



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

Vol. 46, No. 17

Home of Heroes @ Fort Polk, LA

April 26, 2019

Fort Polk aviator wins prestigious safety award

By JEAN DUBIEL
Guardian staff writer

FORT POLK, La. — “I was just doing my job,” he said humbly, but for the Soldiers protected by the efforts of Chief Warrant Officer 3 Nickolas F. Sciacca, senior safety officer for the 1st Battalion, 5th Aviation Regiment, that “job” allows them to accomplish their missions safely.

Sciacca is the recipient of the 2018 Army Aviator Association of America’s James H. McClellan Army Aviation Safety Award and is the AAAA Safety Officer of the Year. Lt. Col. Connie M. Lane, 1st Bn, 5th Avn Reg battalion commander, nominated Sciacca for the award.

“Mister Sciacca is the best safety officer I have worked with in my 18 years with Army aviation,” said Lane. “I believe he represents the very best, and he is the backbone of the 5th Aviation Regiment’s safety program.”

Sciacca has been a safety officer since 2013 and was assigned to Fort Polk in 2017. Some of the accomplishments that led to his selection as Safety Officer of the Year include:

- Organized and executed four quarterly battalion safety days, ensuring every Soldier received the required training by offering one-on-one or small group training for



CW3 Nickolas Sciacca (second from left), 1st Battalion, 5th Aviation Regiment, holds his James H. McClellan Aviation Safety Award with his spouse, Lauren, flanked by his unit leadership, Lt. Col. Connie Lane (left), battalion commander, and Master Sgt. Carlos Campos (right), acting battalion command sergeant major.

those who couldn’t attend safety days due to competing requirements.

- Scheduled 12 monthly battalion safety and standardization meetings to help companies identify hazards and develop solutions to mitigate risk. Considering the potential for crew fatigue with only 36 aviators flying 8,246.6 hours in 2018 — an operational tempo comparable to a

combat deployment — Sciacca created an aggressive crew reset policy that resulted in zero aviation accidents for the battalion.

- Developed and maintained a digital risk assessment worksheet, or RAW, that allows aircrews to rapidly identify hazards, implement controls and engage with briefers and approval authorities to manage risks appropriately. The RAW also

forces aircrews to conduct an after action review through checklists to improve coordination, identify hazards and changes in the local flight area and return feedback to the battalion aircrews.

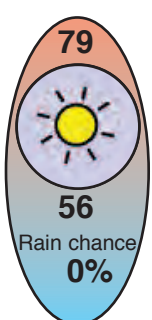
- On the ground, Sciacca’s safety instructions were instrumental to the battalion’s qualification of 210 Soldiers through five M9 (pistol) and M4 (rifle) ranges with no accidents.

- The 17-man rigger section packed more than 4,000 parachutes and supported and jumped on 43 occasions with zero malfunctions thanks to Sciacca’s safety program. The section also conducted equipment and aerial delivery with the U.S. Air Force during 10 Joint Readiness Training Center rotations, air-dropping more than 450 containerized delivery systems without incident.

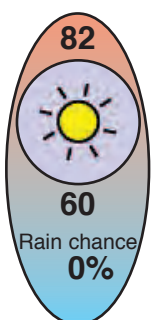
- Prepared the battalion for an Aviation Resource Management Survey (ARMS) and Department of Evaluations and Standards visit in July 2018 by mentoring subordinate safety officers, company commanders and battalion staff. His efforts resulted in a score of 92 percent on the ARMS safety checklist with no major deficiencies. In September 2018, the safety program was again inspected during the Organizational

Please see **Award**, page 8

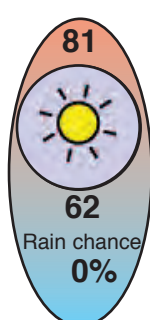
Weekend weather



Today



Saturday



Sunday

Inside the Guardian

Housing survey 3 Commissary kids 9

JAG visits 5 Visiting swamps 12

Training trainers 7 Safe grilling 13

Viewpoint

In our view

Guardian staff asked Fort Polk community members, "What's your favorite thing about spring?" Here are their responses:



Sgt. Jeff Sheen: "Winter is so gloomy. I like the green of spring. It makes everything feel alive."



Sgt. 1st Class Keisha Lee: "Since I wear boots all the time, I love to break out all the styles and colors of flip flops I own and start wearing them. I also like to paint my toenails."



Spc. Joshua Wilson: "I like to get out and kayak. It's a good way to get away and relax now that it's warmer."

Pfc. Cathryne Wheeler: "I love all the colorful blooms and being able to get outside without freezing."



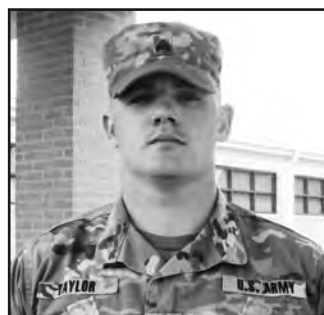
Pvt. Giovanny Gonzalez: "I love to get out and do things like hunt and fish."



Pvt. Jarrod Roth: "I enjoy being able to get out and play sports before it gets too hot."



Debbie Lang: "I love to buy pretty new clothes for spring."



Sgt. Corey Taylor: "My favorite thing is being able to ride my motorcycle."



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

ASIST class

An Applied Suicide Intervention Skills Training class is held May 8-9, from 8 a.m.-4:30 p.m., at the Fort Polk Education Center, Colorado Avenue, room 221-223.

The class teaches participants how to recognize when someone may have suicidal thoughts, and work with them to create a plan to support their immediate safety. The class is limited to 15 participants.

For more information or to register call 531-6187 or email john.l.pilgrim.civ@mail.mil.

CIF date change

The Community Information Forum originally slated for May 8 at 10 a.m. has been changed to May 7 at 9:30 a.m. at the Warrior Center.

RCI move

The Residential Communities Initiative Housing Assistance Office has moved to bldg 330, Corps Road. The office is open Monday through Friday from 8 a.m.-4:30 p.m. Call 531-6000 for more information.

Fitness program

The Joint Readiness Training Center and Fort Polk offers Army civilians up to three hours of excused absences per week, for up to six months, to participate in command sponsored physical training or education, provided these activities are an integral part of a total fitness program.

Participants can begin the program after supervisors approve and submit packets to the Community Ready and Resilient Integrator.

For more information about the program or to pick up a packet call Luewana Hannon at 531-1191 or email luewana.l.hannon.civ@mail.mil.

Denim day

Fort Polk joins other installations and Sexual Harassment/Assault Response Program sister agencies in commemorating SAAPM today with Denim Day. The commanding general has authorized the garrison Soldier and civilian workforce to participate in Denim Day activities.

The wearing of jeans or other denim outerwear is voluntary and at the discretion of commanders based on mission requirements.

SSA inventory

Supply Support Activity is closed May 13-17 for a change of accountable officer inventory. Call 531-0950 for more information.

Input sought on housing service

GUARDIAN STAFF

FORT POLK, La. — The Department of the Army's Residential Communities Initiative Privatized Housing annual survey began April 23.

Lt. Gen. Gwen Bingham, assistant chief of staff for Installation Management, said that recently, housing conditions and management practices that are unacceptable were uncovered.

"We are committed to improving your housing experience," Bingham said. "As a resident living in RCI privatized housing, feedback concerning your experience is important. I invite you to complete the Department of the Army RCI Resident Survey, available to those residents living in RCI accompanied and unaccompanied housing."

Bingham said the survey was shortened from 2018 and concentrates on questions that focus on priority customer service areas. She said the information residents provide in the surveys guides Army and RCI partners in future improvements to privatized housing facilities and services, leading to a better quality of life for all residents and Families.

CEL & Associates will administer the survey

on behalf of the Army. The respondent information is kept confidential and not linked to survey results shared with DA and RCI partners.

"We welcome and value your candid opinions and thoughts," Bingham said. "Please take a moment to add ArmyHousingSurvey@celassociates.com to your allowed senders to prevent filtering by anti-spam software of your email."

Only one member of each household will receive a survey. If no one has received an email by today, Bingham said they should contact their RCI property management office. On Fort Polk, that's Corvias Military Housing, 537-5036.

Matthew McGee, operations director for Corvias Military Housing at Fort Polk, said his office would promote the survey via resident interactions, fliers, attachments on work orders and emails.

Bingham emphasized the importance of survey feedback.

"Your experiences while residing in a privatized housing community are critical to shaping future housing quality and services provided to the Army," she said. "Thank you in advance for your participation in our Army survey. It is greatly appreciated."

Geronimo DZ 10K slated for June 1

GUARDIAN STAFF

FORT POLK, La. — Ten times a year, units take turns doing battle in the area surrounding the Joint Readiness Training Center and Fort Polk's Geronimo Drop Zone, honing the skills needed to survive on the battlefield.

For the most part, the knowledge of what the terrain of "The Box" looks like to those who are not currently serving in the Army or are Family members of those who do serve, comes second hand from those who have faced the area's sand, hills and heat.

That will soon change. On June 1, Headquarters, JRTC and Fort Polk, along with the Directorate of Family Morale, Welfare and Recreation, will host the Geronimo DZ 10K, from 7-11 a.m.

The goal of the event is to, "increase the physical and psychological health and resilience, and enhance the performance of Soldiers, Families and Army civilians.

The event will consist of four different races with staggered starts:

- An adult 10K run;
- An adult 10K bike race;
- A youth 10K bike race; and
- A youth 5K run.

The 10Ks will start and end at the Geronimo War Memorial and take place on the running trails around Geronimo Drop Zone. The youth 5K run will be an out and back course.

Categories include: Youth male (8-17 years); youth female (8-17 years); male (18-39 years); female (18-39 years); male masters (40-plus years); and female masters (40-plus years).

Check-in and same day registration begins at 6 a.m. with the first heat — adult 10K bike race —



Geronimo Drop Zone

beginning at 7 a.m. The following heats will begin every 10 minutes. The second heat features the adult 10K run, the third heat the youth 10K bike race and the final heat the youth 5K run.

Online registration continues through May 30 at Eventbrite.com. The event is free and open to authorized DFMWR users ages 8 and older. Race packet pick is held May 31 at Alligator Lake Recreation Site. Bicycles may be reserved and rented prior to the event from the DFMWR Equipment Checkout Center.

For more information call 531-2056 or email sean.p.mccroary.naf@mail.mil.

Proposed budget balances current, future Army readiness

By SEAN KIMMONS

Army News

WASHINGTON — Budget plans strive to balance current and future readiness by maximizing combat training center rotations and funding new technology, senior leaders told lawmakers April 23.

At \$182.3 billion, the proposed fiscal year 2020 budget shifted funds to support 32 CTC rotations, four of which will go to National Guard units — twice as many as in recent years.

Efforts to extend One Station Unit Training from 14 to 22 weeks for combat arms Soldiers will also continue. Besides extensive training on weapons, the new OSUT increases medical skills allowing graduates to come out certified as emergency medical technicians.

"It's now, I like to say, the longest and toughest in the world," said Army Secretary Mark T. Esper about infantry OSUT while testifying before the House Appropriations Committee's defense subcommittee on Capitol Hill.

The budget has funds to sustain 58 brigade combat teams and six security force assistance brigades.

Prepositioned stocks, which include equipment like fighting vehicles and tanks in Europe, South Korea and other locations around the world, see a boost as well as other readiness initiatives.

"We're looking at some adjustments based on what the National Defense Strategy tells us to do to make sure we are in locations that allow us the highest degree of readiness should a conflict happen," Esper said.

By 2022, the Army expects to reach its highest levels of readiness in at least 66 percent of its regular Army and 33 percent of Guard and Reserve units.

"With continued, consistent, predictable Congressional support, we can reach those levels of readiness," said Army Chief of Staff Gen. Mark A. Milley.

Much of the budget is geared toward the Army's six modernization priorities after senior leaders freed up \$30 billion over five years from nearly 200 legacy programs.

"In short, this budget will increase the Army's lethality in the near term and set conditions for increased lethality of the Army in the future," Milley said.

The top modernization priority — Long-Range Precision Fires — is heavily focused on to reclaim overmatch against near-peer competitors.

"We are a fires-based Army," Milley said. "In order to gain freedom of maneuver, you have to have fires and movement."

Plans are to develop a long-range hypersonic weapon, extended range cannon artillery, long-range cannon and precision strike missile, also known as Prism.

"All of those programs in combination, both the acquisition piece of it and the fires piece of it, will reestablish U.S. dominance in fires," Milley said.

The Army plans to invest \$1.2 billion over the next five years toward a hypersonic weapon,

Rotational unit Soldiers Spc. Hayden Harnek (left) mans an M240B machine gun while Spc. Josh Rowe helps with aiming at the Joint Readiness Training Center and Fort Polk, Louisiana, Feb. 15, 2018. The proposed fiscal year 2020 budget shifted funds to support 32 combat training center rotations, including ones at JRTC and other training centers.



Staff Sgt. ARMANDO LIMON/ARMY NEWS



Army Chief of Staff Gen. Mark A. Milley, center, speaks with Spc. Steve McAdoo of the 780th Military Intelligence Brigade about cyber tools during a rotation at the National Training Center at Fort Irwin, California, May 9, 2017.

BILL ROOHE/ARMY NEWS

which is being developed in collaboration with the Air Force and Navy.

A flight test of a land-based hypersonic missile, which can travel five times the speed of sound, is expected in fiscal 2023, Esper said.

"It's a game-changer," he said. "It is a very difficult system to defend against due to its maneuverability, speed and profile."

To speed up the time it takes to get new technology in Soldiers' hands, the Army is moving from an industrial-based model to one that is more tailored to its needs.

"Not everyone needs everything at the same time," Milley said. "It's contrary to the Army instinct. Army instinct is everyone has got the same uniform, same haircut, everything is the same."

Last summer, the Army Futures Command was stood up as part of the Army's largest reorganization in decades to oversee modernization efforts. The command's cross-functional teams are now streamlining an outdated acquisition

process to quickly procure new gear.

An example of how the Army may buy equipment in the future is the next-generation squad weapon. Only about 100,000 of those rifles — enough for roughly 10 percent of the total force — will initially be purchased for Soldiers who engage in close-quarters combat, Milley said.

"By the time you field an entire Army, that may be 10, 20, 30 years and that technology is no longer valid for the original need, but yet we keep buying it," the general said. "We're shifting to a different acquisition and procurement model."

With the emergence of near-peer threats, the secretary said the Army must start moving on these new technologies and continue those efforts with consistent funding.

"This is not a one-year FY 20 and we're done," he said. "It's going to occur for many, many years to shift this big ship called the U.S. Army to where we need to be."

Fort Polk JAG welcomes two-star general for brief, tour

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Maj. Gen. Stuart W. Risch, Army Deputy Judge Advocate General, and other JAG senior staff visited Fort Polk April 24 to give the State of the Corps brief as part of an article 6 visit to Fort Polk's Judge Advocate General staff at Showboat Theatre.

Article 6 is a requirement under the Uniform Code of Military Justice for the Judge Advocate General or his representatives to make frequent inspections or visits in the field to supervise the administration of military justice.

The brief is JAG's way of telling those in attendance what's going on at JAG headquarters and explain the leadership's priorities, cares and concerns. "The brief also measures the status of Fort Polk's JAG by discussing your needs, best practices and what we can learn from you to share with others," said Risch. "This is your chance to tell us about the amazing work folks in your sections are doing that we don't normally get to see."

Risch said he and his team are proud of Fort Polk's work.

"The feedback we get is excellent. We are here to thank you for what you do each and every day," he said.

The focus is on making JAG even better. Risch told Fort Polk JAG personnel that even though the majority of their time is taken up helping clients, sometimes they have to step back to see the big picture to include long-range threats to the Army and the JAG Corps.

Risch said it's time to look beyond the influence of counter terrorism of the last 17 years in Iraq, Afghanistan and other places around the world.

"Now we must also deal with peer competitors like China, Russia and North Korea," he said. "We have to prepare with multi-domain operations — taking the fight to space, cyber, air, sea and land."



Maj. Gen. Stuart W. Risch, Army Deputy Judge Advocate General, addresses the Fort Polk JAG team April 24 at the Showboat Theatre.

Risch touched on the JAG mission and vision:

- Mission — to provide principled counsel and premier legal services, as committed members of the legal and Army professions, in support of a ready, globally responsive and regionally engaged Army.

- Vision — to remain the most highly trained and values-based corps of legal and Army professionals who are ready to perform Joint Force and Army missions in a legally dynamic and complex environment at home and abroad, both today and against emerging threats.

"The mission is what we aspire to, the vision is what we do every day," he said.

In the course of performing their duties while fulfilling JAG's mission and vision, Risch said the

three Cs are important.

"You must have character, competence and commitment. That's what we are all about," he said.

Risch encouraged attendees to further their training, education, reading, writing and speaking to continue improving on a personal and professional level.

"These are all things you can do to be mission ready while leading with integrity in a legal and ethical way," he said.

Risch ended the brief by saying the two days they spent at Fort Polk were beneficial.

"We hope you learned a lot, but more importantly, that you've had a say in the future of the JAG Corps," said Risch.

Robot swarms, new aircraft fleets to transform Army aviation

By **SEAN KIMMONS**

Army News Service

NASHVILLE — In future combat, Army units may deploy a large unmanned aerial system that can serve as a mothership capable of unleashing swarms of autonomous aircraft for various missions.

With near-peer competitors advancing their anti-access and area-denial capabilities, the Army requires innovative ways, such as this one, to penetrate through enemy defenses, said Army Vice Chief of Staff Gen. James C. McConville.

"Quite frankly, if you're going to some type of integrated air defense environment, I would prefer to have unmanned aircraft leading the way," he said.

McConville, an aviator who has piloted several Army helicopters, spoke Tuesday at a conference hosted by the Army Aviation Association of America, or Quad A.

"We want industry to be listening," he said about the conference, "because we are telling them where we think we're going and what we want them to develop."

Senior leaders expect the future battlefield to

have dispersed units operating in densely-populated areas, where they will be contested in multiple domains, such as the air.

To be successful, they say, Soldiers need to be able to present several dilemmas to the enemy, which is why the Army developed its new concept of multi-domain operations.

"We must penetrate enemy anti-access and area-denial systems to allow follow-on forces to disintegrate," McConville said, "and find freedom of operational and tactical maneuver to exploit enemy forces."

The Future Vertical Lift Cross-Functional Team has started to rapidly develop two aircraft — the Future Attack Reconnaissance Aircraft and Future Long Range Attack Aircraft, which aim to replace some AH-64 Apache and UH-60 Black Hawk helicopters, respectively.

For the FARA program, the team expects to award two vendors next year to create competitive prototypes.

The prototypes will perform a government-sponsored fly-off in 2023, Brig. Gen. Walter Rugen, the team's director, said in March.

In early April a request for information, or RFI, for the joint FLRAA program was released to fur-

ther refine requirements for the Army, Special Operations Command and Marine Corps. Both programs are set to achieve initial fielding by 2028-2030, McConville said, adding no decisions have yet been made on how many will be procured.

The general, though, did say that air cavalry squadrons may receive FARA, while there would still be room for Apache helicopters.

"So for the old cavalry folks, you can dust off your Stetsons and shine up your spurs," he said. "We see the Apache helicopter remaining in the attack battalions and being incrementally improved for some time into the future."

FLRAA, he added, will likely be fielded first to units with forced- or early-entry missions like the 101st Airborne Division (Air Assault), 82nd Airborne Division, 160th Special Operations Aviation Regiment (Airborne), and some National Guard units.

"We will acquire these aircraft with competitive prototyping processes to ensure the capability is there before we buy," he said. "We want to fly, we want to try, before we actually buy and we're looking for innovation from industry as we go forward."

Geronimos participate in Best Ranger, Best Mortar competitions

By JEAN DUBIEL

Guardian staff writer

FORT POLK, La. — Two teams from the Joint Readiness Training Center Operations Group's 1st Battalion (Airborne), 509th Infantry Regiment traveled to Georgia to participate in Fort Benning's Infantry Week activities, specifically the Best Mortar competition April 8-11 and Best Ranger competition April 12-14.

Mortarmen

Created in 2017, the Best Mortar Competition challenges the U.S. Army's most elite mortarmen through a series of physical and mental mortar specific tests to identify the best Soldiers. The competition tests the mortarmen's expertise, stamina and determination as they navigate a three-day challenge with minimal sleep, food and support.

Out of the 60 teams that applied to compete, only the top 20 were selected. The 509th's mortar team, consisting of Staff Sgt. Steven Oser, Spc. Orlando Iniguez, Spc. Dylan Tratten and Sgt. Antonio Hernandez, made the cut and won fifth place.

The competition began at 5 a.m. on the first day with the execution of the new Army Combat Fitness Test, then Soldiers moved on to test their proficiency in gunner tasks on the 81mm mortar system, the setup and declination of the M2 Aiming Circle, Tactical Combat Casualty Care, Fire Direction Center tasks and night mortar firing point occupation.

Some of these events tested Soldiers at advanced skill levels, one of the more challenging aspects of the competition for Tratten.

"I went in as prepared as I could and gave it my best," he said. "I trained up on everything, even beyond my skill level, but it was still challenging to take those tests."

Oser said everyone on the team was working above their skill level, and that says something about the quality of unit training conducted at their home station.

"It shows we have strong leaders and set high standards for ourselves. It also shows that none of us accept mediocrity. We don't just want to be better, we want to be the best and be recognized for being best, so we strive for that every day."

The day ended with a two-mile ruck march that demanded an eight-minute mile pace while teams carried the 60mm and 81mm mortar systems.

Day two included a 3-mile trail run with rucks, an obstacle course and weapons qualification, and on the final day teams raced against each other in a timed mortar fire event.

"The obstacle course was a good team-building experience," Hernandez said. "We made a great team effort, and it was the most fun of all the events."

Iniguez said he would compete again. "I would definitely do it again if given the chance," said Iniguez. "I'd work on the tasks I (had difficulty with), and physical fitness, because that is a big part of the competition."

Oser credits his team for making the event unforgettable. "The most memorable part for me was having a team that was competitive enough to stare divisions in the face and let them know that we had a viable chance of winning," Oser said. "It was great to be part of a team that was so well put together."

Rangers

This year marked the 36th iteration of the Best



Brig. Gen. Patrick D. Frank (left), commanding general, Joint Readiness Training Center and Fort Polk, shakes hands and presents a coin to 1st Lt. Russell Mortinger, one of the Soldiers that competed in the Best Ranger competition, in front of the JRTC and Headquarters building April 18.

Ranger competition. The event is held over two days and nights, testing the stamina, mental agility, tactical proficiency, physical fitness and sheer willpower of competitors. Events include rifle and pistol marksmanship, distance running, airborne operations, ruckmarches, weapons assembly, rope climbing, rappelling, military knots, obstacle course, grenade range, water confidence course, helocast and swim, buddy run, night and day land navigation, bayonet assault course, military tasks and Ranger skills tests — with no time allotted for sleep.

"I'm very proud of you. The JRTC and Fort Polk could not be more proud of you."

Brig. Gen. PATRICK D. FRANK
JRTC and Fort Polk commander

The Geronimo Team of 1st Lt. Morgan Ashmead and 1st Lt. Russell Mortinger participated in this year's competition. Mortinger said the events weren't hard, but the challenge was in getting through all of them.

"The hardest part for us was the litter carry. There is a certain technique to doing it that we didn't train for," he said. "The shooting events were a lot of fun, but the best part of the whole competition was being around all the top (athletes) from around the Army."

Ashmead said he was most impressed by how

well the event was organized.

"The event was well constructed, planned and organized," he said. "The teams were ready to compete, and everything ran smoothly. Everyone was very professional."

If he were to do it again, Ashmead said he would work on his rucking ability. "I would (toughen) my body a little more — spend more time on physical training," he said.

Col. Jimmy Hathaway, 1st Bn (Abn), 509th Inf Reg battalion commander, said he couldn't be more proud of how both teams performed.

"They trained up for this event while still performing their day to day operations. They were never placed on special duty just to train for the competition," he said.

"They trained when they could and they did what they were supposed to do. The mortar team did as well as they did because they are truly the best mortar team. The Ranger team, same thing — they were told 60 days ago that they were confirmed to go to the competition. Most teams train for six, eight, 10 months just for the competition, and these guys had 60 days, while also doing their jobs out in the box. They were up against some of the best athletes in the world, and I am extremely proud of them."

Col. David Gardner, commander of Operations Group, said he knew the teams would do well at Benning.

"It's no surprise," he said. "Everyone knows the quality of Geronimo Soldiers."

All six Soldiers were presented coins from

Please see **Best**, page 8

Fort Polk Soldier/athletes tackle CrossFit, functional fitness course

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — More than 25 Fort Polk Soldier/athletes spent April 23 and 24 learning to be CrossFit Level 1 instructors to provide coaching and guidance for the members of their respective units.

Chuck Carswell, one of three instructors with CrossFit Inc. who led the class, said the course teaches CrossFit methodology and how to incorporate functionality in daily physical training.

"The new Army PT test involves more functionality and looks a bit more like what Soldiers would see out on the battlefield," Carswell said.

"This training will give them the foundational components to execute movements that will not only help them pass their PT test, but also make them more functional in the field. They'll have the capacity — fitness wise — to be able to respond appropriately."

Carswell said the level of functionality CrossFit brings to the Army's daily fitness is probably a little bit higher than it's been in the past.

"We are totally opposed to single joint movement because it doesn't look anything like what you will find on the battlefield," he said. "We employ movements like picking things up from the ground and pressing things overhead, or pulling yourself underneath loads and moving things out of the way. We believe fitness training should mimic more of what these athletes are going use on a daily basis. Most of our movements do that."

Col. Jarrett Thomas II, Fort Polk garrison commander, said the training was important given the Joint Readiness Training Center's role in preparing Soldiers for battle.

"This is one of three combat training centers in the Army," Thomas said. "We train one-third of the Army's brigade combat teams every year. The reason they come here to train is we provide some pretty tough training for those units to fight our nation's wars. But you can't do that if you're not ready and that includes physical fitness, not only for our Soldiers, but also for our Families and civilian workforce."

Thomas said the Army has learned a lot in the past few years about how to keep its Soldiers physically fit.

"We are no different than other athletes," he said. "Because of that we need to make sure we are properly equipping our Soldiers for this type of training."

"The Army has done a lot of study and CrossFit and functional fitness aspects we do on a daily basis have helped us become better athletes. It keeps us ready, physically fit and prepares us to fight our nation's wars."

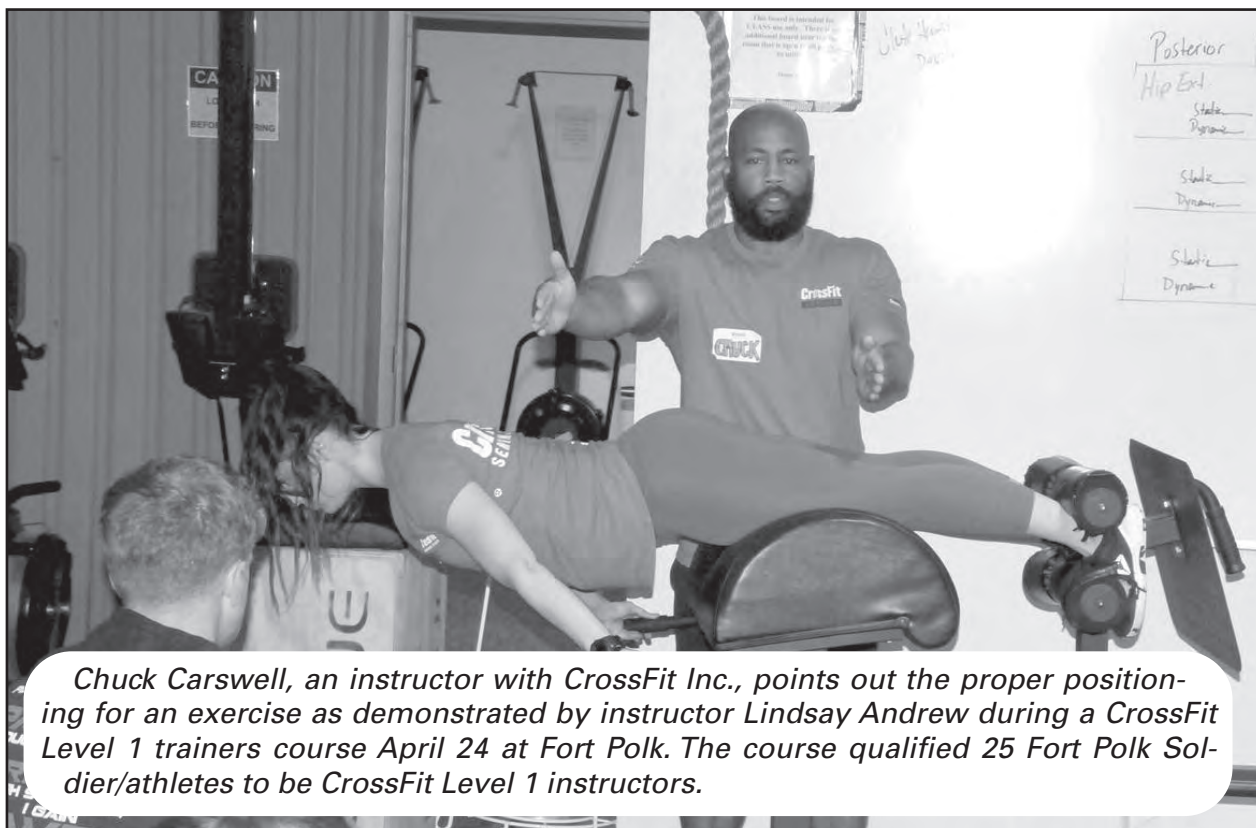
And Thomas said that's important given the ever-evolving face of battlefields.

"The battlefield is changing; a long time ago you had the front line and the rear. Today, whether you are in Afghanistan or Iraq, or even potential near-peer threats down the road, the battlefield is everywhere," he said. "Everybody needs to be physically fit. That's where the Chief of Staff of the Army and our senior leaders are going. To have a team come here to Fort Polk to provide this training to train our trainers is important."

First Sgt. Dustin Oliveira, Task Force 2 Operations Group, said he learned some of the proper techniques and mechanics that will be



CrossFit Inc. instructors Lindsay Andrew (left) and Matt Lodin show proper technique during a rings exercise at the CrossFit Level 1 trainers course held April 23-24 on Fort Polk.



Chuck Carswell, an instructor with CrossFit Inc., points out the proper positioning for an exercise as demonstrated by instructor Lindsay Andrew during a CrossFit Level 1 trainers course April 24 at Fort Polk. The course qualified 25 Fort Polk Soldier/athletes to be CrossFit Level 1 instructors.

incorporated into the Army's new PT test.

"It will help me identify where people are making mistakes, and hopefully correct them," he said. "It will also help prevent injury and increase our unit readiness. It's definitely a good thing."

Capt. Holly Flansch, 32nd Hospital Center, said she learned how to provide fitness coaching for the Soldiers in her unit.

"I thought I was pretty adept at CrossFit, but I learned there were a lot of things I was doing wrong," she said. "There are a lot more functional movements that we've learned and can share with the Soldiers we serve with. We're seeing a wider variety of physical fitness today."

The course concluded April 24 with a final exam. Those who passed are qualified to be CrossFit Level 1 coaches.

Understand I. A.M. STRONG in fight against sexual assault

U.S. ARMY SHARP

FORT POLK, La. — April is Sexual Assault Awareness Month. One of the tools used to combat sexual assault and sexual harassment in the Army is I. A.M. STRONG: Intervene, Act, Motivate.

This tool is used to engage Soldiers in preventing sexual assault and harassment before they occur.

Grounded by a shared belief in the Army Values, Soldiers are a band of brothers and sisters, placing mission first, never accepting defeat, never quitting and never leaving a fallen comrade. The interdependence and shared respect among

comrades frames who Soldiers are as a team and an Army — a team that finds sexual harassment and assault reprehensible and beyond tolerance. Those who commit these acts hurt other team members and wound the Army. These criminal acts are cowardly and damaging to the very moral fiber that gives the Army its innermost strength. They are a betrayal of the trust inherent in serving in the Profession of Arms.

As Soldiers and proud members of the team, you are duty bound to Intervene, Act and Motivate others to stop sexual harassment and sexual assault and help foster an environment free of these behaviors.

For more informa-

tion about I. A.M. STRONG and the Army's Sexual Harassment, Assault Response and Prevention Program, visit www.sexualassault.army.mil. If you need assistance at Fort Polk call the SHARP hotline at 531-1848.



Award

Continued from page 1

Inspection Program, earning a 100 percent score and recognition as the best safety program at Fort Polk.

• As an aviator, Sciacca maintains his pilot-in-command rating for both the LUH-72 Lakota and UH-60 Blackhawk. In 2018, he flew 305.6 hours, including 88.4 night missions, without any accidents. Over the course of his 12-year aviation career, Sciacca has amassed 2,028.6 total hours — 542.7 of which were at night and 926.1 of which were in combat — with no accidents.

"I take my job seriously," Sciacca explained. "If anything happened to one of my Soldiers, I wouldn't want to have the regret of wondering if I had said something or failed to say something, would things be different? You just don't know if something you say or point out could save someone's life some day."

The award was presented to Sciacca April 15 during the annual AAAA summit held in Nashville, Tennessee. His command leadership, Lane and Master Sgt. Carlos Campos, acting command sergeant major, attended the event to support Sciacca.

Lane said Sciacca was an exceptional safety officer.

"Some safety officers just sit wherever they feel comfortable in safety and don't try to branch out or do much more than what is required," Lane said. "But over the past year with Mister Sciacca I have noticed that he does reach out beyond his assigned duties. His knowledge and expertise about the Federal Aviation Administration, air space, drones, and other subjects well exceeds his rank. If he sees something that is not being done he will take the lead and complete that task. He expands past his scope of duty and takes on additional re-

sponsibilities, and that is why I nominated him for this award. He deserves it."

The Army has more than 16 combat aviation brigades' worth of combat power to sustain existing requirements, said Lt. Gen. Laura Richardson, deputy commander of Army Forces Command April 15 the AAAA summit.

In the active component, the deployment-to-dwell ratio now stands at about one to two years, with some CABs turning slightly faster to execute the next mission, she said.

Expeditionary CABs in the reserve component have a mobilization-to-dwell ratio of about one to five years, while medical evacuation and heavy lift units operate at just under one to four.

When not deployed, units regularly conduct home-station training, rotations to combat training centers, humanitarian assistance and other duties in support of homeland defense.

"If anyone says we have extra, additional aviation assets just sitting around, they are absolutely misinformed," Richardson said. "There is no excess capacity."

Since FORSCOM began intensive reviews of aviation brigades three years ago, readiness rates have increased about 15 percent in aggregate, she said.

"Every action we take, every flight that we fly, every repair part we put on an aircraft, every safety inspection, must equate to readiness," she said.

This is part of the Army's No. 1 priority, she said, to build the most ready and capable force possible by 2022. At that time, the focus will then shift to create a modern force by 2028, followed by multi-domain dominance by 2034.

Best

Continued from page 6

Brig. Gen. Patrick D. Frank, commanding general, JRTC and Fort Polk, and Command Sgt. Maj. David W. Bass, JRTC and Fort Polk command sergeant major, in recognition of their grit and dedication.

"You guys went down there and did exceptionally well," Frank told the teams. "I'm very proud of you.

The JRTC and Fort Polk could not be more proud of you."

Frank also said that all units at Fort Polk are encouraged to participate in these and similar competitions. "We tell the (rotational units) that we are forging the Warrior Spirit here at JRTC and Fort Polk, and we see that through your example."



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

Community

Briefs

School lunches

The following school lunch menu is for Vernon Parish schools for Monday through May 3. Meals are served with salad bar and choice of milk:

- **Monday:** Hamburger on whole wheat bun, French fries, ranch style beans, lettuce/tomato/pickle cup, orange wedges.
- **Tuesday:** Barbecue beef on whole wheat bun, potato rounds, green Lima beans, fruit.
- **Wednesday:** Pinto beans and sausages, fluffy whole grain rice, mustard greens, orange wedges, whole wheat cornbread.
- **Thursday:** Chicken or turkey sausage gumbo, steamed whole grain rice, green beans, potato salad, peach crunch, ice cream, whole wheat crackers.
- **May 3:** Beef/chili/cheese nachos, corn on the cob, ranch style beans, apple wedges.

Mulligan's hours

Hours of operation for Mulligan's Deli, Bar and Warrior Center Catering are as follows:

- Warrior Center Catering, Monday through Friday, 8-10:30 a.m. and 2-4 p.m.; call 531-4440.
- Mulligan's Deli, Monday through Friday, 11 a.m.-2 p.m., Saturday and Sunday, 11 a.m.-5 p.m.; call 531-7668.
- Mulligan's Bar, Tuesday through Friday, 4-8 p.m., Saturday and Sunday 11 a.m.-5 p.m.; call 531-7668.

For details visit polk.armymwr.com.

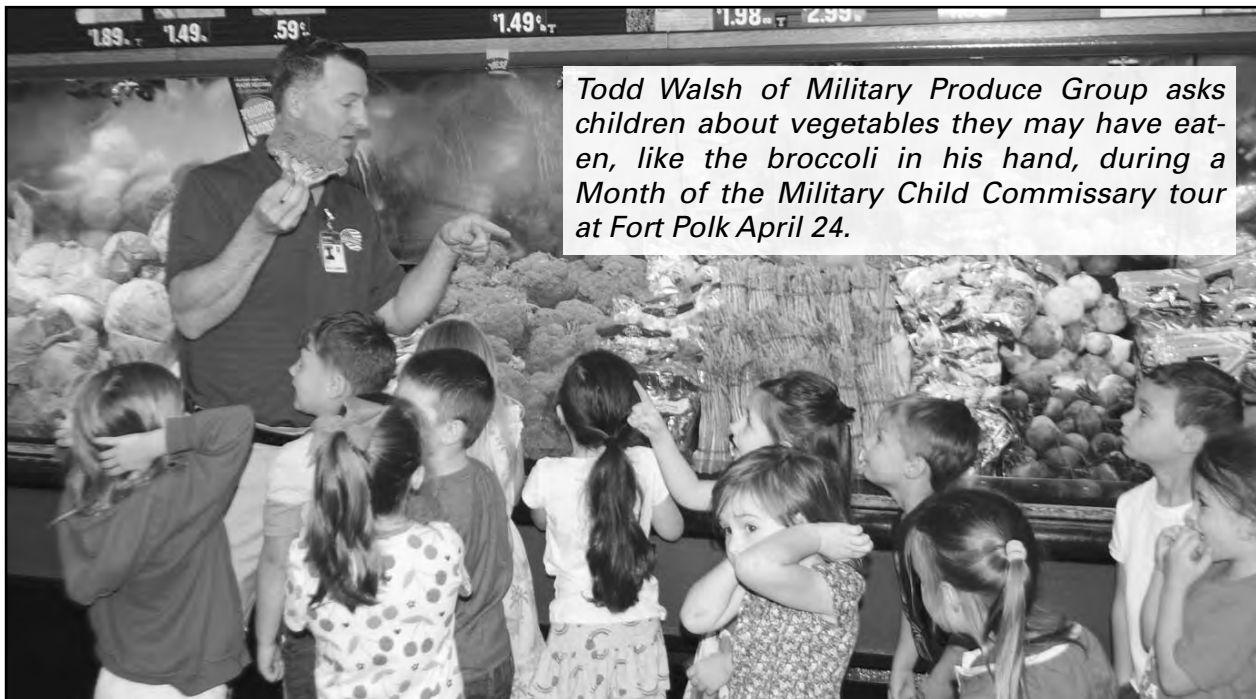
PX hiring

Fort Polk Exchange has immediate job opportunities for people with a passion for serving the best customers in the world. Those interested in applying for Fort Polk job opportunities can visit AppMyExchange.com or contact the Fort Polk Human Resources office at 537-0268, ext. 202.

Exchange events

The Fort Polk Main Exchange offers the following activities:

- Nerf Fest, in honor of April's recognition as Month of the Military Child, Saturday from 10 a.m.-2 p.m. The event is for ages 8 and older. Assorted blasters and darts are provided. For more information call 537-1001.
- Patriot Pet Just Say "Treat" Photo Contest. From May 1-31, Fort Polk shoppers can submit a patriotically-themed photo of their furry friends at ShopMyExchange.com/sweepstakes for a chance to win a \$1,000 Exchange gift card.



Todd Walsh of Military Produce Group asks children about vegetables they may have eaten, like the broccoli in his hand, during a Month of the Military Child Commissary tour at Fort Polk April 24.



Left: These 4-year olds from the CDC, (from left) Emma Salmond, Mason Stein and Connor Gooley, are happy to get their gift bags after the commissary tour April 24.



Right: Children from the Child Development Center get a fast and chilly tour of one of the commissary's cold storage rooms.

CDC kids tour commissary for MOMC

By JEAN DUBIEL
Guardian staff writer

FORT POLK, La. — "I like bananas best because they look like wooly mammoth tusks," said 4-year-old Henrietta Davis, one of 60 children from Fort Polk's Child Development Center that toured the Fort Polk commissary's produce section April 24.

The commissary invited the children in honor of Month of the Military Child, an annual recognition of the military's youngest charges, observed every April.

William Easter, commissary officer, said he hoped the children had fun and learned something about some of the foods they eat.

"We wanted to bring them here for an education on healthy eating, which is part of a healthy lifestyle," said Easter.

"We brought in a representative from the produce company to talk to the kids about the different fruits and vegetables we have, where they

come from and why they are good to eat."

Three groups of about 20 children were taken through the produce section.

Along the way, they learned about the scale that weighs food, looked at the different shapes, sizes and colors of fruits and vegetables, and were given a peek behind the big doors that lead into the cold storage area where some of the produce is kept.

"It was really cold in there," said Davis. "I got goose bumps!"

Another tour guest, Mason Stein, 4, said his favorite part of the tour was looking at all the different fruits and vegetable. "Broccoli and carrots are my favorite," he said.

At the end of the tour, the children were given gift bags with small fruits and healthy snacks, and a coloring sheet to take home.

After the kids color their sheet, they can give it to their parents, and the next time they visit the commissary to shop, they can drop off their artwork at the office to enter in a coloring contest.

Fort Polk children enjoy special guest at MoMC story time



Kim Dodson, spouse of Command Sgt. Maj. Jerry Dodson, former Fort Polk command sergeant major, reads at a special Month of the Military Child Story Time held at Allen Memorial Library April 23.



Fort Polk children attending story time at Allen Memorial Library hand guest reader, Kim Dodson, a certificate of appreciation and thank her for reading to for them.



Brittany Hannah and her daughter, Kari, 6, work on the craft — creating a mask — at story time April 23.



As soon as they finished them, kids put on their masks and became super heroes.

Swamp offers glimpse of Louisiana's flora, fauna, wildlife

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — As spring eases into summer with its sun-filled days and warm temperatures, Louisiana offers a wide array of activities for those who find themselves stationed at Fort Polk.

Some points of interest highlighted in the Guardian recently included the Wild Azalea Trail between Fort Polk and Alexandria, Jungle Gardens and the Tabasco plant on Avery Island, and Shangri La Botanical Gardens and Bird Sanctuary in nearby Orange, Texas.

One activity that is truly a unique Louisiana experience is a tour of one of the state's swamps.

If you want to experience Louisiana, with its sweeping Spanish moss, towering bald cypress trees and up-close and personal views of alligators, then take a swamp tour. Swamp tours can range from just a couple of people in a boat to 15 or more "adventurers" exploring the state's backwaters.

A quick Internet search for Louisiana swamp tours can lead to a plethora of options.

While tours can be found along the I-10 corridor, one of the nearest is Champagne's Swamp Tours, located a little more than two hours away on Lake Martin, just south of Lafayette.

Tour guide Bryan Champagne, a true Cajun, said he makes it a point to educate everyone about the intricacies of a Louisiana swamp. In addition to historical information, such as a lesson on the difference between a swamp and a bayou (a bayou is running water, a swamp is not) and the fact that Lake Martin swamp is home to 205 species of birds and is the largest nesting area of wading birds in the state, Champagne said he also likes to mix in a dash of Cajun humor.

"Alligators love dog meat more than anything else," Champagne said on one of his tours, his Cajun accent taking a moment for non-natives to get used to. "Don' bring you dog if you go duck hunting out dere; you bring you dog out dere and he ain't comin' back. It be better to bring you mother-in-law."

Champagne also offered this advice on how to escape an alligator if chased while on land.

"Dey can run 'bout 30 mile an hour, but dey have to run straight, so you zig-zag," he said. "If you cain't zig-zag, bring someone wif you who runs slower den you."

Champagne said what he enjoys most as a tour guide is pointing out the beauty of a Louisiana swamp. At Lake Martin swamp, visitors can see a cypress tree believed to be more than 500 years old — in place before Europeans settled the area; multitudes of birds, from double-crested cormorants and ibises to king fishers; Tupelo gum trees, adorned with Spanish moss, its tendrils sometimes tickling the surface of the dark, murky water; and water hyacinths and swamp daises that add splashes of color to the landscape.

And — the main reason Champagne said many people visit Louisiana's swamps — lots of alligators.

From large 12-16 foot gators, to babies barely a foot long, Lake Martin swamp teems with alligators, and Champagne does his best to get tour members as close as possible to those relics of an era when dinosaurs roamed the earth. Sometimes, the behemoths will ease their way into the water as Champagne's boat — a 16-foot, flat-bot-

A great heron prepares for a landing on Lake Martin near Lafayette, La.



CHUCK CANNON / GUARDIAN

Ancient cypress trees are at home in Louisiana's swamps.



tomed, customized skiff — approaches, and sometimes they'll stand their ground, almost daring a person to reach out a hand and touch them.

"You be wantin' to keep you hands in de

boat," Champagne warned tourists. "If dey grab you and pull you under, you a goner fo' sho. If you too big to eat now, dey stuff you under a log

Please see **Swamp**, page 12

Swamp

Continued from page 11

and let you ferment for a while. Den dey come back with some Tony Chacheres and finish you off."

Most swamp tours allow about two hours to drift on Lake Martin swamp's calm waters. For those who want a repeat performance, Champagne recommends a return trip for a night tour. He said there's nothing quite like coming up on a 16-foot alligator in the dark.

"You can see dey eyes staring back at you," he said, a grin splitting his face. "It can get pretty spooky."

To reach Lake Martin swamp, take I-10 exit 109 in Breaux Bridge and turn south on La. Hwy 328. Turn right on La. Hwy 336-1, then left on La. Hwy 31. Go about 3 miles, then turn right on Lake Martin Road. The boat landing is at the end of the road.

Tour rates are \$20 for adults and \$10 for children 12 and under. In addition to night tours, there are also sunrise and sunset tours, custom tours and group rates. To learn more about Louisiana swamp tours visit www.louisianaswamptours.net.



Above: A cormorant suns himself on the branch of a dead tree in Lake Martin.

Above right: Louisiana swamps' most famous resident — an American alligator.

Middle right: Louisiana's swamps provide the perfect canvas for outdoor beauty.

Right: Fresh water birds hunt for crawfish and other edible goodies in Lake Martin.



CHUCK CANNON / GUARDIAN

FES offers tips to stay safe when grilling

By **CHAD ESTES**

FES fire inspector

FORT POLK, La. — This is the perfect time of year to dust off those grills and barbecue pits. However it's also the time of year fires and injuries occur due to carelessness.

July is the peak month for grill fires (17 percent), including both structure, outdoor or unclassified fires, followed by May (14 percent), June (14 percent) and August (13 percent). An average of 16,600 patients per year are taken to emergency rooms because of injuries involving grills. Half of the injuries were thermal burns.

Children under the age of 5 accounted for an average of 1,600 or more than one-third of the 4,500 thermal non-fire grill burns. These burns typically occurred when someone — often a child — bumped into, touched or fell on a grill, grill part or hot coals.

Gas grills were involved in an average of 7,900 home fires per year, including 3,300 structure fires and 4,700 outdoor fires. Leaks or breaks were primarily a problem with gas grills. Twelve percent of gas grill

structure fires and 24 percent of outside gas grill fires were caused by leaks or breaks.

Charcoal or other solid-fueled grills are involved in around 1,300 home fires per year, including 600 structure fires and 700 outside fires. Fortunately, by applying the following simple safety tips and guidelines you, your family and friends can reduce the risk of injuries and fires.

- Before using the barbecue pit or grill, clean and inspect it for any leaks, cracking or brittleness and clean gas tubes and elements.

- Use your grill in a well-ventilated area about 15 feet away from any structures.

- If you are using charcoal, use only fluid intended for charcoal grills and read the safety instructions. Never add charcoal starter fluid to coals or kindling that has already been ignited.

- Never use gasoline or any other flammable liquid except charcoal starter or lighter fluid to start a charcoal fire.

- Assure there is no horseplay around the barbecue pit or grill. Have an adult present at all times



when a campfire or grill is burning. Keep the fire small and never leave a fire unattended.

- Have a means of extinguishing fires on hand in case of an emergency.

- When disposing of used charcoal, place it in a metal container and stir in water so coals are cool enough for disposal.

- Do not store a barbecue pit or grill before it is totally cooled off; make sure coals have cooled off longer than a day before disposal.

Unfortunately, there have been

several grilling related injuries and fires occur on Fort Polk, ranging from small incidental fires to severe property damage and complete loss of homes. Even as recently as this month, Fort Polk Fire Emergency Services responded to a fire due to improper disposal of used charcoal.

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. By following these simple tips you will be on your way to safe grilling. For more fire safety information visit www.nfpa.org.

\$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
- Social Work

(Qualifies for AMEDD/AECP)

Master's:

- Homeland Security



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



CHUCK CANNON / GUARDIAN

Golf "Tip of the Week"

Warrior Hills Golf Course pro Mike O'Brien says to get more consistent results from your swing, work on a one-piece takeaway. The hand and body should work in sync. A golfer does not want to be too hands-oriented because then they underuse their body, don't get as much power and have less control of the club. Start moving the club with your shoulders or chest, not your hands. Hand players do not produce power or consistency. Warrior Hills Golf Course hosts two tournaments Saturday: The 16th Annual Bill Bailey Memorial Two-Person Scramble at 8:30 a.m., and the Fort Polk Intramural Sports Two-Person Scramble at 2:30 p.m. Also, Wednesday night scrambles continue through Sept. 25. Call 531-4661 for more information or to schedule a lesson with O'Brien.



Have you seen this duck?

The Fort Polk Fire Prevention staff has lost some of its rubber ducky friends. They have been spotted all over the Fort Polk footprint. The Fort Polk community of all ages can help find and return them to the South Fort Fire Station. There will be rewards given to those who help.

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



As a teacher and a single parent, I work to provide for both my child and my students. I tutor in the afternoons. I teach summer school. I've worked as a store clerk and pizza delivery person.

Sometimes I drive for a ride sharing service on the weekends. I do a lot of things to make ends meet because I don't make enough in my career.

- Valencia Johnson -

Teacher • East Baton Rouge Parish

nea NATIONAL
EDUCATION
ASSOCIATION
Great Public Schools for Every Child

LOUISIANA
ASSOCIATION OF EDUCATORS

WWW.REDFORL.A.ORG

Enjoy fun family friendly festival right next door

CITY OF LEESVILLE

LEESVILLE, La. — Spring has sprung and that means MayFest, winner of the Louey Award — an award from the Louisiana Travel Association — for 2012 and 2013 Festival of the Year, is almost here. The annual event is held the first weekend in May in historic downtown Leesville. Mark your calendar because this year MayFest is May 3-4.

Vendors from throughout Louisiana and surrounding states are set to show off home-made items and food made from scratch. Bring your lawn chairs and join the crowd on the courthouse lawn for two free days of family fun offering live music, vendors, artist demonstrations, children's activities and more.

Activities include:

- **Armadillo Stampede** — The Leonidas Polk Chapter Association of the United States Army Armadillo Stampede takes place May 4 in downtown Leesville. The chip timed 5k starts and finishes at Oak Pointe Wellness Center (800 South Third Street). The run begins at 7:30 a.m. The

packet pickup for the stampede is May 3 at Geico (11275 Lake Charles Hwy) from 1-6 p.m.

- **Leesville Lions Club pancake breakfast** — Bring your appetite and dig into a hardy breakfast May 5 for a family tradition at MayFest. You'll enjoy pancakes, sausage or bacon, with milk, juice or coffee for \$7.

- **Chalk-A-Block** — children of all ages can share their art with the world as they choose a spot on the sidewalk and paint their masterpiece with a variety of colored chalks.

- **Shop the Leesville Main Street District** — many of the Leesville Main Street merchants will be open for business during MayFest.

You will also have the opportunity to shop and eat at artisans' village booths, Main Street marketplace booths, food booths and trucks over the downtown area.

- **Live entertainment** — both days of MayFest will be filled with music on multiple stages, including performances by the Turn-Ups, Johnnie Earthquake, Louisiana Sidemen, Front Cover, Lance Carpenter and more.

For more information call (337) 238-0783.



Lake Charles celebrates colorful past with Louisiana Pirate Festival

LOUISIANA PIRATE FESTIVAL

FORT POLK, La. — Festivals celebrate everything from the gastronomic delights of a region to its history and heritage. One of Louisiana's more unique festivals is the Louisiana Pirate Festival, held May 2-5, on the shores of historic Lake Charles along the Lake Civic Center lakefront, 900 Lakeshore Dr.

Legend says that almost three centuries ago, a pirate named 'Jean Lafitte' and his band of buccaneers were fleeing enemy ships and heading west to Galveston, Texas.

Lafitte and his band of pirates hid along the waterways in Lake Charles. Lore also has it that Lafitte's favorite hideout was a bayou in Lake Charles where he buried his treasure, thus earning the name Contraband Bayou.

Dress in your finest pirate attire, practice your

pirate speak and head south to experience the unique seafaring festival with events on both land and sea. Make plans to attend this family-friendly event celebrating hidden treasure and salty pirates. It features cannon demonstrations, costume contests and local arts and crafts to themed souvenirs, games and attractions, including carnival rides, live entertainment and more.

The carnival and vendors open May 2 from 4-10 p.m.

Festival hours May 3 are from 4 p.m. to midnight. The real kick-off to the festival happens at Pirate landing (along the Civic Center lake front) from 6:30-7:15 p.m. Watch a dramatization as the city militia fights off pirates. Lafitte arrives to take over the city for the length of the festival and supervises as Lake Charles Mayor Nic Hunter walks the plank.

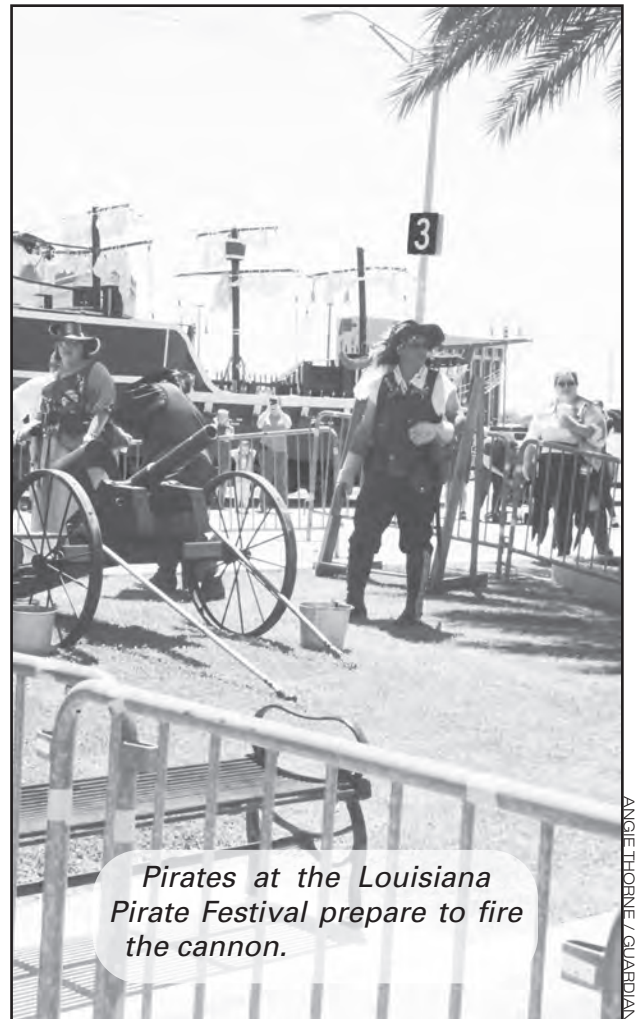
After the excitement ends, listen to live bands like Johnny Jimenez and Rusty Metoyer & the Zydeco Krush.

Events May 4 include a barbecue cook-off, carnival rides, children's activities — petting zoo, pirate fun and more — Louisiana State Arm Wrestling Tournament and live music by bands like Wild Honey, the Charlie Wayne Band.

The evening ends with a laser light show at 10:30 p.m.

The last day of the festival — May 5 — is filled with more carnival rides, live music and Lafitte departing the city.

For more information call (337) 463-5508 or visit www.louisianapiratefestival.com.



ANGIE THORNE / GUARDIAN

DENHAM SPRINGS

SPRING FESTIVAL

APRIL 27, 2019 • 9 AM - 4:30 PM

- FREE ADMISSION
- LIVE MUSIC
- 150+ VENDORS
- FREE KIDS FUN ZONE
- YUMMY TREATS

DenhamSpringsAntiqueDistrict.com

MAIN STREET
DENHAM SPRINGS
ANTIQUE DISTRICT

Sponsored by:
The Advocate,
Inspired Media,
The Livingston Parish News,
Pierce CMS,
Healing Place Church,
Livingston Parish CVB

Pelican State
CREDIT UNION

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

*aPlace
for Mom.*

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 Wednesday.

Festivals

- **International festival**
Visit Lafayette for Festival Inter-

national De Louisiane, today through Sunday.

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 five days. Join in the fun as music brings communities together for this cultural celebration. Admission is free. Check out this year's 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 Thursday through May 5.

You'll enjoy performances by the 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.

- **Fair fun**

The 30th annual Cajun Heartland State Fair, May 23-June 2, offers ride specials, food, free attractions, live entertainment and family oriented games to make an outstanding summer experience. There's something for everyone to enjoy at the midway and around the fairgrounds. The fair takes place at the Cajundome, 444 Cajundome Blvd., Lafayette. For more information call (337) 265-2104 or visit www.cajundome.com.

Miscellaneous

- **Treasure fest**

Shop the day away May 4 from 7 a.m.-3 p.m. in DeRidder at West Park with more than 100 yard sales in one location. If you are interested in participating, call and pre-register your sale with our staff. A \$20 refundable deposit is required. Call (337) 463-5534 for details. Admission is free.

- **Sale trail**

Ready to "shop 'til you drop?" The El Camino Real Sale takes place May 3 and 4 along 111 miles of the historic El Camino Real de los Tejas trail. Make plans to drive the trail for yard sale bargains. Hop in your car and travel along La. Hwy 6 starting at Natchitoches and then west across Toledo Bend Lake to Texas Hwy 21 and keep going for a great adventure and great finds. For more information call (800) 358-7802.

- **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 — 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 performance 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.

- **Hearth cooking**

Create your own experience in living history during an open hearth cooking demonstration at Audubon State Historic Site May 18 from 10 a.m.-3 p.m. Explore hearth cooking from the 1800s as costumed demonstrators use period techniques, equipment and recipes to show just how much effort it took to create the meals of yesterday.

The program is included in the standard grounds charge for the park. Admission is \$10 per adult ages 18-62; \$8 per seniors ages 62 and older; \$6 per student ages 4 to 17 and free for children 3 and under. For more information visit www.lastateparks.com.

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.



TAKE THE TIME TO TAKE IT ALL IN

FONTAINEBLEAU STATE PARK | MANDEVILLE, LA

Fish, hike, kayak or just plain kick back in a waterfront cabin, fully equipped for full-sized family events.

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

Fort Polk Guardian

www.thefortpolkguardian.com

Tradin' Post Ads

Published for the community of Fort Polk, La.

Deadline For All Classified Ads Is Noon Tuesday

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

FOR SALE

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

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

FOR LEASE IN DERIDDER'S GREEN ACRE SUBDIVISION. Move-In Ready! Beautiful 4 BR, 2 Bath, 2 car garage, extra large living and dining areas, kitchen, den and

patio with fenced backyard. Call 318-717-5057.

REAL ESTATE

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

vertisement for real estate, which is in violation of the law. All dwellings advertised in this newspaper are available on an equal opportunity basis.

STATEWIDES

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

HEALTHCARE CAREER TRAINING ONLINE. Start a New Career in Medical Billing & Coding. Medical Administrative Assistant. To learn more, call Ultimate Med-

ical Academy. 1-855-400-1967 (LA-SCAN)

BECOME A PUBLISHED AUTHOR. We want to Read Your Book! Dorrance Publishing- Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-866-593-1462 or visit <http://dorranceinfo.com/la-press> (LA-SCAN)

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

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)

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

DIRECTV & AT&T 155 CHANNELS & 1000s of Shows/Movies On Demand (w/SELECT Package.) AT&T Internet 99 Percent Reliability. Unlimited Texts to 120 Countries w/AT&T Wireless. Call 4 FREE Quote- 1-866-734-0452 (LA-SCAN)

HUNTING & FISHING LICENSE ARCHERY PRO-SHOP

STARTING AT:

\$340

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

FINANCING AVAILABLE!



ARCHERY PRO SHOP



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

Guardian Tradin' Post Ad

* Advertising is FREE for soldiers, family members and DA civilians.
* Businesses will not receive free advertising. All business ads must be prepaid. We accept Visa and Mastercard. (This includes child care, quarters-cleaning, or the sale and/or breeding of multiple pedigreed/registered animals)
* Only single soldiers living in barracks may list numbers with 531 prefixes.

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

Deadline for FREE ads is NOON Tuesday.

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

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

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

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

Name: _____ Date: _____

Signature: _____ Phone: _____

Advertising in The Fort Polk Guardian

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

call Theresa Larue

337-404-7242

or email her at sales@thefortpolkguardian.com





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



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

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

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

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 Data FREE Off-Peak Data. FAST download speeds. Wi-Fi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-844-253-8788 (LA-SCAN)

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

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

ATTENTION: 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 approved! FREE info kit: 855-874-9438 (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)

PREMIER OFFSHORE CATERING We are now accepting applications for experienced Offshore Day Cook, Night Cooks, Bakers, Camp Boss, Galley and BR Hands. We offer a 28 & 14 rotating work schedule Benefits package includes Medical, Dental Vision, Life & AD&D Insurance. Salaries based on level of offshore experience Equal Opportunity Employer www.premieroffshorecatering.com (LA-SCAN)

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

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

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)



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

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 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)

PSYCHIC
*****By Mrs. Jane
HEALER & ADVISOR
Do you feel lost? Are you confused?
Are you missing something in your life?



Mrs Jane will:
Remove Bad Luck
Reunite Love Ones
Fix Drug Problems
CALL NOW
Open 7 Days a Week
10AM - Midnight
318.357.9217
4364 Hwy 3278 Natchitoches, LA 71457

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

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

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

Dental Plus

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

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

DENTAL INSURANCE WELCOME

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

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

COMPLETE FAMILY DENTISTRY

FINANCING AVAILABLE



MATTRESS BY APPOINTMENT®
LEESVILLE
50%-80% OFF RETAIL
NEW DELIVERY AVAILABLE GOING FAST!
337-353-8449

 @MattressByAppointmentLeesville

FULL TIME RN'S

Vernon Home Health is currently seeking Full Time Registered Nurses.

We provide excellent pay, benefits, and low patient to nurse ratio. Please contact Kim Cooley at 337-238-0506 or kimcooley@vernonhomehealth.com



(337) 238-0506 | 213 Alexandria Highway Leesville, LA 71446


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:

#	Sq. Ft.	Rent
#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