mission tactics. The German army's highest successes came early on when individual commanders had been empowered to exercise authority and exploit battlefield opportunities. As success and confidence grew, operations became more and more complex, and subsequently more controlled by higher command, thus closing the door on what led to initial success.

Although I had read about the

Book review



COURTESY PHOTO

Wehrmacht soldiers with an MG34 Dimitrijewka machine gun on the Eastern Front in July 1942 during World War II.

German "mission command" culture previously, one term I had never heard used in reference to the Germans in World War II was revealed in this book. This term is one we here at the Joint Readiness Training Center and Fort Polk are familiar with: Decisive action. That's right, we didn't come up with decisive action; the

word and deed have been around and in use for many generations.

The author says it best in the book as he quotes it from the German army field operations manual of the time: "The first criterion of the war remains decisive action. Everyone, from the highest commander on down to the youngest Soldier, must constantly be aware that inaction and neglect incriminate him more severely than any error in the choice of means."

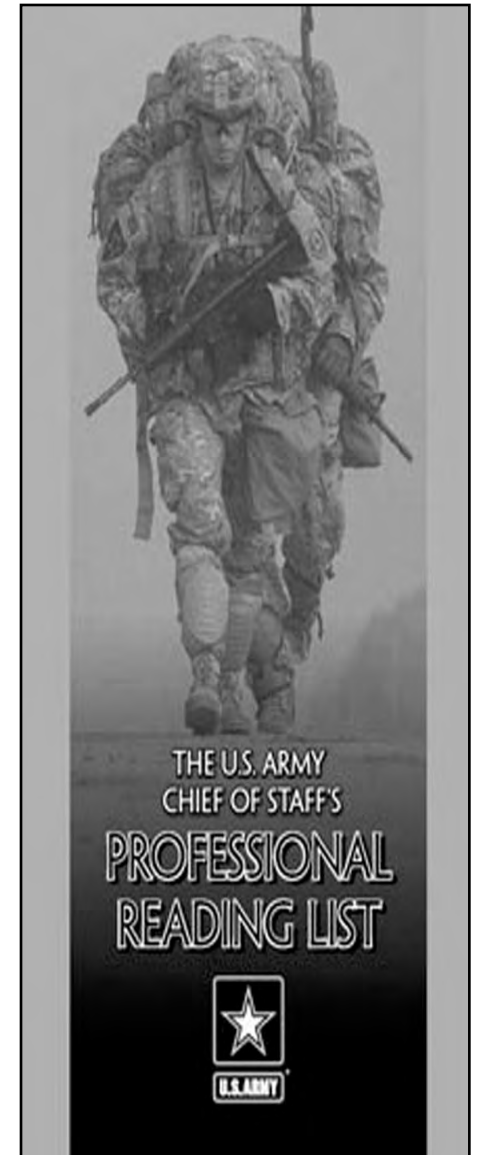
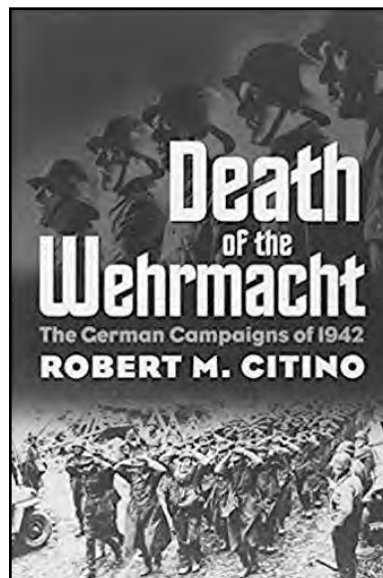
He goes on to sum it up in a quote: "The most essential thing is the deed".

If that alone doesn't make you want to read the book while here at the home of the Joint Readiness Training Center — the epicenter of modern-day decisive action — then I don't know what will. If you read nothing else from this book, pick it up and read chapters one through five. I think the lessons and the "meat" the CSA wants us to get out of this book are in these chapters.

You not only will be glad you did, but be better for it. If you check it out from Allen Memorial Library

here on post, my apologies for the dog-eared pages — too many things I wanted to remember and go back and reference. Consider them your "cliff notes." I didn't highlight anything, but it's all in my own notebooks now. Fill yours as well. There is a lot here to think on and learn.

Author: Robert M. Citino
Allen Memorial Library
CALL #: MS 540.54 CIT



Army G-4 offers tips to prepare for peak moving season

U.S. ARMY G-4

WASHINGTON — Up to 60,000 household goods shipments for Soldiers, civilians and Family members are expected to be moved this summer, and U.S. Army Logistics, Headquarters Department of the Army G-4, is providing some tips to help make your move less stressful.

Move planning and execution

Peak season for permanent change of station begins May 15 and runs through Aug. 31, with the busiest weeks being May 15 through July 4. Soldiers, civilians and Families should avoid moving around the holidays and during the last week of May and June, if possible. Avoiding this timeframe will help prevent late pick-ups and changes to deliveries.

Advanced planning and preparation is key to a successful move. Upon receipt of orders, Soldiers should immediately create an account or login into Defense Personal Property System, via www.move.mil; upload orders and complete all shipment applications for the move.

The next step is to contact or visit the transportation office to ensure all preparatory steps were successful. By getting to the transportation office quickly, customers will have a better chance of scheduling the move convenient for them. Scheduling movers is done on a first come, first served basis and during the peak season, there may be limited availability of packing and shipping dates.

After logging in or creating an account, service members can view customer satisfaction scores for moving companies.

On the day of the move, Soldiers, civilians and Families should do the following:

- Refrain from scheduling other activities during moving days, as the packing and moving process can take the entire day. Make it your priority.
- Monitor how packers and movers are performing. If you have a question, call the transportation office. The Army is working to improve the HHG movement process by increasing the number of quality assurance inspections.
- Save the contact information for the moving company and quality assurance inspectors.
- Obtain a copy of the inventory and make sure to identify and annotate high-value items.
- A 24 hours a day, seven days a week U.S. Transportation Command toll free hotline will be operational and published in May for Soldier and Family household goods (HHG) problem resolution.

Additional information and detailed tips can be found in "It's Your Move" located at www.move.mil.

Storage of HHG

After a Soldier's shipment arrives at destination they are authorized short-term storage for 90 days. Short-term storage provides enough time to secure a new home. If necessary, a Soldier can request an additional 90 days through the transportation office.

Long-term storage is authorized for overseas tours, retirement or separations and training courses that are longer than 20 weeks. In some cases single Soldiers and dual military couples can use long-term storage during a deployment. Move entitlements

If conducting a first PCS move, moving to or from a foreign country or making a final retirement or separation move, Soldiers must schedule



a counseling appointment with the transportation office to review entitlements.

The moving process begins with orders, which identifies a Soldier's entitlements based on their rank, dependent status, basic information on their tour and restrictions on what can be brought to the next duty station.

Rank, dependent status and sometimes location determine a Soldier's weight allowance. Soldiers are responsible for staying within that weight allowance. If the shipment weight is close to their weight allowance, the Soldier can request a reweigh at destination with the transportation office.

Professional books, papers and equipment, also known as pro-gear, are defined by the Joint Travel Regulations as items needed for the performance of official duties.

The maximum weight authorization for pro gear, regardless of rank, is 2,000 pounds. Spouses may request an additional weight allowance up to 500 pounds if the pro gear is required for employment or community service. Pro gear does not include homeschooling supplies.

A spouse's pro gear request must be submitted to the transportation office for approval before the scheduled pick up. Before a Soldier's pack and pick-up date, they should separate all their pro gear from HHG, as it must be weighed separately and annotated on the inventory sheets.

If a Soldier's HHG are not picked up or delivered on the agreed upon dates, he or she can file an inconvenience claim with the moving company for out of pocket expense supported by paid receipts. Soldiers can contact their transportation office for additional information.

Personally procured move (also known as do-it-yourself move)

Soldiers must obtain PCS orders before they are authorized to conduct a PPM or DITY move. Before conducting a PPM or DITY move, Soldiers must receive counseling and approval from their transportation office. Soldiers will have the option of moving HHG with a POV, rental truck or hiring a commercial moving com-

pany, but all methods require full and empty weight tickets.

Upon move completion, a Soldier must submit receipts, weight tickets, and contracts. All paperwork must be dated after the published date of their orders, or they will not be reimbursed. Additionally, taxes and insurance are non-reimbursable for equipment rental contracts and receipts.

As an incentive, the Soldier receives 95 percent of the maximum amount that the government would pay to have the HHG moved. If it costs less for Soldiers to move personal property themselves, they will keep the difference. This incentive is based on the weight that a Soldier transports, not to exceed their authorized weight allowance.

The PPM or DITY estimator tool, found on www.move.mil, under the helpful links section, calculates an estimate of the maximum amount that the government would pay to have a member's HHG moved.

Final step

Once any move is complete Soldiers should complete the on-line customer satisfaction survey to rate the moving company. The survey rating results keep the moving companies accountable; it helps everyone in the moving process — the Army, personal property offices, moving companies and U.S. Transportation Command — improve the process for the Soldier and civilian. A list of customer satisfaction survey scores for all moving companies are on the Defense Personal Property System customer landing page, accessed via www.move.mil.

If a Soldier cannot complete the survey, the U.S. Transportation Command Help Desk should be contacted at (800) 462-2176. After dialing the toll-free number, Soldiers should select option 5 and option 1.

The Army is fully committed to improving customer satisfaction by sharing proactive tips that empowers Soldiers and their Families with information needed to influence a successful PCS moving experience.

Briefs

Easter services

The following Easter services are held in the Fort Polk Main Post Chapel:

- April 20, 8-10 p.m., Catholic Easter vigil
- April 21, 8:30-9:30 a.m., Catholic Easter mass
- April 21, 10:30-11:30 a.m., collective Protestant service.

Call 531-7338 for more information.

Exchange activities

The following activities are scheduled for the Fort Polk Main Exchange in honor of April's recognition as Month of the Military Child:

- Purple Up for Military Kids, Saturday. Any child 18 or younger who wears purple is eligible to receive one free treat while supplies last from the Main Burger King — vanilla soft serve, Charley's Philly Steaks — small lemonade, Starbucks — cake pop and Subway — two cookies
- Nerf Fest, April 27, from 10 a.m.-2 p.m., Main Exchange. Ages 8 and older. Assorted blasters and darts provided.

For more information call 537-1001.

ARC VolunTeens

The American Red Cross' summer VolunTeen Program is open to youth ages 13-17 and runs from June 10-July 26.

Applications are due no later than May 17 at 4 p.m. and are available for pick-up between 9 a.m.-4 p.m., Monday through Thursday, and 9 a.m.-noon Friday, at the ARC office, 1778 Third St., bldg 220.

For more information and to see if you qualify call Leslie Jones at (804) 385-0966.

Toastmasters meet

Toastmasters meets from noon-1 p.m. at the Fort Polk Education Center, 7460 Colorado Ave., room 208, on the first and third Wednesdays of each month.

The next meeting is Wednesday. For more information call LaVersa Wiltz at (337) 208-8557.



Stocking fish

Command Sgt. Maj. Christopher M. Ausbun, Fort Polk garrison command sergeant major, tags a catfish prior to its release in the Youth Catfish Pond in preparation for the Earth Day Youth Fishing Derby Saturday. The event is from 7-11 a.m. and features prizes for those who catch a tagged fish. More than 2,000 pounds of catfish were released in the pond April 10. The derby is open to youth 16 and younger.

Friendly fire fighters facilitate Fort Polk fire station tour

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — From their perspective, any day kids get to go on a field trip is probably a fun day. Two K-4 (kindergarten) classes of excited 4 and 5 year-olds from Faith Training Christian Academy, Leesville, had one of those "fun" days as they toured the Fort Polk Fire Department April 10.

The students explored fire trucks, toured the fire station and took turns spraying the fire hose (with a little help).

Sara Newman, K-4 teacher, said the field trip offered students the chance to experience and learn new things about firefighters and the job they do, while also absorbing basic fire prevention skills. Newman said it made an impression on her students when Fort Polk firefighters explained the parts of their uniforms and described and demonstrated the importance of each piece of equipment.

"What the firefighters sound like when they have their gear on is the first step to help kids understand what to expect if they are in a fire and see a firefighter in their home," she said.

Krista Henry, K-4 teacher, said if you are 4 or 5 and your house is on fire, you are going to be scared.

"There's smoke and alarms and then you see this big guy in strange gear coming at you. Of

course they are going to be frightened," she said. "But now they know what to expect and that the firefighter is there to help them. That could make a huge difference."

Matthew Chapman, Fort Polk firefighter, told the kids, "The worst thing you can do is hide from us in that situation. You want to get out of the house that is on fire and we are there to help you do that."

Rusty Buentello, Fort Polk fire inspector, said tours teach kids basic fire safety and that fire fighters are there to help them.

"If they are in trouble, we want them to run to us when they see our trucks and uniforms, not away from us," he said.

Buentello said his favorite thing about conducting the tours is watching the happy expressions on kid's faces as they explore fire trucks.

"It's wonderful to see," he said.

Courtney Whitehead attended the tour with her daughter, Abbie-Mae. Although she said Abbie-Mae knows what to do if a fire happens, she is glad her daughter has an opportunity to learn even more fire safety.

"She has been very excited about this tour," she said.

Whitehead said her daughter loves water and couldn't wait to spray the fire hose.

Abbie-Mae said it was really fun.

Please see **Tour**, page 9

Tour

Continued from page 9

"I loved spraying the hose up and down. I sprayed water really high," she said.

Capt. Chris Rosado, Joint Readiness Training Center Operations Group, attended the tour with his son Weston. He said it's good to spend this kind of one-on-one time with him.

"He had a ball. He'll be talking about this tour for the next two weeks," he said.

After taking the tour, Lincoln Dowden, an FTCA student, said being a firefighter would be a good job.

The field trip was also part of the FTCA's effort to promote the idea of teaching kids about community service.

Newman said kids gave teddy bears to the firefighters to hand out to other kids when they go out on emergency calls.

"We are trying to teach them a spirit of kindness and compassion in giving back to the community. We explained to them that when kids their age have been through an accident or a fire and have maybe lost everything they own, the teddy bear might bring them some comfort," she said.

Henry said it makes their students feel better to pass that love and joy forward.

Newman said felt the tour was a huge success.

"I want to thank Fort Polk and the firefighters for allowing us to visit post for the tour," she said.

"Fort Polk was very welcoming," said Henry.



ANGIE THORNE / GUARDIAN

Firefighters show Faith Training Christian Academy students what to expect should a firefighter come to their house April 10 at the Fort Polk Fire Station. The students toured the station on a field trip to learn basic fire safety.



FTCA student Synclaire Wysinger, 5, is having a blast spraying the fire hose with Lt. Joe Percival Sr. April 10 at the Fort Polk Fire Station.



Rusty Buentello, Fort Polk fire inspector, is the center of a massive hug from FTCA students thanking him for a wonderful tour of the fire station April 10.



CHUCK CANNON / GUARDIAN EDITOR

Spring park playtime

Above: Arlyn Yates, 7 months, son of Jeffrey and Maryellen Yates, enjoys a sunny spring day April 9.

Left: Brett Yates, 4, son of Jeffrey and Maryellen Yates, takes advantage of a beautiful spring day April 9 to use the slide on the covered playground near Fort Polk's Youth Cat-fish Pond.

VPSB, BPSB host NMSI Advanced Placement exam study sessions

By VIVIAN LOPEZ

Fort Polk Progress

DeRIDDER, La. — The Vernon and Beauregard parish school boards teamed up this school year to host Advanced Placement exam study sessions — funded by the National Math and Science Initiative (NMSI) grants in their respective districts — for students from Leesville, Pickering, Rosepine and DeRidder high schools.

Throughout the school year, the school boards rotated AP study sessions in their schools — with English AP study sessions taking place at LHS, math AP study sessions at DHS, and science AP study sessions at RHS.

There are three study sessions for each subject each school year — one in the fall and two in the spring.

"It's helped get the students ready. Not only is it reinforcing what they're learning in the classroom, but it's also helping prepare them for the AP exams at the end of the year," said Cassady Hickingbottom, DeRidder High School assistant principal and AP program coordinator.

The four-hour AP study sessions took place on designated Saturdays and consisted of the NMSI instructors reviewing content and test-taking strategies to prepare the students for their AP exams.

"It gives students a different perspective on the content from what their teacher has done. These NMSI instructors are people who have taught AP for a long time and have been very successful with their AP programs," said Renita Page, a VPSB curriculum director overseeing the AP program. "They know what to tell those kids to look and study for."

Eleventh graders Caleb Crouse of LHS, Sylvia Cini of RHS and Da'Laishia O'Neal of PHS — all of whom are military-connected students from Fort Polk — found the AP study sessions beneficial.

Crouse, who attended study sessions for his

AP English language and composition, AP biology and AP computer science courses, said the experience was educational.

"I acquired more knowledge and strategies for the AP exams," Crouse said. "They were helpful and readily prepared me for all of my AP tests."

Cini, who will be taking the AP biology and AP English language and composition exams this spring, said the study sessions prepares students to approach and complete AP exams successfully.

"They give me a different view on how to take the test and what works best for me," Cini said. "They are going to allow me to pass the AP test."

O'Neal said she appreciates that the AP study sessions were available to students in the area.

"I'm grateful because not every school gets the chance to have people come to help us out," O'Neal said. "They have refreshed the information that my teacher taught me."

Page said VPSB and BPSB AP teachers also attended the study sessions so they can learn as well.

Lela Magee, LHS AP physics I teacher, said she enjoyed listening to the physics presenters.

"Through observation of and conversation with the presenters, I gained insights into how to present topics in different ways," Magee said. "The study sessions are an excellent resource."

Joshua Beard, DHS AP physics I teacher, said the AP study sessions are helpful and appreciated.

"I get to see how other teachers teach and explain material to evaluate my own methods. I sometimes get shown that I have misconceptions as well," Beard said. "I am glad we have them."

Beard and Magee hope their students took away valuable lessons from the study sessions.

"I hope they gained confidence in what they know and a better understanding in what they are struggling with," Beard added. "As long as my students can learn and get better — even in only one thing — it was worth it."

The districts paired up to make the AP study

sessions easier to coordinate with NMSI and make as many of them accessible to the students they serve.

And Page and Hickingbottom said their coordinated efforts went smoothly and the students enjoyed learning from one another.

"Students can see that they're right on track, and what's going on in the other schools," Hickingbottom said. "It gave them more opportunities to hear a national level expert cover specific areas."

In addition to funding the AP study sessions, NMSI sends AP course instructors from across the nation for each AP class VPSB and BPSB students are taking in the English, math and science categories.

One of NMSI's goals is to provide "military-connected students from coast to coast with well-trained teachers, challenging Advanced Placement coursework, and strong foundations in STEM subjects that will prepare them for the rigors of college and career, whether military or civilian."

Fort Polk Progress helped both districts secure their NMSI grants to make these AP study sessions possible.

"We're happy to be a part of helping students in their pursuit of academic excellence," said Michael Reese, Fort Polk Progress chairman. "We're grateful to NMSI for this grant and to VPSB and BPSB for making the AP program a priority so these students will be successful in high school and beyond."

Page and Hickingbottom hope the study sessions have a lasting impact on their students.

"The students are very dedicated. They were committed to the study sessions," Hickingbottom said. "We're hoping it helps our students when it comes time to take their AP exams because we want to enable our students to have as much college credits as possible when they graduate high school."

Page added, "It's all about the kids."

CYS gymnastics class teaches youngsters physical, social skills

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — Every four years, sports-minded patriotic Americans turn their eyes — and often, their hearts — toward the Olympic games. One of the more popular events — and the favorite of little girls and boys all across the country — is gymnastics.

With their gazes glued to the television watching the tiny tumblers twisting and turning in hopes of earning elusive gold, these young fans often dream of the day when they might take their places on the podium and listen to “The Star Spangled Banner” as a medal is placed around their neck with its promise of fortune and glory.

For most, realism eventually sets in and only a few reach the Olympic pinnacle. But that doesn’t stop the mighty mites from giving it a shot.

Fort Polk’s Directorate of Family Morale, Welfare and Recreation’s Child and Youth Sports Program offers those who want to try their hand at gymnastics a variety of classes where participants can burn off a little energy while giving their moms a short break, and maybe, find out they have the skills to compete.

Kayla Walker, program associate and gymnastics instructor for CYS, said gymnastics is a great way to help youngsters stay active.

“It works on their coordination, agility and developmental skills,” she said. “It’s also a safe place to explore and take risks without getting hurt.”

Walker explained.

“If a child was to jump off of a chair or make a tumbling run at home, they might hurt themselves,” she said. “Here we have padded floors and supervision, and no sharp corners which means less chance of getting hurt.”

Walker said she’s noticed those who participate in gymnastics seem to have more confidence in their physical abilities.

“Their bodies are stronger and they usually have fewer injuries,” she said. “We offer them organized chaos.”

Sgt. 1st Class Dennis and Mindi Bolelli have their daughter, Madison, 3, enrolled in the ages 3-5 gymnastic class. Mindi said the class has helped Madison with her socializing skills.

“This has been a great experience for Madison,” she said. “They are being taught skills while having fun. They don’t even realize they are learning.”

Mindi said she’s noticed improvement in Madison’s hand-eye coordination.

“She’s ahead in her development,” she said. “As long as she likes it, we’ll keep her in it.”

Capt. Richard and Savanna Nicholson have enrolled their daughter, Evelyn, 3, in the same class.

“I homeschool our kids so this is her activity,” Savanna said. “Her sisters have their physical education activities, and this is Evelyn’s.”

Savanna said Evelyn enjoys the class.

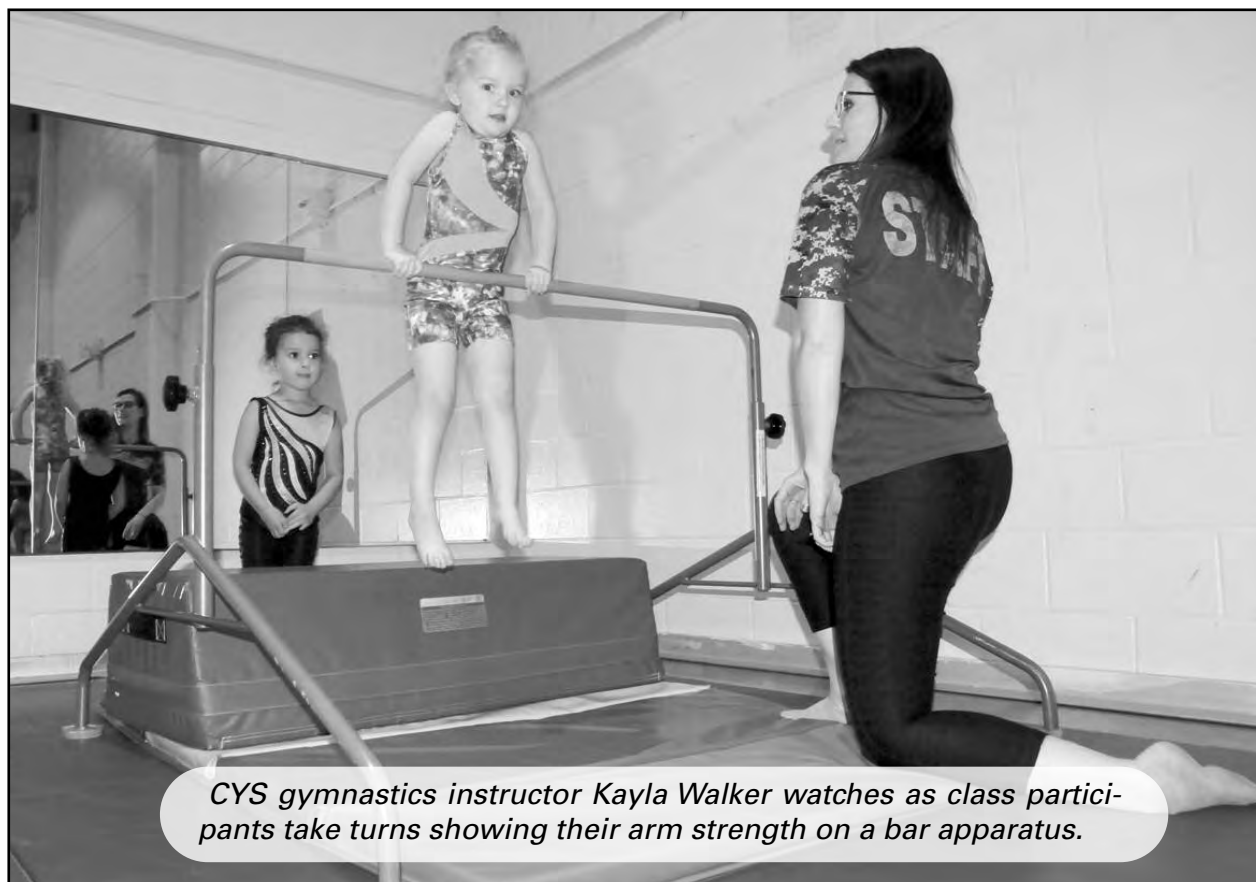
“She’s always excited when I tell her it’s class time,” Savanna said. “It’s helped with her physical development and increased her strength. She climbs everything at home like a little monkey.”

Layla Whiddon, 4, is another regular in the 3-5 year old class. Her mom, Leah, said this is just Layla’s second week of class.

Please see **Gymnastics**, page 16



One of the benefits of the Fort Polk Child and Youth Service’s gymnastics classes, cited by both instructors and parents, is the development of social skills. Here, Evelyn Nicholson, 3, helps Caroline Berges negotiate a balance beam, while another youngster watches. Keeping an eye on the activity is gymnastics instructor Kayla Walker.



CYS gymnastics instructor Kayla Walker watches as class participants take turns showing their arm strength on a bar apparatus.

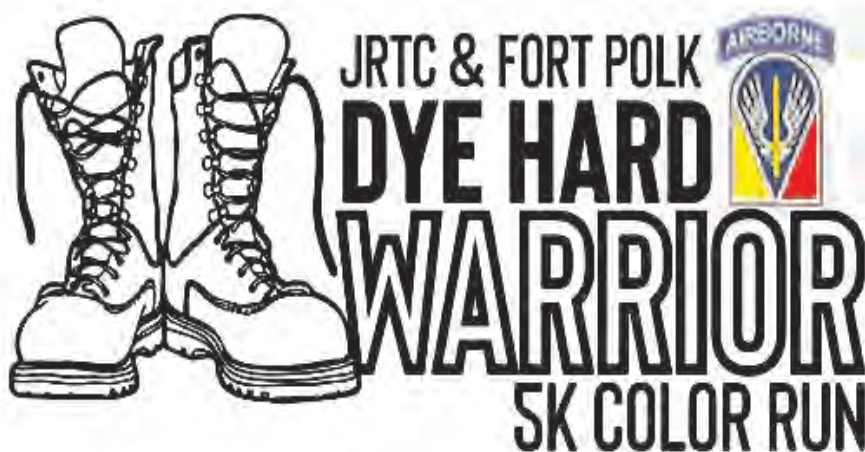
Fort Polk community participates in MWR color run



Dye Hard Warrior 5k Color Run participants are already rainbow colored at the start of the race. Two thousand members of the Fort Polk community participated in the run on April 6.



This color run participant got more than his fair share of red April 6 at the Fort Polk Dye Hard Warrior 5k Color Run.

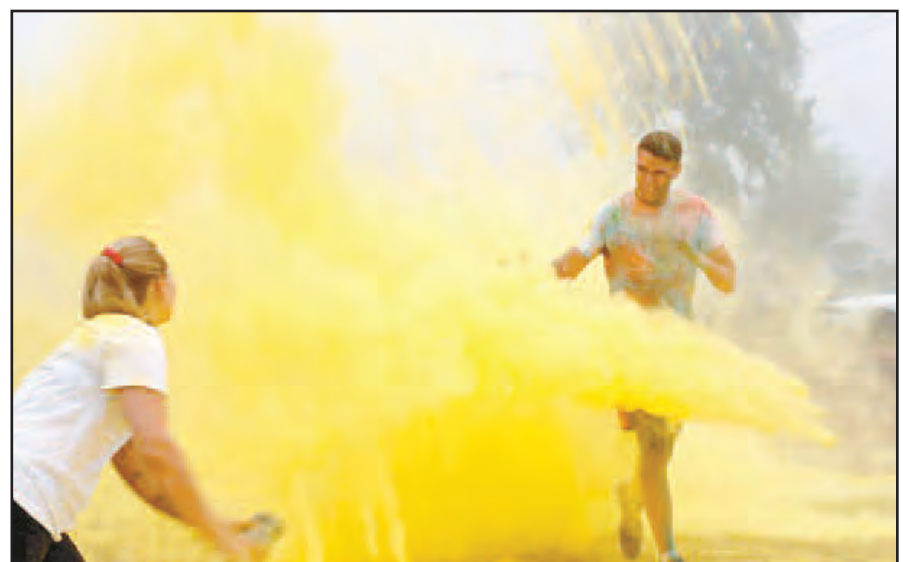


Above: Fort Polk Dye Hard Warrior 5k Color Run color run participants make their way through a cloud of blue dust April 6 at the Fort Polk Dye Hard Warrior 5k Color Run.

Below: A color run worker douses a participant in yellow dye.



Color run workers douse one of the 2,000 participants in the Fort Polk Dye Hard Warrior 5k Color Run.



Sample Louisiana flora, fauna at Avery Island's Jungle Gardens

By **CHUCK CANNON**

Guardian editor

EVERY ISLAND, La. — Throughout history, men have worked to build gardens for the delight of their subjects or Families. From the hanging gardens of Babylon in Iraq to the Chateau de Versailles in France, kings, queens and other rulers used gardeners and slaves to tame nature and create beautiful landscapes of flora and fauna to surround their palaces.

One such "king" was Edmund McIlhenny, a food lover and avid gardener who called Avery Island in south Louisiana his home. Avery Island sits atop an 8-mile deep dome of salt on Louisiana's Gulf Coast.

In the 1860s, McIlhenny, a banker by trade, was given pepper seeds from Mexico and Central America. He planted the seeds near his home, fell in love with the spicy flavor of the peppers they bore and decided to try his hand at creating a pepper sauce.

Using the reddest peppers, he mixed them with Avery Island salt and aged the mash for 30 days. He blended the mash with French white wine vinegar and aged the mixture for another 30 days. He bottled the mixture and tried it out on family and friends.

McIlhenny's sauce proved so popular that he decided to leave the banking business and make pepper sauce full time. He labeled the sauce "Tabasco," received a patent in 1870, and soon after became recognized as the king of pepper sauce.

Tabasco Pepper Sauce is still made much the same way McIlhenny first made it. His relatives continue the tradition by continuing to grow tasty peppers on Avery Island.

Tabasco Pepper Sauce is labeled in 22 languages and sold in more than 160 countries. It is included in Soldiers' rations and adorns the tables of the finest restaurants in the world. Visitors to the Tabasco factory on Avery Island can watch as the pepper sauce is bottled, labeled and packed off for shipping.

After a tour through the Tabasco factory, a stop at the company gift shop is a must. There you'll find the Tabasco label on just about everything you could imagine.

You'll also have a chance to sample Tabasco-flavored ice cream, soda and chili. Oh, and don't leave without trying a bowl of jambalaya — Tabasco style.

After dining on such delicious fare, what's needed is a good walk. Just across the road from the Tabasco compound is another contribution from the McIlhennys to Avery Island — Jungle Gardens. Rivaling the gardens built by European and Eastern monarchs, Jungle Gardens, founded in the 1890s by Edmund McIlhenny's son, E.A. McIlhenny, was created to support another McIlhenny creation — Bird City.

E.A. McIlhenny founded the ornithological colony — home to thousands of snowy egrets — after plume hunters slaughtered the bird to near extinction. The younger McIlhenny gathered eight young egrets, raised them in captivity on Avery Island, then released them in the fall to migrate across the Gulf of Mexico. The next spring the birds returned — with a few friends — and the migration continues today.

The 250-acre Jungle Gardens and Bird City attracts visitors from all over the world. Along its shaded paths and trails are azaleas, Japanese



If you enjoy the beauty of azaleas in full bloom, now is the perfect time to make the drive to Avery Island's Jungle Gardens.



Nesting snowy egrets offer visitors to Avery Island's Jungle Gardens views of birds that were nearly hunted to extinction for their feathers.

camellias, Egyptian papyrus and other botanical treasures. When oil was discovered on the island in 1942, E.A. McIlhenny made sure production crews bypassed the stately oak trees and buried their pipelines.

In addition to the vast array of plant life, visitors can see alligators, turtles, deer and raccoons. An unexpected treat in the middle of the Louisiana marsh is a Chinese garden, including

an 800-year old Buddha overlooking a lagoon — a gift to E.A. McIlhenny in 1936.

Admission to Jungle Gardens is \$8 for adults, \$5 for children ages 5-12 and free for children 4 and under. A combination for both the Jungle Gardens and Tabasco Visitors Center is \$12.50 for adults and \$9.50 for children ages 5-12 and free

Please see Gardens, page 15

Is exercise that's too intensive resulting in your angina?

MILITARY HEALTH SYSTEMS

WASHINGTON — Coronary artery disease is the most common type of heart disease and the leading cause of death in the United States for both men and women.

Arteries carry oxygenated blood throughout the body including to the heart muscle. Over time, plaque can build up in the arteries, which harden and constrict blood flow to the heart. When the heart does not get enough blood, the body's response is angina.

Angina is experienced as a feeling of tightness or pressure in the chest that can also radiate out to the neck, jaw, back or shoulders. Women may also experience nausea, shortness of breath or fatigue. Angina can be exercise-induced or caused by other symptoms of heart disease.

"Any time the heart's demand for oxygen is greater than the supply, there is a chance for angina," said Dr. Jamal M. Munir, a cardiologist at Fort Belvoir Community Hospital. "Angina most commonly occurs during physical exertion, such as walking quickly up a hill or flights of stairs."

Increases in blood pressure or stress, abnormally fast heart rhythms, severe illness or anemia can also raise the risk of experiencing angina, she added.

Preventing coronary artery disease is the goal, Munir said. This means eating a whole-food, plant based diet with minimal animal products, as well as exercising regularly, sleeping well, reducing stress and refraining from smoking.

Even with these preventive measures, exercise can induce angina even in presumably healthy individuals.

"When you exercise, your heart needs more oxygen and nutrients," said Munir. "If the demand outstrips the supply, the result is angina."

Someone with angina would experience a dull sensation rather than a sharp pain, which typically comes on gradually during exercise and can improve with rest, she added. Nitroglycerin, a medication that relaxes the arteries and increases blood flow, can alleviate chest tightness and pressure.

"Should you experience persistent angina while at rest or at lower levels of activity, seek



MILITARY HEALTH SYSTEMS

Navy Hospitalman Kiana Bartonsmith checks a patient's heart rate at Naval Branch Health Clinic Kings Bay in Georgia, one of Naval Hospital Jacksonville's six health care facilities.

medical care immediately for a possible heart attack," Munir cautioned.

The temptation might be to think that if exercise induces angina, the safest course of action would be to remain on the couch. Munir disagrees.

"When it comes to daily exercise, it doesn't have to be intense or done all at once," Munir said. "Some people complain that they can't make it to the gym for a full workout, but if they walk for 10 minutes after each meal, that adds up to 30 minutes a day."

Moderate exercise combined with strength training, stretching, meditation or yoga practice is all important to cardiovascular health, she added.

A physician can test for indicators of coronary artery disease — high blood pressure, abnormal heart rhythm or high cholesterol — that contribute to angina. Medications can stabilize or reduce these symptoms when combined with other healthy habits such as regular exercise.

"If the combination of medication and lifestyle changes isn't effective, invasive procedures such as coronary stents and open heart bypass surgery are options to consider," said Munir.

To protect health, especially the heart, "dietary and lifestyle modification are the cornerstone of prevention and treatment of coronary artery disease," she added.

"Incorporating small changes into your lifestyle can make a big difference."

Breaking the pain cycle: Options other than opioids available

MILITARY HEALTH SYSTEMS

WASHINGTON — The pain in Marjorie Ann McLaughlin's feet from plantar fasciitis made walking difficult, and the inactivity led to a cycle of back and knee pain. This physical pain led to relationship pain with her spouse and family because she couldn't cook dinners or make it upstairs most nights to sleep in her own bed. The former Air Force sergeant couldn't even work in her garden, a favorite pastime.

McLaughlin didn't like the way prescription opioids like hydrocodone made her feel. Her provider recommended pain management services available at Walter

Reed National Military Medical Center — services with a common goal of easing patient discomfort while also reducing or eliminating the use of opioid medications.

"Providers continually collaborate to help ensure patients get the right level of care and treatment," Lt. Col. Sharon Rosser said. Rosser, director of the Army Comprehensive Pain Management Program at Defense Health Headquarters in Falls Church, Virginia, leads efforts with other clinical experts to optimize pain management practices across the Military Health System.

According to Rosser, embedding primary care pain champions and additional providers like physical therapists, behavioral health con-

sultants, and clinical pharmacists into primary care is just one way the MHS is delivering evidenced-based pain management for patients with acute and chronic pain.

"We're dedicated to supporting our health care professionals with education and training so they may form effective, individualized patient treatment plans for acute and chronic pain," Rosser said. "MHS leaders continue to look for opportunities to increase access to evidence-based pain care and non-pharmacologic therapies."

Providers reinforce the lifestyle benefits of a nutritious diet and daily movement in the presence of both acute and chronic pain, Rosser said. Problems caused by injury, illness or

surgery can include tense muscles, psychological stressors, and emotional reactions to pain or poor sleep — a combination that can contribute to persisting pain, called a pain cycle. MHS pain management services can offer patients alternative treatments to help.

Dr. Christopher Spevak, director of the opioid safety program for the National Capital Region, and a pain physician at Walter Reed, said the more options for patients, the better. Pain clinics may offer procedures such as trigger-point massage, dry-needling, advanced injections like epidurals and facet blocks, spinal cord stimulation and acupuncture.

Please see Pain, page 17

Gardens

Continued from page 13

for children 4 and under. Tickets to the visitors center are \$5.50 for everyone, children 4 and under free. Veterans, active duty service members and seniors age 55 and above receive a 10 percent discount.

The gardens are open from 9 a.m.-5 p.m. daily. Tours of the Tabasco factory are Monday through Saturday from 9 a.m.-4 p.m. The factory is closed on major holidays.

There is a \$1 toll road charge to enter Avery Island.

For those who want to get a firsthand look at the production of Tabasco Pepper Sauce and visit Jungle Gardens, a trip to Avery Island is only about a three-hour drive from Fort Polk. Take U.S. 171 south to I-10. Head east on I-10 and take exit 103A in Lafayette. Follow U.S. 167 south and U.S. 90 east about 20 miles to La. Hwy 14. About a mile down the road, turn onto La. Hwy 329, go about five miles and you're there.

For more information call (800) 634-9599 or visit www.TABASCO.com.



Wisteria blooms offer purple and white color to Jungle Gardens.



Alligators are one of the viewing favorites at Jungle Gardens.

CHUCK CANNON / GUARDIAN

\$185

CREDIT HOUR

with valid military ID

40 Online Degree Programs Available



NORTHWESTERN STATE

Leesville / Fort Polk

Associate:

- Nursing
(Receive an additional \$4000 for the ASN degree through MyCAA)

Bachelor's:

- Business Administration
- Criminal Justice
- General Studies
- Hospitality Management and Tourism
- Nursing
(Qualifies for AMEDD/AECP)
- Social Work

Master's:

- Homeland Security



Denise Jackson
jacksond@nsula.edu
337-653-0812
nsufortpolk.com

Gymnastics

Continued from page 11

"I'm a stay-at-home mom, so this gives her an environment where she can work on physical development and social skills," said Leah, whose spouse is Maj. Josh Whiddon.

Leah said there are a couple of additional benefits to the class.

"The gym is air conditioned which beats the summer heat, and Layla always takes a good nap afterwards," she said.

The CYS gymnastic schedule is as follows:

- Parent and child gymnastics, ages 12 months to 3 years, Mondays at 10, 10:30 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.

Classes are held in the Youth Gym, bldg 2070. Children must be registered with CYS. For more information call 531-6004.



Layla Whiddon, 4, develops her coordination on the balance beam apparatus during gymnastics class April 10.



Above: Members of the Fort Polk CYS 3-5 year old gymnastics class work on their tumbling skills April 10.

Below: Class members show their skills on the bar apparatus under the watchful eyes of Kayla Walker, CYS gymnastics instructor.



Pain

Continued from page 14

These therapies, along with yoga, biofeedback, cognitive behavioral therapy, mind-body techniques, ice or heat and electrical stimulation modalities (TENS, Alpha-Stim, Calmare and Inter X) can make a big difference in a pain cycle.

"The literature continually demonstrates there is very minimal indication for opioid use for chronic pain outside of end-of-life and cancer-type pain," said Spevak.

Pain and treatment experiences vary across individuals due to the sensitivity of nerves and brain reactions. For McLaughlin, the path toward relief included sessions with a pain management psychologist to talk over treatment options. Recommendations included yoga and a non-opioid muscle relaxant. The provider also introduced her to acupuncture, which she said opened up "a whole new world."

"We should consider date night at acupuncture," said McLaughlin, joking with her husband who suffers from shoulder problems. "Acupuncture is everything."

While acupuncture helped McLaughlin sleep, other treatments worked better to treat Navy Petty

Officer 1st Class Peter Kendrick's upper back problems. Years of what he calls "wear and tear" had taken their toll. Deteriorating discs were pinching nerves and causing pain in both arms.

Kendrick was prescribed an opioid for pain, which helped. However, like McLaughlin, he didn't like the way it made him feel.

Kendrick's provider referred him to a pain management team, where he started receiving epidural steroid injections a month or two apart. After receiving his fourth injection, he reports, "the pain comes back intermittently, but it's by no means as intense as before."

The steroid shots helped Kendrick handle physical therapy — just one of a variety of non-medication options offered to manage his pain. He was also given Alpha-Stim electrotherapy, a high-tech product resulting from research by the Department of Defense, Department of Veterans Affairs, National Institutes of Health and others. Alpha-Stim uses the Cranial Electrotherapy System and addresses pain, anxiety, insomnia and depression by sending a current via ear clips to nerve cells

in the brainstem. After 10 treatments, Kendrick was prescribed a CES unit that he uses at home almost daily for up to an hour. "It really helps with sleep," he reported.

Spevak believes the news media's attention on the national opioid epidemic and its potential dangers may lead some people to seek alternatives.

"At Walter Reed, we're able to of-

fer treatments to active duty service members that may be difficult to get in the civilian sector due to reimbursement constraints," Spevak said.

Kendrick said the breathing and meditation he learned from yoga helps him concentrate on something else other than the pain.

"It breaks the pain pattern," he said.



MILITARY HEALTH SYSTEMS

Ashley Blake, an acupuncture nurse at Naval Hospital Pensacola's Pain Management Clinic, treats a patient with Battlefield Acupuncture (BFA), one of many opioid alternatives offered at many treatment facilities in the Military Health System. BFA consists of inserting five tiny and sterile 2 mm needles into specific points of the ear where they can remain for up to three days.

MSA

A DIFFERENT KIND OF MASTER'S DEGREE

Combining organizational development and tactical knowledge with the people skills vital for team building, the MSA prepares you for leadership no matter where your path leads you.

In the military. In civilian life.

Local classes and support

- » Classes meet at Fort Polk on alternate weekends.
- » Take one class per term and earn your master's degree in two years.
- » Also available online for the flexibility you need.

Get started TODAY!

Central Michigan University

- » Fort.Polk@cmich.edu
- » cmich.edu/FortPolk
- » 337-537-5713



Central Michigan University is accredited by the Higher Learning Commission (www.hlcommission.org), a regional accreditation agency recognized by the U.S. Department of Education. Central Michigan University is currently licensed by the Board of Regents of the State of Louisiana. Licenses are renewed by the State Board of Regents every two years. Licensed institutions have met minimal operational standards set forth by the state, but licensure does not constitute accreditation, guarantee the transferability of credit, nor signify that programs are certifiable by any professional agency or organization. CMU is an AA/EQ institution, providing equal opportunity to all persons, including minorities, females, veterans and individuals with disabilities (see cmich.edu/OCRIE). 3789727 3/19

Aymond

Medical Spa

Facial aesthetics

**Now offering
Microneedling
with the SkinPen!**

APRIL SPECIALS AT THE SPA:

- Buy 2 microneedling treatments, get the 3rd FREE!
- \$100 off Juvederm fillers!
- \$75 off Botox!

Dr. David &

Karra Aymond, MPAS, PA-C

337.239.2776

100 N. 3rd Street | Leesville, Louisiana



See what Sew Crazy Quilt Guild show has to offer

SEW CRAZY QUILT GUILD

LEESVILLE, La. — Leesville's Sew Crazy Quilt Guild — established in 1991 and currently boasting 44 members — hosts its fifth biennial Quilt Show in conjunction with May Fest.

The show takes place at the Family Worship Center Gym, 601 East Mechanic St., May 3 from 10 a.m. to 5 p.m. and May 4 from 10 a.m. to 4 p.m. Tickets for the quilt show are \$3 per adult and children under 12 get in free.

The guild created an "Opportunity Quilt" for the show, which was pieced and quilted by members with Oriental fabric. The intricate pattern on the quilt is called the pineapple pattern.

Opportunity quilt raffle tickets — \$1 per ticket or \$5 for six tickets — are available for purchase at the event. The drawing for the quilt will be at 4

p.m. May 4.

All quilts presented at the show are made by guild members. About 75 to 100 quilts and handmade items will be on display in the show. Ten categories of quilts will be judged and displayed to view with ribbons attached. The show will have "un-judged" quilts displayed in a separate area. There will also be some quilts for sale.

Door prizes will be announced throughout the two-day show. Winners have to be present to receive the prize.

There will also be a silent auction for a few "mini" quilts made by guild members.

Folks attending the show can visit the "country store" where they can buy handmade items donated by guild members. Numerous vendors are anticipated to take part in the store.

For more information call (337) 208-5288.



Check out fun facts about quilting

By KATHY MATHEWS

Quilting Sewing Creating

Quilting has been a passion for many people throughout the centuries. Here are a few fun facts about this warm and cozy hobby found at www.chicagonow.com.

- The word quilt — according to dictionary.com — dates back to about 1250. The term in Middle English was quilte, based on old French word culite derived from the Latin word culcita for mattress.

- First quilt — the process of quilting shows up in Egypt and feudal clothing, but the oldest quilt, called the Tristan Quilt, can be found in

the Victoria and Albert Museum, London. It was made in the late 14th century.

- Average quilter — Quilters Newsletter published a study in 2010 which finds that there are 21 million quilters in the United States. They are predominately female and their average age is 62.

- Largest quilt — the world's largest quilt, certified by The Guinness Book of World Records, is located in Antler, North Dakota. It is 85 feet by 134 feet and depicts a picture of the state with each county represented by different colors.

For more interesting quilt facts visit www.chicagonow.com.



VICTORIA AND ALBERT MUSEUM

The Tristan Quilt

JOINT READINESS TRAINING CENTER



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.



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

Call today to connect with a
SENIOR LIVING ADVISOR
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.

There's no cost to you!
(855) 494-4381

! We're paid by our partner communities

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. BOSS meetings are held the second and fourth Wednesday of each month from 10-11 a.m. at the Home of Heroes Recreation Center. The next meeting is April 24.

Festivals

• Crawfish festival

If you love to eat these little critters, head to Downtown Crawfest 2019 at the Lake Charles Civic Center, 900 Lakeshore Drive, Lake Charles, today through Sunday. Enjoy live Zydeco, Cajun and pop music performances. In addition to plenty of hot and spicy boiled crawfish, you have great food options including other Cajun favorites and a wide variety of offerings from food trucks and vendors

at the fest. You'll also have a blast on the carnival rides. Tickets range from \$12 to \$55. For more information visit www.downtown-crawfest.com.

• Railroad days

Drive down to DeQuincy for the 36th Louisiana Railroad Days Festival today and Saturday. Admission is free to this family friendly festival. You'll be able to eat good food, listen to live music, including headliner Joe Diffie and learn all you want to know about trains and the history of DeQuincy. For more information visit www.larailroaddaysfestival.com.

• International festival

Visit Lafayette for Festival International De Louisiane, April 24-28.

This is a premier International music and arts festival known for bringing a variety of unique and emerging performers to Louisiana while incorporating the best sounds Louisiana has to offer. Downtown Lafayette transforms into an entertainment mecca for all

ages, attracting more than 300,000 attendees over 5 days. Join in the fun as music brings communities together for this cultural celebration. Admission is free. Check out this years lineup from all over the world at www.festivalinternational.org.

• Jazz festival

The New Orleans Jazz Festival celebrates 50 years of jazz history and music April 25-May5. You'll enjoy performances by as Indigo Girls, Tank and the Bangas, Bonnie Raitt, Alanis Morissette, Jimmy Buffett, Chris Stapleton, Katy Perry, Pitbull, Santana, Logic, Trombone Shorty & Orleans Avenue, Gladys Knight, Leon Bridges and

more as they take the stage for fantastic live performances. For more information visit www.nojazzfest.com.

• Pirate festival

The Louisiana Pirate Festival takes place May 2-5 at the Lake Charles Civic Center, 900 Lakeshore Dr., Lake Charles. Pirates of all ages are invited to this unique festival celebrating the legend of pirate Jean Lafitte. The story goes that Lafitte docked his boat on the sandy shores of Lake Charles and buried his treasure somewhere along its banks. If you love dressing like a pirate, or even

Please see **Lagniappe**, page 20



NURTURE THEIR NATURAL SIDE

LAKE D'ARBONNE STATE PARK | FARMERVILLE, LA

Hit the trails, pitch a tent or even play a set of tennis among pristine woods and a 15,000-acre lake stocked for fishing and fun. Plan an outdoor escape by visiting

LouisianaTravel.com/State-Parks.



SHARE YOUR LOVE OF LOUISIANA.

JOIN THE BAYOU KREWE TODAY!



©2018 Louisiana Department of Culture, Recreation & Tourism

LouisianaTravel.com

“When we say there needs to be an increase in school funding, we're not just talking about the need to increase pay for school employees.

We're talking about our state providing our schools with the funding needed to keep up with the needs of the 21st-century student.

”

- Anita Augustus -
Teacher • East Baton Rouge Parish

nea NATIONAL EDUCATION ASSOCIATION
Great Public Schools for Every Child

LOUISIANA ASSOCIATION OF EDUCATORS

WWW.REDFOREDLA.ORG

Lagniappe

Continued from page 19

or if you don't, folks of all ages are encouraged to stop by the festival filled with carnival rides, games, entertainment and live music on multiple stages.

For more information visit www.louisianapiratefestival.com.

Miscellaneous

• CyPhaCon

If you love anime, science fiction, fantasy and gaming, you won't want to miss CyPhaCon, a sci-fi/fantasy and gaming culture convention in Lake Charles today through Sunday at the Lake Charles Civic Center. Tickets can be purchased on the CyPhaCon website via the civic center box office through Ticketmaster.

For more information visit www.cyphacon.org.

• Concert series

The City of Leesville, in conjunction with KJAE radio, hosts the 2019 Leesville Concert Series each Friday on the Polk stage in downtown Leesville at the corner of Texas and Fourth streets at 6 p.m.

The event includes live music, food trucks and encourages dancing. The lineup is as follows: Today — the jazz sounds of Robert Richard, April 19 — Dani Lacour, April 26 — Michael Kuk and May 3 — Rootsicana.

• Children's theatre

The Children's Theatre Company, located in the Central School of the Arts & Humanities Center, 809 Kirby Street, Lake Charles, presents its third season of pizza pie theatre with a perform-

ance of James & The Giant Peach May 11 at 7:30 p.m. and May 12 at 3 p.m. Audience members enjoy pizza, beverages and dessert 30 minutes before the performance.

Tickets are \$13 per child 13 and under and \$15 per adult — which includes the performance and pizza. For more information call (337)433-7323.

Clubs/groups

• 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 May 1. For more information call Miguel Moyeno at (636) 577-4274.

• Bass Masters

Join the Fort Polk Community Bass Masters. The club meets monthly on the Tuesday before each tournament. Meetings are held at 7 p.m. at the New Llano American Legion, Post 387, 500 Vernon St., New Llano.

The May tournament takes place at Toledo Bend May 25. The entry fee is \$40.

For more information visit www.fortpolkcommunitybassmasters.com.

• Lose weight

Join Take Off Pounds Sensibly (TOPS) every Thursday at the Vernon Parish Library meeting room. Weigh in is from 5-5:50 p.m.

The meeting starts at 5:50 p.m. For more information call (337) 208-0896.



**83rd Annual
NEW ORLEANS SPRING FIESTA**
Come see what is behind those mysterious shutters

| | |
|---|---|
| <p>MARCH 30 - 31 Saturday, March 30 • French Quarter Guided History Tour - 10am Sunday, March 31 • French Quarter Guided History Tour - 10am • Brunch at Famous Antoine's Restaurant - 11am • French Quarter Home Tour - 1-4pm</p> | <p>APRIL 6-7 Saturday April 6 • French Quarter Guided History Tour - 10am • The Queen's Promenade - 11:30am • Horse Drawn Carriage Parade - 4:30pm Sunday April 7 • French Quarter Guided History Tour - 10am • French Quarter Home Tour - 1-4pm</p> |
|---|---|

Tickets Sales, Reservations & Information call
504-581-1367 • 800-550-8450
springfiestanola.com • bestofneworleans.com/SpringFiesta2019
NewOrleansSpringFiesta@yahoo.com
826 St. Ann Street • New Orleans, LA 70116

**Find New Roads,
The Prettiest City on the Water**

8TH ANNUAL Market AT THE MILL

311 Mill Street New Roads, LA

Friday, April 12 • 10am – 7pm
Saturday, April 13 • 10am – 5pm
Sunday, April 14 • 11am – 4pm

Children's Art Classes: Saturday • 11am-2pm • \$5
Easter Egg Hunt : Saturday • 2:30pm-3:30 pm
Pictures with Easter Bunny: Saturday • 10am-2pm • \$5

\$5 Admission

For information, contact 225.638.5360
or visit Marketatthemillnewroads.com

*One and-a-two
and-a-three-and-a-four
hundred festivals.*

Feed your soul at Louisiana's festivals, where you'll enjoy more than 400 events celebrating our unique food, music, culture, holidays and more. Visit LouisianaTravel.com to plan your trip today.

LOUISIANA
Feed Your Soul.

©2019 Louisiana Department of Culture, Recreation & Tourism

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.

HELP WANTED

HIRING MECHANIC'S & DRIVERS! Waste Connections is hiring Mechanics and Drivers. Full Time, benefits and 401K. Speak with Recruiter today 346-224-0702 or apply online at: WasteConnections.Com/Employment

FOR SALE

5600 WATT GENERATOR \$300.00. Call 337-718-8004.

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.

Information Security Specialist – Ft. Polk

Posting Date: 04-04-2019

Position Name: Information Security Specialist

Company: Fort Polk, LA

SCA Wage Category: Exempt

Shift: 1st

Employee Type: Regular Full Time

Security Clearance Status: Active and/or Able

to Obtain

Security Clearance Type: Top Secret

US Citizenship Required: Yes

Job Level: Technician

Travel: Negligible

As the Information Security Specialist, you will be responsible for assisting the Fort Polk NEC in meeting architectural and Defense-in-depth requirements for IA solutions and participate in the Risk Management Framework (RMF). You will provide information assurance vulnerability management (IAVM), system patches, and anti-virus updates from applicable original equipment manufacturer (OEM), industry, and government sources when published; evaluate each update against system components for operational impact; and deliver and implement each update to system components throughout the operations and maintenance phase of the system lifecycle.

Highlights of Responsibilities:

- Assist the Government in leading post-wide security initiatives that enhance overall network defense in depth, including DoD-mandated requirements in addition to local initiatives.
- Provide DoD PKI Services including directory support, certification validation, registration, interface to related Army systems, hosting of PKI-enabled servers, key management services and PKI solutions for required applications and objectives.
- Provide Security Risk Assessment support, perform risk analysis of resources, controls, vulnerabilities, threats and the impact of losing system capabilities of mission objectives.
- Facilitate decisions to implement security countermeasures or mitigate risk and implement approved countermeasures.
- Participate in the change management process and provide formal written recommendations to the Government for approval and implementation.
- Provide support to the Risk Management Framework (RMF) process in IAW AR 25-1 and NETCOM/NEC guidance. Review, validate, and maintain Tenant Support Plans (TSP) and all other Certification and accreditation (C&A) requirements and documentation for each organization/activity/unit on the installation in order to identify and document each network point of presence.
- Support Information Assurance Vulnerability Alert (IAVA) compliance programs and compliance monitoring of all network connected assets, including touch labor support.
- Perform Network and Workstation scans weekly or more often as required and compile vulnerability reports to facilitate corrections.
- Assist the Government in development of the Mitigation Action Plan (MAP) and IAVM Plan of Action and Milestones (POA&M) IAW ARCYBER/NETCOM/NEC requirements and guidance.
- Ensure new contract personnel obtain the appropriate background investigation/security clearance prior to unsupervised privileged access or management responsibilities to any systems.
- Assist in the planning, implementation and management of a Defense In Depth for the total network and/or enclaves within the network to include such items as: scanning, remediation, host and network intrusion detection/prevention, virus programs, vulnerability scanning, wireless intrusion detection sensors (WIDS), content filtering, remote dial-in protection, Host Base Security Services, Directory Services, and Risk Management Framework (RMF).
- Review audit logs and report suspicious activity.
- Provide/push patches for each authorized network-connected device as required.
- Monitor automated systems to detect and report malicious or unauthorized activities on the network.
- Distribute local IA policy, including Network Security, Security Awareness, Remote Access, Acceptable Use, etc.;
- Comply with the management and documentation of hardware/software changes as identified by the local Change Control Board Charter

Candidate Requirements:

- Active DoD Top Secret Security Clearance
- Computing environment certification
- Windows Server 2012 R2
- Windows 10
- VMWare
- Host Based Security System (HBSS)
- ACAS Vulnerability Scanning
- Security Information and Event Management (SIEM)
- SCCM
- CompTIA Security+ certified
- Must obtain Computing Environment certification within 6 months of hire
- MS Office Suite Proficient

It is the policy of GC&E to provide equal opportunity in recruiting, hiring, training, and promoting individuals in all job categories without regard to race, color, religion, national origin, gender, age, disability, genetic information, veteran status, sexual orientation, gender identity, or any other protected class or category as may be defined by the federal, state, or local laws or regulations.

We affirm that all compensation, benefits, company-sponsored training, educational assistance, social, and recreational programs are administered without regard to race, color, religion, national origin, gender, age, disability, genetic information, veteran status, sexual orientation, gender identity. It is our firm intent to support equal employment opportunity and affirmative action in keeping with applicable federal, state, and local laws and regulations.

We maintain a drug-free work place and pre-employment drug testing is required.

The information above has been designed to indicate the general nature and level of work performed by employees with the classification. It is not designed to contain or be interpreted as a comprehensive inventory of duties, responsibilities, and qualifications required of employees assigned to this position

E-mail to Recruiting@gcesg.com



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

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 Attor-

neys, 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)

System Administrator Intermediate – Ft. Polk

Posting Date: 04-04-2019

Position Name: System Administrator-Intermediate

Company: Fort Polk, LA

SCA Wage Category: Exempt

Shift: 1st

Employee Type: Regular Full Time

Security Clearance Status: Active and/or Able to Obtain

Security Clearance Type: Top Secret

US Citizenship Required: Yes

Job Level: Technician

Travel: Negligible

As the System Administrator-Intermediate, you will have an expert understanding of system Servers to include Storage Area Network Servers (SAN), Network Attached Servers (NAS) and replication software in physical and virtual environment for both classified and unclassified environments.

Highlights of Responsibilities:

- Manage File access control permissions
- Coordinate file access with customers
- Participates in technical research and development to enable continuing innovation
- Ensures that system hardware, operating systems, software systems, and related procedures adhere to government policies.
- Perform daily system monitoring, verifying the integrity and availability of all hardware, server resources, systems and key processes, reviewing system and application logs, and verifying completion of scheduled jobs such as backups.
- Manage servers and data
- Monitor and troubleshoot all servers for availability
- Plan and schedule the installation of Government-approved, new or modified hardware, operating systems, and software applications.
- Test government-provided software and continually review IT hardware and software to ensure it is responsive to end user needs
- Administer accounts, network rights, and access to systems and equipment.
- Maintain, update and correct systems configurations to resolve hardware/software interface and interoperability problems

Candidate Requirements:

- Active DoD Top Secret Security Clearance
- Computing environment certification
- VMWare
- SharePoint
- SQL Database
- SCCM
- CompTIA Security+ certified
- Must obtain Computing Environment certification within 6 months of hire
- MS Office Suite Proficient

It is the policy of GC&E to provide equal opportunity in recruiting, hiring, training, and promoting individuals in all job categories without regard to race, color, religion, national origin, gender, age, disability, genetic information, veteran status, sexual orientation, gender identity, or any other protected class or category as may be defined by the federal, state, or local laws or regulations.

We affirm that all compensation, benefits, company-sponsored training, educational assistance, social, and recreational programs are administered without regard to race, color, religion, national origin, gender, age, disability, genetic information, veteran status, sexual orientation, gender identity. It is our firm intent to support equal employment opportunity and affirmative action in keeping with applicable federal, state, and local laws and regulations.

We maintain a drug-free work place and pre-employment drug testing is required.

The information above has been designed to indicate the general nature and level of work performed by employees with the classification. It is not designed to contain or be interpreted as a comprehensive inventory of duties, responsibilities, and qualifications required of employees assigned to this position.

E-mail to Recruiting@gcesg.com

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



MATTRESS BY APPOINTMENT® LEESVILLE

50%-80% OFF RETAIL

NEW DELIVERY AVAILABLE GOING FAST!

337-353-8449



@MattressByAppointmentLeesville

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

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

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

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

GET A SMARTPHONE FOR \$0 DOWN* WITH AT&T NEXT® AND AT&T NEXT EVERY YEAR? \$250 Gift Card for Switching to AT&T! (*Requires well-qualified credit. Limits & restrictions apply.) 1-844-334-8365 (LA-SCAN)

HUGHESNET SATELLITE INTERNET - 25MBPS STARTING AT \$49.99/MONTH! Get More DatViasat Satellite Internet Up to 12 Mbps Plans Starting at \$30/month. Our Fastest Speeds (up to 50 Mbps) &

Unlimited Data Plans Start at \$100/month. Call Viasat today! 1-855-801-0860 (LA-SCAN)

ATTENTION: OXYGEN USERS! GAIN freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 855-382-4168 (LA-SCAN)

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

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

OXYGEN - ANYTIME. ANYWHERE. No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA ap-

proved! FREE info kit: 855-874-9438 (LA-SCAN)

STAY IN YOUR HOME LONGER WITH AN AMERICAN STANDARD WALK-IN BATH-TUB. 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)

BATHROOM RENOVATIONS. EASY ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-



SPECIAL EDITION

PUBLISHES MAY 17TH, 2019

Parents, grandparents and family place an ad for that special student who's achievements make you proud with your own message.

Must be submitted before Tuesday, May 7th, 2019

ALL ADS MUST BE PREPAID

We accept Visa & Mastercard, Check or Money order .

2x2-\$25 • 2x3-\$50 • 2x4-\$75

Email your ad's to: sales@thefortpolkguardian.com or you can drop off at the Public Affairs Office, Bldg. 4919 Magnolia Dr.

Sample ads not actual size.



PLEASE PRINT IN FORM BELOW

Student Name: _____ School: _____

Message: _____

Love: _____

Contact #: _____ Cell #: _____

For more information call Theresa Larue at 337-404-7242



Fort Polk Guardian
www.thefortpolkguardian.com
Published for the community of Fort Polk, La.

Theresa Larue
Advertising Manager
Fort Polk Guardian
337-404-7242
Sales@thefortpolkguardian.com



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

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**

STAR PAWN GUN & ARCHERY

home consultation: 1-855-798-4865 (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)

HOME BREAK-INS TAKE LESS THAN 60 SECONDS. Don't wait! Protect your family, your home, and your assets NOW. Get a FREE Quote! Call 1-888-694-2603 (LA-SCAN)

SAVE YOUR HOME! ARE you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner's Relief Line now for Help! 1-866-470-1641 (LA-SCAN)

SECURE YOUR HOME WITH VIVINT SMART HOME TECHNOLOGY. Call 1-888-894-0402 to learn how you can get a

professionally installed security system with \$0 activation. (LA-SCAN)

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

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

SAVE ON YOUR MEDICARE SUPPLEMENT! FREE QUOTES from top providers. Excellent coverage. Call for a no obligation quote to see how much you can save! 1-844-531-3003 (LA-SCAN)

WE SHOP; YOU SAVE ON YOUR MEDICARE SUPPLEMENT INSURANCE! Call 1-844-318-1309 today to compare



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

Medicare benefits and costs from up to 20 top-rated carriers. Receive the best option for you. (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 HAS HELPED OVER A MILLION FAMILIES FIND SENIOR LIVING. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 1-866-254-0615 (LA-SCAN)

IT Customer Service Desk- Ft. Polk

| | |
|----------------------------|--|
| Posting Date: | 04-04-2019 |
| Position Name: | Computer Network Support Specialist Information Systems Mgr. |
| Company: | Fort Polk, LA |
| SCA Wage Category: | Computer Operator II |
| Shift: | 1st |
| Employee Type: | Regular Full Time |
| Security Clearance Status: | Active and/or Able to Obtain |
| Security Clearance Type: | Secret |
| US Citizenship Required: | Yes |
| Job Level: | Technician |
| Travel: | Negligible |

As the Computer Network Support Specialist, you will provide remote and deskside Help Desk support to general users and VIP/Priority users. Support includes active directory account creations, shared drive permissions, local and network printer installs, software uninstall/reinstalls, and basic software and network troubleshooting. More detailed support may be required in troubleshooting detailed organization specific software, network printer/multifunctional devices and the ability to identify/replace faulty warranty supported hardware.

Highlights of Responsibilities:

- Diagnose computer errors and provide technical support
- Troubleshoot software, hardware, printer and basic network issues
- Provide quality customer service skills
- Utilization of ITSM Remedy ticketing system
- Complete workload within contractual timeframes
- Provide additional availability to support associated tasks

Candidate Requirements:

- Active DoD Secret Security Clearance
- Windows 10
- Safe Driver Training
- Understanding of the C4IM services list
- Understanding of I3A standards
- CompTIA Security+ certified
- Must obtain Computing Environment certification within 6 months of hire
- MS Office Suite Proficient


It is the policy of GC&E to provide equal opportunity in recruiting, hiring, training, and promoting individuals in all job categories without regard to race, color, religion, national origin, gender, age, disability, genetic information, veteran status, sexual orientation, gender identity, or any other protected class or category as may be defined by the federal, state, or local laws or regulations.

We affirm that all compensation, benefits, company-sponsored training, educational assistance, social, and recreational programs are administered without regard to race, color, religion, national origin, gender, age, disability, genetic information, veteran status, sexual orientation, gender identity. It is our firm intent to support equal employment opportunity and affirmative action in keeping with applicable federal, state, and local laws and regulations.

We maintain a drug-free work place and pre-employment drug testing is required.

The information above has been designed to indicate the general nature and level of work performed by employees with the classification. It is not designed to contain or be interpreted as a comprehensive inventory of duties, responsibilities, and qualifications required of employees assigned to this position.

E-mail to Recruiting@gcesg.com




COMPLETE FAMILY DENTISTRY

Including:
• Orthodontics • Preventive Dentistry • Oral Surgery
• Same Day Service On Dentures & Partial
• 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

RNs, LPNs, MAs, NAs, Surgical Techs

Discover Opportunities for a Lifetime at Duke Health.

As you prepare to transition from active military duty to civilian life, Duke Health is here for you. In addition to three Magnet-designated hospitals – Duke University Hospital, Duke Regional Hospital and Duke Raleigh Hospital – Duke Health has an extensive, geographically dispersed network of outpatient facilities that include primary care offices, urgent care centers, multi-specialty clinics and outpatient surgery centers.

A GREAT PLACE TO LIVE AND WORK.

With a benefits package that is second to none – including relocation assistance, tuition reimbursement and loan forgiveness – *U.S. News & World Report* named Raleigh/Durham a Top 10 Best Place to Live. Here you'll find young, friendly, diverse and educated people who enjoy dining out in local restaurants and gathering over craft beers. The family-friendly Triangle (Raleigh, Durham and Chapel Hill) also has an abundance of beautiful green spaces and a growing art and music scene.

dukenursing.org



EQUAL OPPORTUNITY EMPLOYER

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

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

WALKER KIA



318-445-4122 | WalkerKia.com
1515 DORCHESTER DR., ALEXANDRIA LA 71301



WALKER 100

One Family | One Dealer | One Century

NEW 2019 KIA OPTIMA LX



\$19,900

1

NEW 2019 KIA SORENTO LX



\$24,800

2

WE PAY *Exceptional* TRADE IN ALLOWANCES!

1. Example stk# 39183. MSRP \$24190. Includes \$3000 rebate from KMF and \$1290 dealer discount. Excludes TT&L, registration, insurance & \$150 dealer fee. Ends 4/30/19.

2. Example stk# 39162 MSRP \$29050. Includes \$2000 customer cash and \$1000 bonus cash from KMF, and \$1250 dealer discount. Excludes TT&L, registration, insurance & \$150 dealer fee. Ends 4/30/19.

3. Warranties include 10-year/100,000-mile powertrain and 5-year/60,000-mile basic. All warranties and roadside assistance are limited. See retailer for warranty details