



# FORGING THE

# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

June 7, 2019



Cardwell



Palarchie

## Cardwell, Palarchie win Soldier, NCO of Year

By **JEAN DUBIEL**  
Guardian staff writer

FORT POLK, La. — A hammer and anvil are positioned at the entrance of the Joint Readiness Training Center and Fort Polk Headquarters in bldg 350. It stands as a visual reminder of the Home of Heroes' motto: "Forging the Warrior Spirit." The essence of that motto is demonstrated daily through myriad training activities and events that challenge Soldiers' military expertise and intestinal fortitude — most recently through the 2019 Non-Commissioned Officer and Soldier of the Year competition.

From a pool of 13 competitors, one NCO and one junior enlisted Soldier have emerged to become the installation champions. They are Sgt.

Elvis Palarchie and Spc. Joshua Cardwell, both of Headquarters, Medical Company, Bayne-Jones Army Community Hospital.

Second-place winners are Staff Sgt. James Gilman and Spc. Alexander Bizyayav, both from the 519th Military Police Battalion, and third-place winners are Staff Sgt. Sergio Alas of the 46th Engineer Battalion and Pfc. David Zanca from 3rd Brigade Combat Team, 10th Mountain Division. If the first-place winners become unable to attend the Forces Command NCO and Soldier of the Year event, these runners-up will take their place.

During the NCO and Soldier of the Year Banquet held June 6 at the Warrior Center, the winners were recognized by Brig. Gen. Patrick D. Frank, commanding general, JRTC and Fort Polk,

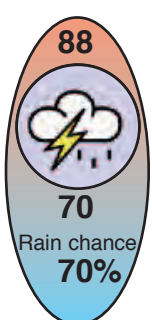
and Command Sgt. Maj. David Bass, JRTC and Fort Polk command sergeant major.

"How fitting that we could do this on the 75th Anniversary of D-Day," said Bass. "It's a great day to recognize greatness among our ranks."

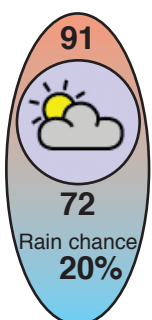
Frank agreed the timing of the awards ceremony was in keeping with the spirit of celebrating heroes. "It takes a lot of courage to do what (these Soldiers) have done," he said. "First they have to stand before their own formations and say, 'I am the Soldier or noncommissioned officer that wants to compete.' Then they have to master all the individual skills. Then you need a little teamwork, represented here by our NCO leadership. Our sergeants major here at JRTC and Fort

Please see **Winners**, page 5

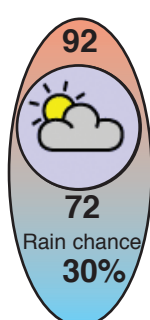
### Weekend weather



Today



Saturday



Sunday

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# Viewpoint

## 'Combat Ready' tells Eighth Army Korean War story

By Retired Lt. Col. MARK LESLIE  
DPTMS

FORT POLK, La. — I have yet to start a book review with a favorite fall back adage used in the Army, but I will for this one. Bottom line up front, or the "BLUF" as is often said: Read this book!

There are many reasons I will discuss, but two of the top ones are: The book was authored by Lt. Col. Thomas Hanson, who commanded 2nd Battalion, 353rd Infantry Regiment, 162nd Infantry Brigade at Fort Polk; and the foreword was done by



Leslie

the then Joint Readiness Training Center and Fort Polk Commander Brig. Gen. James C. Yarbrough.

I wish I had read this book and done the review right after

the review I did on T. R. Fehrenbach's book, "This Kind of War: A Study in Unpreparedness," as it would have been an excellent discussion and comparison.

The author did his homework and challenges many of Fehrenbach's claims on the poor state of the U. S. Army prior to the Korean War. But make no mistake: He doesn't give senior civil and military leadership a pass. In fact, he does a fantastic job linking together the decisions made at the White House and Congressional level on everything from manning to logistics to arms procurements and everything in between and the effect they have on readiness on the front lines in combat. Troops suffered and the nation almost suffered defeat because of it.

To set the stage, Hanson takes time in the first half of the book to put the reader into the mindset and culture of the nation, specifically why certain decisions were made by civilian and Army senior leadership. The title of one of the chapters — Post War or Pre War Army — best describes the identity crisis the nation's Army was facing at the time.

What I think the Fort Polk reader will find most interesting is the second half of the book where the author dives into unit historical documents and dissects the training plans

and status of the individual regiments of the Eighth Army. Especially interesting are the many dynamics impacting overall unit readiness, things we today cannot even fathom: Problem sets like receiving Soldiers with less than four weeks of basic training, branch immaterial assignments of senior officers to combat formations, a turbulent personnel assignment system exacerbated by occupation duties and a constantly changing organizational structure that was Army wide as the Army tried to "right size" post-World War II. Not to mention the education level of many Soldiers was at the fifth-grade level at the time, an on and off again draft and a resource constrained environment that is hard to even imagine. Any obstacles we have now pale in comparison to the training challenges the mighty Eighth Army faced on the eve of a very bloody war.

Regardless, as you will see as you delve into the individual chapters devoted to regimental training, the Eighth Army did get on track and issue good, solid training programs and made considerable strides. The pass/fail rate and observations of the observer/controllers (O/Cs) of the day (from the Division G3 section) would make the OCs of JRTC proud — not everybody passed and many were forced into retraining on specific tasks, often entire battalions.

These observations and in-depth study by the author of these training plans dispel many of the myths of the Eighth Army and the initial failures in Korea. Myths like the belief that the Eighth Army was "poorly trained, undisciplined and soft" seem to be shallow and not quite accurate, nor are they a holistic enough look at why these initial failures occurred.

I was in the Army when we had the mantra, "No more Task Force Smiths," and some of you may recall this saying as well. While well intentioned, in retrospect, and after reading this book, this seems to be a travesty of justice and does a disservice to the sacrifice to those in that ill-fated, ill-prepared and underequipped task force.

The Eighth Army did some hard training and, as President Teddy

Roosevelt said, "Did the best they could, with what they had, where they were at." Reading their training plans made me reflect on my 30

years in the Army and what we do here at JRTC every day.

Many of the challenges we face are the same. They talk geographic constraints, manning issues and leadership issues and address those specifically in their training plans and subsequent retraining. They lived the

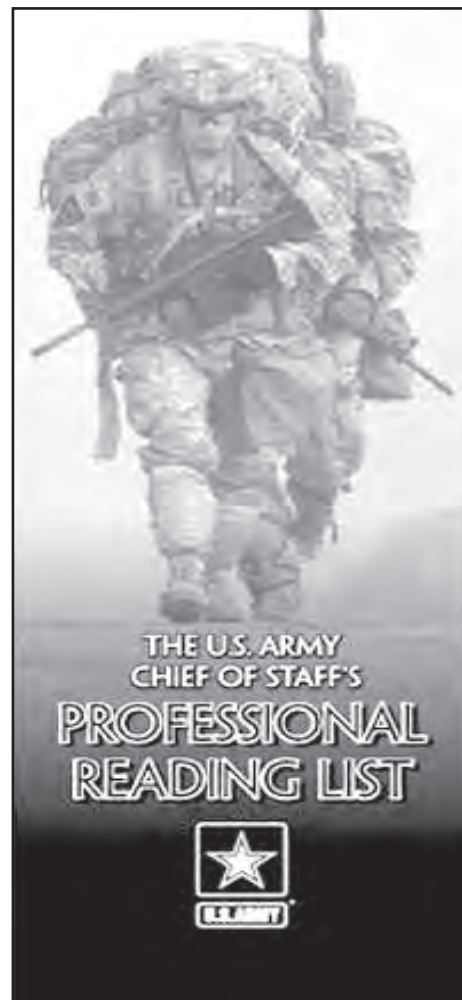
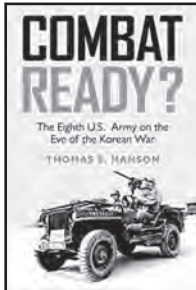
eight-step training model (plan training, train and certify leaders, recon site, issue plan, rehearse, execute, conduct after action review, retrain) without even knowing it and with significant challenges.

There is a lot to learn as well as inspire in this book. As I said in the beginning, read it: Any commander or

S3 worth their salt is going to leave with a few things in their rucksack that make them and their unit better.

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## Commentary



## Guardian

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## Briefs

### Garrison CoC

The U.S. Army Garrison Fort Polk holds a change of command ceremony June 13 at 10 a.m. on Warrior Field.

Col. Jarrett Thomas II will relinquish command to Col. Ryan K. Roseberry.

### Pharmacy closure

The Bayne-Jones Army Community Hospital pharmacy is closed June 14-17 to move back to its newly renovated state-of-the-art location inside BJACH Entrance B.

Refills called in to the ScriptCenter, inside Entrance A, are available during the closure, but you must be registered to use the service. The outpatient pharmacy will reopen June 18 at 7:30 a.m. inside Entrance B.



### Corvias portal

The Corvias Resident Portal, available in a mobile app and web browser, enables Fort Polk housing residents to issue and track maintenance requests, upload photos and provide feedback on service performance. The portal is accessible via the Corvias installation page, while the app is available to both Apple and Android users. Visit [www.fortpolkcorvias.residentportal.com/](http://www.fortpolkcorvias.residentportal.com/) to sign up.

### DENTAC CoC

The Fort Polk U.S. Army Dental Health Activity holds a change of command ceremony today at 10 a.m. on Warrior Field.

Lt. Col. Paul Colthirst will relinquish command to Lt. Col. Melissa Tucker. Call 531-2327 for more information.

### ASIST training

Fort Polk's Suicide Prevention Program offers Applied Suicide Intervention Skills Training Wednesday and Thursday from 9 a.m.-4:30 p.m. at the Fort Polk Education Center. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan to support their immediate safety.

Class size is limited to 15. Email [john.l.pilgrim.civ@mail.mil](mailto:john.l.pilgrim.civ@mail.mil) or call 531-6187 for more information.

### Instagram news

The Joint Readiness Training Center and Fort Polk are now on Instagram: @Fort\_Polk.



Seven-time Grammy Award winner Lady Antebellum headlines the sixth annual FreedomFest June 22 at Fort Polk's Headquarters Field. Also performing will be country music duo Everette.

## JRTC, Fort Polk host FreedomFest 2019

### GUARDIAN STAFF

FORT POLK, LA. — The Joint Readiness Training Center and Fort Polk presents the sixth annual FreedomFest June 22 at 5 p.m. on Headquarters Field. The event is free and open to the public and features fireworks, food vendors, a salute to the nation, static displays and musical guests Lady Antebellum and Everette.

Since teaming up in 2006, Lady Antebellum has had nine No. 1 singles on the country charts. They have won seven Grammy awards including both Record and Song of the Year in 2010, and are the first artists in the history of the CMA Awards to win Single of the Year in back-to-back years. For their new album, Heart Break, the trio had a hand in writing 11 of the 13 tracks, more than they'd ever written on a previous album, resulting in their most intimate and heartfelt work to date.

"We love writing the serious songs, but the recording process was so different and fun and we felt like we wanted to lead with that," said band member Charles Kelley.

There is no on-site parking, but shuttles begin running at 4:30 p.m.

Parking for non-Department of Defense ID cardholders will be at Honor Field on La. Hwy 10. Directional signs from both north and south on U.S. Hwy 171 will direct you to designated shuttle bus parking. Honor field is about 2 miles once you turn on to La. Hwy 10 from U.S. Hwy 171.

Military police will be on-site to assist with parking and loading the correct shuttle bus. Shuttle buses are air-conditioned. Please have a government or state issued ID card when you arrive at Honor Field for anyone over the age of 16. All persons entering a federal installation are subject to search.

If you need handicapped parking, use Fort Polk's main gate off of U.S. Hwy 171. Limited handicap parking will be on-site at Headquarters Field. All shuttle bus locations will have handicapped parking available.

DoD ID cardholders can access Fort Polk from any gate. You will be directed to the nearest shuttle bus parking lot: Bayne-Jones Army Community Hospital, Allen Memorial Library/Educational Center, Fort Polk Commissary/the Exchange, and the Mission Training Center.

Items that can be brought include: Blankets, lawn chairs, cash (ATMs will be on-site), sunscreen, strollers and small insulated cooler for infant formula or water and diaper bags.

Prohibited items include: Pets, tents, canopies, coolers, outside food or beverages, alcohol, glass bottles, weapons, video cameras, backpacks or large bags, professional cameras with telephoto lenses and personal fireworks.

For more information, to include maps of parking areas and biographies on Lady Antebellum and Everette, visit the JRTC and Fort Polk website at <https://home.army.mil/polk/> and click on the blue banner announcing FreedomFest 2019 or call 531-1959.



## GIs remember D-Day, Normandy 75 years later

By **GARY SHEFTICK**

Army News Service

FORT MEADE, Md. — As the sun rose on Utah Beach June 6, 1944, the explosions were deafening.

"There was all kinds of fire coming down on us," said then-Cpl. Herman Zeitchik, who served with the 42nd Field Artillery Battalion, 4th Infantry Division. He was hunkered down in a landing craft with about 30 other Soldiers.

When the ramp went down, the first few to step off ended up in deep water and their heavy rucksacks pulled them under. Some Soldiers drowned, Zeitchik said.

He was about the 10th to step off the ramp and found himself in shoulder-deep water, struggling to get ashore and keep his carbine dry. His holstered .45-caliber pistol was underwater.

"I dragged one GI ashore," Zeitchik said. The Soldier had stumbled on the uneven sand and gone down. Zeitchik grabbed hold of his rucksack and pulled him up.

Posts had been placed in the water near the shore and Germans had fastened dynamite to them. As groups of GIs waded toward these posts, the Germans watched from defensive positions and pushed down their plungers. The detonations bloodied the water.

"I was one of the lucky ones," Zeitchik said. "I got on the beach as fast as I could."

As bullets whizzed past him, Zeitchik looked for any cover he could find.

"I did my best to get into some kind of cutout on the beach," he explained.

He said he raised his head from the depression and looked around, but could not recognize anyone. The entire beach was mass confusion. All the helmets looked the same, he said.

It took him a while to locate other members of his platoon. Finally, he hooked up with his first sergeant and lieutenant.

Zeitchik told his lieutenant he never had the chance to fire his pistol in training and was hesitant to pull the trigger now since the weapon was waterlogged.

"I don't know whether it will fire or not," he told his lieutenant.

The lieutenant curtly said, "Give it to me!"

"I gave it to him and he started shooting at the Germans."

The Germans were firing from foxholes and well-prepared defensive positions.

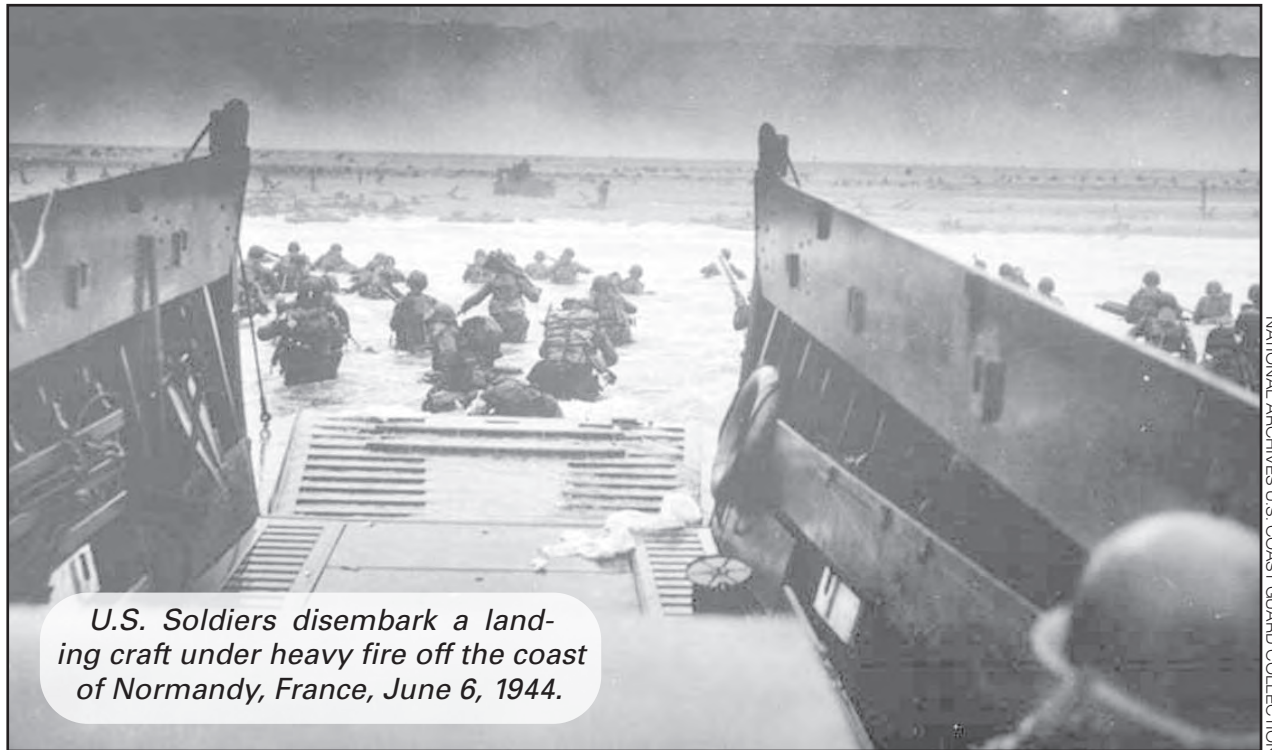
"They were lucky," Zeitchik said.

But not for long. Soon other members of Zeitchik's unit drove 3/4-ton trucks ashore pulling 105-mm howitzers.

Zeitchik helped ready one of the howitzers and they began firing at the German defensive positions.

Meanwhile, Pvt. John Nelson with the 1st Engineer Special Brigade was approaching the beach in a Higgins boat. As other Soldiers went down the front of the landing craft's ramp, Nelson was anxious and stepped off the side. He disappeared beneath the waves into an underwater bomb crater.

"I went down 10 or 12 feet," Nelson said. "I



*U.S. Soldiers disembark a landing craft under heavy fire off the coast of Normandy, France, June 6, 1944.*

NATIONAL ARCHIVES U.S. COAST GUARD COLLECTION

had to be pulled out by one of my sergeants."

Staff Sgt. Schultz saw Nelson go underwater and jumped in after him. Schultz lost his rifle doing it.

Ironically, in England, Schultz had lectured his Soldiers about holding onto their M-1 no matter what happened, Nelson said: "Whatever you do, hold on to this piece," Schultz had emphasized to his Soldiers. "Before the day is over, you're going to need it."

"First thing he did was jump in after me and lose it," Nelson said. "Poor Sergeant Schultz."

As soon as Nelson made it to shore, he rushed over to a 4-foot concrete seawall. He crouched behind the wall for a short period, but said most of the opposition on the beach had been wiped out by that time.

"So we just went over the wall and headed for the timber," he recalled.

As the engineers entered the tree line, they encountered German small-arms fire.

"You could hear them jabbering. You could smell them," Nelson said of the Germans. "Their cigarettes are what gave them away."

The American GIs smoked mostly Camels or Lucky Stripes, Nelson explained, but the German tobacco smelled much different.

The engineers dug fighting positions into the tree line and remained there for a few days before moving off toward the hedgerows and Saint-Lo, Nelson said.

With howitzers and tanks onshore, it had only taken the 4th Infantry Division about an hour to clear most German opposition from the beach.

Once Zeitchik's howitzer had eliminated German defensive positions in his sector, he began hand-carrying maps to other batteries of the 42nd Field Artillery. He had brought maps of Normandy ashore in a tube.

"One of my duties was to take care of the maps to see that the gun batteries got the maps," Zeitchik said.

He and the rest of his unit were soon on their

way to hook up with 82nd Airborne Division paratroopers who had jumped during the night into the town of Sainte-Mere-Eglise.

"Our job was to get to the 82nd Airborne," Zeitchik said. "They had to be relieved."

Utah Beach was considered the most successful of the five allied landings that morning with only 197 U.S. Soldiers killed and 60 missing in action. To the east, Omaha Beach was proving to be more difficult.

The Germans had strong fortifications on high bluffs overlooking Omaha Beach. Soldiers of the 1st Infantry "Big Red One" and 29th Infantry divisions who made it ashore through the 4-foot waves were pinned down on the beach until Rangers scaled the cliffs and destroyed the bunkers.

U.S. casualties on Omaha Beach that day numbered 552 killed in action, with 2,766 wounded and another 1,896 missing in action.

Cpl. Clyde Gindlesperger landed on Omaha Beach June 16 with First U.S. Army's 504th Air Defense Artillery Battalion. Even after 10 days, a few burned out half-tracks and tanks were still on the beach.

Details of Soldiers were burying the dead on the bluffs above the beach, Gindlesperger said, in what would eventually become the Normandy American Cemetery at Colleville-sur-Mer.

He helped set up 40-mm anti-aircraft guns on top of the bluff to defend caches of ammunition and fuel on the beach. He and his fellow Soldiers shot down two German aircraft during the two weeks they were stationed on the bluffs.

Pvt. Robert Levine of the 358th Heavy Weapons Battalion, 90th Infantry Division, came ashore on Utah Beach June 10, or D+4. His job was to fire 81-mm mortars.

"In Normandy, without the mortars, they would have been in trouble," Levine said of U.S. forces, explaining that mortars were key in clearing the hedgerows of Normandy where Germans were dug in.



# Winners

Continued from page 1

Polk are one of the reasons why our Soldiers do so well in understanding their individual and collective tasks. Thanks for your leadership."

Master Sgt. Andrew Messick, competition organizer, said he chose the events based on the warrior tasks and battle drills listed in the Soldier's Manual of Common Tasks — and Louisiana's unique climate added a layer of challenge to the event.

"The humidity and weather we have at Fort Polk introduced an additional stressor to the competition," he said.

Messick said events like this are important because they serve as examples of what can be achieved when you put your mind to it.

"We could see the comradery and shared suffering of these Soldiers, each laboring under 45-pound rucks, but they hung in there," he said. "It wasn't easy, but they are all better Soldiers for doing it."

Some of the events featured in the competition were:

- Army Combat Fitness Test
- Confidence course
- Packing list inspection
- Drownproofing skills

Please see **Winners**, page 6



JEAN DUBIEL / GUARDIAN





# Winners

Continued from page 5

- Urban orienteering
- Army knowledge test
- 15-mile ruckmarch
- Claymore, improvised explosive device, communication and grenade lanes
- Medical assessment under fire and call for 9-line medical evacuation lane
- Call for fire, detainee search, weapons assembly and chemical agent lanes
- Land navigation over 8 miles
- Weapons assembly of M4, M9 and M249
- Weapons proficiency/stress shoot
- Appear before a board in dress uniform

Palarchie, who is originally from Montego Bay, Jamaica, said he found the drownproofing lane to be the most difficult, and the stress shoot the most fun.

"The shooting lane was easiest for me because I love shooting," he said. "To train for the next event (Forces Command-level competition), I will have to work more field events, including weapons skills, communications and call for fire, because those are things we don't get much chance to work on as medical personnel."

His advice for anyone considering next year's competition is to ruck — a lot. "It's really hard, so you have to dedicate yourself, execute and above all, be resilient," he said. "Every time you go out, take it one mile at a time and you will do well."

Cardwell, a native of Murrieta, California, said for him, the greatest challenge was performing calls for fire, and he agreed with Palarchie that the stress shoot was the most fun.

"It (calls for fire) was something I had never done, so I had to learn on the fly and figure it out as I was going," he said. "Shooting was definitely the most fun, because it's always fun to shoot."

Cardwell said he will focus on more of his warrior tasks as he prepares for the FORSCOM event. "Things like call for fire, weapons assembly and function checks."

Both Soldiers said their weapon of choice is the M4.

Capt. John Parker is the company commander for Headquarters, Medical Company, BJACH, and described both of his winning Soldiers as "fantastic."

"They are aggressive, high-performing individuals," he said. "They are both very motivated. I think seeing members of our team performing at that level significantly impacts the morale and motivation of the rest of the company. It sends a message to the other (medical) Soldiers that this isn't just a competition for Soldiers on the line."

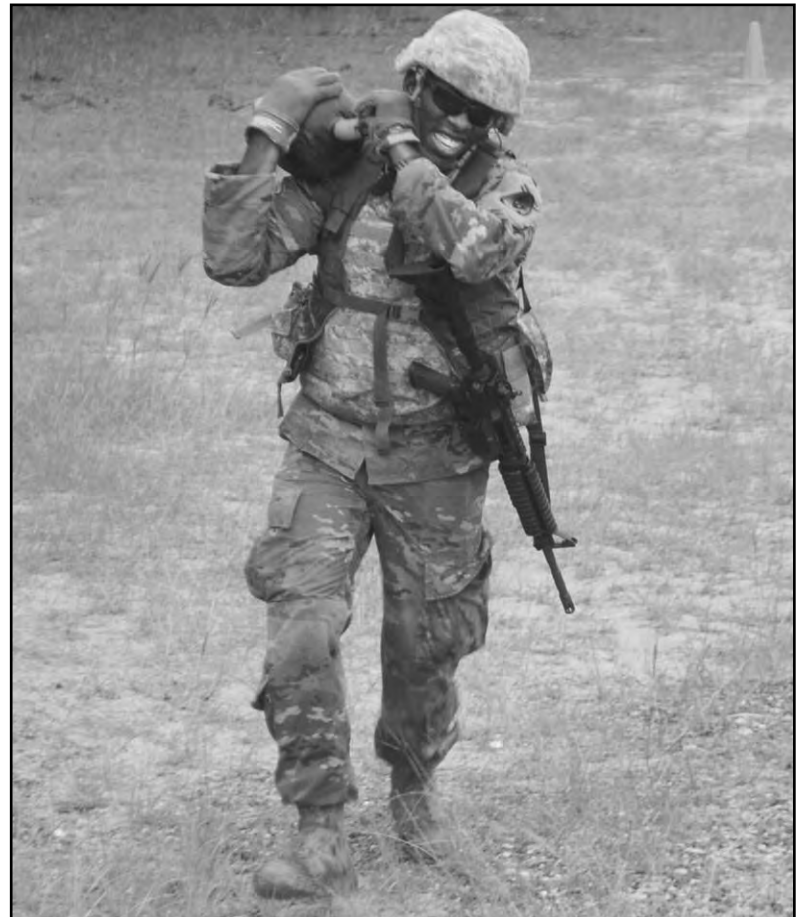
Sgt. 1st Class Teresa Bocanegra, acting first sergeant of Headquarters, Medical Company, BJACH, said Palarchie and Cardwell set the example for the rest to follow. "The fact that they had the motivation and drive, even during the harder parts of the competition, to dig deep and complete the task speaks volumes about them."

In addition to the Army Commendation Medal, each first-place winner received a slew of prizes from various sponsors, including:

- \$150 gift card from Christus
- \$100 gift card from American Warrior Networks
- \$260 trip package from Benoit Ford
- \$100 gift card from Taboo Harley-Davidson
- \$500 gift card from Barksdale Federal Credit Union
- \$500 gift card from USAA
- \$250 gift card from the Vernon Parish Chamber of Commerce
- A Weber Grill and Yeti cooler from Southwest Beverage
- \$250 gift card from the Leonidas Chapter of AUSA
- \$250 gift card from GEICO
- \$150 gift card from Sabine State Bank
- \$450 gift voucher for the Golden Nugget Casino from Corvias Military Living
- A chartered fishing trip from Alford Motors.



JEAN DUBIEL / GUARDIAN





# 1-509th Soldiers visit Normandy 75 years after D-Day

## GUARDIAN STAFF

NORMANDY, France — On June 6, 1944, more than 100,000 allied troops landed in Normandy, France as part of Operation Overlord — more commonly referred to as D-Day. The Allied forces landed on five beaches along the Normandy coast code named Utah, Omaha, Gold, Juno and Sword.

This week, Soldiers with Fort Polk's 1st Battalion, 509th Infantry Regiment, joined thousands of current and former Soldiers, Sailors, Airmen and Marines from both Allied and Axis armies to celebrate — and remember — the battle that in the long run signaled the end of World War II.

In 1944, American, British and Canadian Soldiers landed on Normandy's beaches, carried by 5,000 ships across the English Channel from England. Among the Allied troops who landed in Normandy were the following:

- 73,000, including 23,400 airborne American troops

- 61,715 British troops
- 21,400 Canadian troops
- 11,950 aircraft (127 lost)
- 1,213 combat ships
- 4,126 landing craft
- 736 ancillary craft
- 864 merchant vessels

By June 11, 326,547 troops and 54,186 vehicles had landed on Normandy's beaches.

The photographs on these pages were taken by 1st Bn, 509th Inf Reg Soldiers during their visit to the 75th Anniversary Commemoration of D-Day in Normandy.

Please see **D-Day**, page 8



1ST BATTALION, 509TH INFANTRY REGIMENT

*Soldiers with Fort Polk's 1st Battalion, 509th Infantry Regiment, visit the spot where Lt. Col. Charles J. Timmes stood up his battalion command, during the D-Day invasion of Normandy, France. Timmes, commander of 2nd Battalion, 507th Parachute Infantry Regiment, 82nd Airborne Division, and his men landed in the orchard and fought for more than four days until the 325th Glider Infantry Regiment attacked German forces from behind ultimately leading to success for Timmes and his Soldiers. He and his battalion went on to liberate Amfreville, France.*



**Above:** From left, Capt. Robert Doyle, Staff Sgt. Joseph Sinicropi, Sgt. 1st Class Ivan Creston and Sgt. Paris Reynolds, all with Fort Polk's 1st Battalion, 509th Infantry Regiment, visit the German fortified bunker at Pointe du Hoc, Normandy, France. Rangers of the 2nd and 5th battalions scaled cliffs to destroy the guns at Pointe du Hoc during the morning of June 6, 1944. Gen. Omar Bradley said this mission was the most difficult task he ever gave anyone under his command.

**Left:** A marker on Omaha Beach, Normandy, France, signifying its location as part of the Operation Overlord on June 6, 1944.



# Snakenberg takes helm of 3-353rd Infantry during ceremony

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — The 3rd Battalion, 353rd Infantry Regiment, Joint Readiness Training Center Operations Group, held its change of command ceremony May 31 at Fort Polk's Warrior Field as outgoing commander Lt. Col. Francisco J. Lopez passed the colors to incoming commander Lt. Col. Mark K. Snakenberg.

Col. David W. Gardner, Ops Group commander, was the host commander for the change of command.

Gardner said the Tiger Battalion is responsible for training units designated to conduct, advise and assist missions during overseas deployments.

"They train individuals to become advisors and support these Soldiers and units from Fort Polk," he said.

Gardner said the 3-353rd Inf Reg Soldiers are expert observers, controllers and trainers. He said under Lopez's leadership, the Tiger Battalion helped prepare two security force assistance brigades for service in Afghanistan and thousands of individual advisors.

"They have coached countless foreign militaries as they deploy to JRTC for decisive action rotations," he said.

"They have also reviewed their programs of instruction to ensure they provide the most relevant and professional training in the Army."

Lopez said the 3rd Bn, 353rd Reg Inf Reg is a source of pride.

"This battalion is probably the Army's best bang for the buck," he said. "For the last two

years it has conducted nearly 90 advisor training missions — training more than 6,000 combat advisors and more than 3,000 Soldiers to be Guardian Angels (personnel that are part of a security force team that protect advisors). These training missions took place at Fort Polk and numerous installations and camps across the United States."

Lopez said the battalion also deployed small teams into multiple theaters to understand the operational environment and learn from units in theater.

He said the battalion's translator interpreter company (TICO) trained its military linguists to integrate into any infantry or cavalry formation, but just as easily work for a general officer in a strategic position while maintaining continuously deployed platoons with linguists dispersed across multiple countries.

"Simply put, the battalion was in demand, ready and always delivered. It has been my privilege and honor to serve in this prestigious battalion," said Lopez.

Gardner said the Army has provided Fort Polk with another great leader in Snakenberg.

"No one is better prepared for this command and I look forward to serving with you," he said.

Snakenberg addressed the audience, troopers and Families of Tigerland. He told the Soldiers in formation that their reputation preceded them.

"I am extremely impressed with everything you've shown me in the last month. I look forward to serving in your ranks as we build upon our battalion's incomparable legacy together," he said.



ANGIE THORNE / GUARDIAN

Col. David W. Gardner, Joint Readiness Training Center Operations Group, commander, passes the colors to incoming commander Lt. Col. Mark K. Snakenberg at the 3rd Battalion, 353rd Infantry Regiment change of command ceremony held May 31 at Warrior Field.

## D-Day

Continued from page 7



1ST BATTALION, 509TH INFANTRY REGIMENT

**From left:** Staff Sgt. Joseph Sini-cropi, Sgt. 1st Class Ivan Creston, Sgt. 1st Class Jerrod Choate, Navy World War II "frogman" veteran Jerry, Capt. Robert Doyle and Sgt. Paris Reynolds visit Utah Beach, Normandy, France, during D-Day ceremonies. Jerry, who served with a Navy Underwater Demolition Team, the precursor to today's Navy Seals, was on Utah Beach on June 6, 1944 — D-Day — clearing obstacles to make way for land forces. The Soldiers are members of Fort Polk's 1st Battalion, 509th Infantry Regiment.





# Community

## Briefs

### Essay contest

The DeRidder Police Department hosts an essay contest for junior high and high school students in honor of National Night Out, an annual community-building campaign that promotes strong police-community partnerships. Essays must be submitted by June 30. Junior high winners receive \$50 for first place, \$30 for second place and \$15 for third place. High school winners receive \$75 for first place, \$50 for second place and \$30 for third place. Finalists will be notified by Aug. 1 and winners will receive their prize at National Night Out activities Aug. 6 at the DeRidder Fairgrounds. For more information and rules call (337) 462-8914 or email [jherrington@cityofderidder.org](mailto:jherrington@cityofderidder.org).

### Exchange events

The Fort Polk Main Exchange hosts the following activities in June:

- Special savings on the Army's birthday, June 14. Those using their MILITARY STAR card on June 14 receive these savings:
  - 10 cents a gallon on gas at Exchange fuel locations
  - 15 percent off at Exchange restaurants
  - \$10 off a purchase of \$25 or more from Exchange vendors
- Additionally, shoppers can receive 20 percent off select tactical gear from June 14-20 and an additional 5 percent exclusively at [ShopMyExchange.com](http://ShopMyExchange.com) June 14-15, by using the online code MILPRIDE19.
- Give and Get Back campaign. From June 14-18 shoppers can donate to Army Emergency Relief at Fort Polk Exchange registers. For every \$5 donated, shoppers will receive an Exchange coupon for \$5 off a \$25 purchase. Shoppers can also donate online at [ShopMyExchange.com](http://ShopMyExchange.com).

### Road repairs

The contract to repair Fourth Street and Mississippi Avenue has a required completion date of July 29.

Work requirements include shoulder repairs, removing (milling) the asphalt and repaving with a new asphalt overlay and pavement markings. Construction continues on Fourth Street and Mississippi Avenue to repair base failures, diamond grinding and spall repairs. These are required prior to the mobilization of the milling and paving equipment for the repaving operations. The work will require closures, detours and flagging operations to complete the repairs while ensuring safety for motorists and construction crews. Alternate routes are encouraged to minimize delays and traffic congestion.



ANGIE THORNE / GUARDIAN

*Oscar Chavez, 11 and his mom, Frances, use a trusty umbrella to hide from the afternoon sun as they munch popcorn and listen to live performances at Allen Memorial Library's summer reading program kickoff May 30.*

## Read way through lazy days of summer

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La., — Fort Polk's Allen Memorial Library 2019 Summer Reading Program outdoor kick-off party was held May 30. This theme of this year's program is, "It's Showtime at Your Library!"

With that in mind, the library hosted an event with live performances by two guests. Miss Louisiana 2018, Holli' Conway and Fort Polk Fire Chief (Emeritus) Michael Kuk. Each performed a number of popular musical selections related to the program theme. There were giveaways and free popcorn as well.

The summer reading program runs through July 20. The program is open to eligible library customers of all ages.

Linda Bringan, library director, said there are many benefits to summer reading including preventing "summer slide," which means children who don't read during summer can lose up to two months of learning by their return to school in the fall.

"Instead, children who read a minimum of six books during summer increase the likelihood of higher scores in reading and math upon return to school," she said.

Bringan said summer reading also promotes visits to libraries, where the whole family can learn, read and enjoy activities, as well as champion reading as an essential life skill for fun and learning.

Participants track the number of minutes they read. Children should read 45 minutes per day. Teens and adults should also read 300 minutes per week.

Each week starts on Sunday and ends on Sat-

urday. You can always read more than that.

Frances Chavez, a parent at the kick-off, said reading is great for kids.

"My mom was a teacher and I spent a lot of summers at the library. The summer reading program is something I looked forward to every year," she said.

Her son, Oscar, 11, said he likes reading to learn new things and the stories are awesome.

"The Hobbit is my favorite book. I loved the adventures he went on," he said.

Another parent, Lisa Lewis, said summer reading is important because it's a great way for kids to continue learning.

"They may not be in a classroom, but that doesn't mean their education has to stop and they can have fun doing it. We love the summer reading program and participate every year," she said.

Her daughter, Monique Lord, 14, said learning what's going to happen in each new book she reads is exciting.

"In a way, I think every story I read reflects who I am in some way," she said.

After reading a few chapters, Lord said she goes and talks to her mom about what she has read.

"We talk about the book and if I have any questions she helps me understand what's going on with the characters and story," she said.

Lord said her favorite book is the Dork Diaries. "It's about the life of a girl going to high school and how she deals with everything that happens. I can relate to that because I'll be a freshman next year," she said.

For more information about signing up and incentive prizes to work for each week, check with the library at 531-2665.



# Fort Polk bids farewell to Camp in City at closing ceremony

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — After a week filled with excitement, good times, quiet reflection and games galore, the closing ceremony for the Pine Cove Camp in the City took place at Fort Polk's Main Post Chapel May 31.

Parents, Family and friends packed the pews of the sanctuary as their kids put on a show and camp counselors explained the camp's purpose.

Camp in the City is staffed by college students from across the country to lead a Christian-based experience filled with activities including inflatable waterslides, bungee jumping, singing, crafts, dancing and more, all while learning about the Bible.

Garrett Ward, also known as "Bust-A-Move" since all the counselors go by nicknames for the duration of camp, was site director for the week-long event.

Ward said Camp in the City is the perfect avenue to share the gospel with the children of Fort Polk.

"We try to do that in an engaging and energetic way by connecting the kids to the Bible through their counselors and activities we provide at camp," he said.

This is the fourth year Camp In the City has visited Fort Polk, but it almost didn't happen this year. Chrissa M. Gross, Fort Polk religious education director, said tuition for Camp in the City is \$280 per student.

"That is a high price for a church camp, but that's because camp comes to you. The fee helps pay for travel expenses, maintaining equipment, a 60-hour week for the counselors and more. When you do the math, it really isn't that expensive. We realize the burden is heavy for our military Families, especially if they have more than one camper, and many of our Families have two or three kids," she said.

Army grants for this year's camp fell through so Gross said they planned to cancel.

"We called Pine Cove, explained the situation and told them we wouldn't be able to participate this year because we didn't have the necessary funding," she said.

A few weeks later, Gross received a phone call from the Pine Cove staff.

"The regional director told me a private donor found out Fort Polk was cancelling. We are the only military partnership they have. The anonymous donor paid tuition for 176 campers — the maximum capacity. The donation totaled about \$49,000. The money was donated directly to Pine Cove," she said.

Gross said she was overwhelmed by the stranger's generosity.

"It is such a gracious and amazing thing to do. As isolating as military life can be at times, I don't think we realize how much people care about these military kids. To be able to give this gift to these Families is an incredible blessing," she said. "That's the kind of thing that restores our faith."

Gross said it was a successful week. "The camp's real success will be seen in the next few weeks as we see how many Families come to the chapel," she said. "We try to help them sustain through military life using spiritual values and belief systems. The ultimate goal is to use this kind of program as a catalyst to meet Families we don't normally get to meet and help them."



Counselors and campers put on an energetic show at the closing ceremony for Camp in the city May 31.



As the Camp in the City closing ceremony ended, campers joined their counselors with Family members to celebrate the best attributes each camper showed that week.

Stephanie Reyes is retired from the Army and a congregation member at Fort Polk's Main Post Chapel. Reyes volunteered her time to help out during Camp in the City.

"I wanted to take part in the community of the church and participate in the mission of serving the kids at camp," she said. "It was a joy to see church members bring their kids to camp each day."

Reyes said military children deserve opportunities to be part of something as spectacular as this camp.

"They sing, laugh and have fun with their friends while they learn about the Bible. It gives parents peace of mind and a safe place to leave their children knowing they will be taken care of," she said.

Ciara Perkins is the mom of a camper. She said

her daughter loved Camp in the City.

"She was nervous about going that first day, but after that she couldn't wait to go back," she said.

Perkins said it was a positive experience.

"She came home each day and talked about everything she learned about scripture," she said.

Sam Dignazio, 8, attended Camp in the City. He said he loved participating in all the activities. "I also had a lot of fun with all the other kids," he said.

Kailey Tracy, 10, also attended camp. She said the joy and fun she had doing the activities like go carts and bungee jumping was great, but she also liked being able to learn about God.

"I love Camp in the City. If I could, I would do this week all over again," said Tracy.



# Take note of important flooring standards, fall prevention issues

By **MELISSA BLACK**

Certified industrial hygienist

FORT POLK, La. — Slips and trips without a fall make up almost 4 percent of disabling workplace injuries, according to Liberty Mutual. Flooring standards for coefficient of friction are still under consideration.

“Trip lips” — raised areas along the edges of rugs or in doorways — of about one-quarter inch are not a new hazard; however, more awareness surrounds this issue and new solutions are available. New flooring and traction criteria, improvements to rugs and runners, and sidewalk grinding give hope that injuries resulting from these challenging risks can be reduced.

According to the Bureau of Labor Statistics, falls are the second leading cause of on-the-job deaths, accounting for about 17 percent — the highest percentage since BLS began capturing this data in 1992.

Fatal falls have continued to trend upward, rising 25 percent since 2011. Fifteen percent of all

workers fatally injured on the job were 65 or older.

Nearly one-quarter (23 percent) of fatal falls occur from a height of 10 feet or less. Slips and trips without a fall make up 3.8 percent of disabling workplace injuries, and 17.7 percent of falls are on the same level, according to data from the 2017 Liberty Mutual Workplace Safety Index. The total cost for these disabling workplace injuries is more than \$12.9 billion.

Falls are the No. 1 cited concern among general industry and construction. Manufacturers and the American National Standards Institute are working at a feverish pace to improve personal protective equipment, and the Occupational Safety and Health Administration is raising awareness.

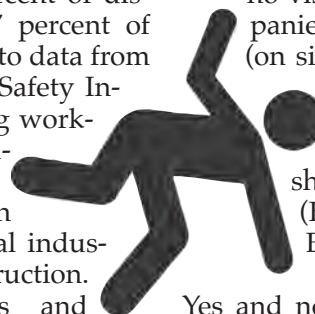
Ladders, rugs, walking surfaces, housekeeping and lighting are some of the common workplace conditions and tools that greatly influence the frequency and severity of falls. New peel-and-stick mat designs that reduce roll-ups, movement and crimps may not be as at-

tractive as some of the older styles, but they are durable, absorbent and serve the intended purpose.

One-quarter-inch trip lips are difficult to see if no visual delineation is present. Some companies perform concrete surface grinding (on sidewalks and warehouses) to even the lips until future repairs can be made, but make sure they adhere to the new silica standard — wet methods, shrouds, High Efficient Particulate Air (HEPA) filters and Personal Protective Equipment (PPE).

So, are there definitive standards? Yes and no. If a recognized hazard that can be abated is present, OSHA’s General Duty Clause can — and should — be used. Secondly, standards are in place from the National Floor Safety Institute and American National Standards Institute committee on the prevention of slips, trips and falls (ANSI/NFSI B101). Some of the changes from the previous American Society for Testing and Materials D2047 standard for slip-resistant properties determine dynamic versus static coefficient of friction and wet versus dry surfaces.

LED lighting and energy saving have been much talked about. The reduction of personnel on ladders and lifts is another advantage because of the extended service life of LEDs. Identification of those risks is key to their reduction.



## DoD officials urge troops to seek mental health help without fear

By **C. TODD LOPEZ**

Health.mil

WASHINGTON — In 2018, more than 320 active-duty service members committed suicide. Among Reserve component service members, 144 did the same. One lawmaker called it “an epidemic.”

One problem that may contribute to suicide numbers is a reticence to seek assistance from mental health providers due to fears that such help may damage careers, especially when it comes to security clearances. But that fear is unfounded, one defense leader told lawmakers May 21.

“We absolutely need to get the word out that it’s almost impossible to lose your security clearance from endorsing a mental health history on your SF-86 question 21,” said Capt. (Dr.) Mike Colston, the Defense Department’s director of mental health policy and oversight. “We have data — (this has happened to) a couple dozen out of nearly 10 million security clearances,” Colston said. “So when we look at the process of ‘Let’s get down to the data,’ are we going to kick you out for having a mental health condition? Probably not.”

Elizabeth P. Van Winkle, executive director of DoD’s Office of Force Resiliency, told lawmakers during the joint hearing of the House Armed Services Committee’s subcommittee on military personnel and the House Veterans Affairs Committee’s health subcommittee, that solving suicide is a shared challenge in both the military and civilian societies.

“Nationwide, suicide rates are alarming, and increasing,” Van Winkle said. “None of us has solved this issue, and no single case of suicide is identical to any other case. The scientific research surrounding prevention of suicides is both com-

plex and ever-evolving. Suicide is the culmination of complex interactions between biological, social and psychological factors, operating at individual, community and societal levels. Our data also tells us it is often a sudden and impulsive act.”

One effort already underway to help take better care of service members, Van Winkle said, is codification of a framework to more efficiently transition outgoing personnel from active duty to the Department of Veterans Affairs “to make sure service members leave the military with an understanding of, and easy access to, all of the benefits and resources that they require.”

Colston said as many as 10,000 behavioral health professionals are now embedded in primary care clinics and line units across the De-

fense Department to assist service members in need.

“It speaks to ... interaction with those line commanders,” Colston said. “That’s vitally important, and getting a pulse of the unit.”

Van Winkle said there’s ample training for both junior and senior leaders to recognize indicators that might lead to suicide within the force, including relationship, financial and legal issues.

Suicide, she said, “reverberates beyond the unit, beyond the commander and beyond the service.”

“It is a loss for our country ... We must show as much commitment and dedication to the well-being of our service members as they have demonstrated on the day they stepped forward to volunteer and serve our country.”





# June highlights men's physical, mental health

## BJACH HEALTH PROMOTION

FORT POLK, La. — Get ready to celebrate and observe with millions of men across the country Men's Health Month. Just as Soldiers go to the motor pool and pull preventive maintenance checks on their vehicles and equipment in peace time for war situations, the same is important — or more so — with your body. June is the time to reflect on how you can change bad habits into healthy lifestyle for a healthier, longer and more satisfying life.

Here are a few health tips to help you along your journey. Start with the Performance Triad which consists of: Sleep, nutrition and activity. If your sleep is off that's going to affect your ability to think logically. Poor diet choices will produce spillage into other areas such as a lack of energy. It's important to take care of yourself so that you can take care of your family and fellow Soldiers.

### Men's health checklist

**1. Cardiovascular health:** Heart disease is a term used to describe any disorder of a person's cardiovascular system which affects their heart's ability to function. Other names for heart disease include coronary heart disease, cardiovascular disease or coronary artery disease.

Heart disease causes congestive heart failure, angina pectoris, heart attack, ischemia and sudden cardiac arrest. Atherosclerosis is the most common form of heart disease, and is the result of continued narrowing of a person's blood vessels that supply both blood and oxygen to their heart.

Look at the list of statements below. If you answer "yes," consult with your health-care provider about ways that can help lower your risk. Just one "yes" answer means you are at risk. Two "yes" answers quadruples your risk. Three "yes" answers increases your risk by 10 times:

- Age 45 or older. (Your risk of developing cardiovascular disease doubles each decade).
- An immediate family member (father, mother, brother, sister) was diagnosed with high blood pressure or some other kind of heart condition before age 55.
- African American.
- Little or no exercise.
- Overweight or obese.
- I eat a lot of salty foods or I add salt to what I'm eating.
- High cholesterol.
- Smoke. (If you do, you are two to four times more likely to develop heart disease than a non-smoker).
- High blood pressure.
- Use recreational drugs, such as cocaine.
- I'm under a lot of stress (at work or at home).
- Drink more than two alcoholic drinks every day.
- Drink a lot of coffee (not decaf) or other caffeinated beverages.
- Diabetic. (More than 80 percent of people with diabetes die of some kind of CVD).
- Taking prescription medications that affect blood pressure.

**2. Prostate health:** You should know what your prostate is and what it does. More than 30 million men suffer from prostate conditions that impact their quality of life. Each year more than 230,000 men will be diagnosed with prostate cancer and about 30,000 will die from it.

The prostate is a part of your sex organs that



produce fluid and contributes to the production of sperm. It's small, about the size of a walnut, and surrounds the urethra, a tube that takes urine from the bladder to the penis. The urethra also carries semen during ejaculation. The prostate gland grows during puberty and then doesn't change much until about age 40. Then it begins growing again and may continue to grow with age. Some men aren't bothered by the growth, but others will develop one of three prostate diseases and sometimes, more than one.

**3. Mental health and well-being:** Depression is under-diagnosed in men. Men are more than four times more likely than women to commit suicide. Some mental health disorders may be characterized as anxiety, depression, post traumatic stress disorder and stress.

Just as the body changes with age, so does the mind. You may find that you're misplacing things. You may experience memory loss and other mental issues serious enough to interfere with daily life caused by dementia. As you age, you may also start to feel stressed or depressed due to the loss of a loved one, health problems or financial difficulties. Stress may cause you to lose energy, fail to eat enough or isolate yourself.

Proper diet management and physical exercise can be the key to a positive outlook and staying emotionally balanced.

Mental health can be influenced by a number of factors, including:

- Genes (some mental health issues run in families)
- Divorce, separation or the breakup of a long-term relationship
- Death of a loved one
- Losing your job or job changes
- Going through bankruptcy
- Moving to a new home
- Coping with a natural disaster
- Caring for an aging parent
- The birth of your child
- Being diagnosed and living with a serious illness or suffering a major injury
- Serving in the military, especially in combat

Mental health and your outlook on life can also change without obvious cause. Sometimes lots of little things build up and the combination can be harmful. Consult with a mental health provider if experiencing different mood behaviors.

**4. Diabetes:** Diabetes is a serious condition that affects your body's ability to turn the food

you eat into the energy your body needs to function. Diabetes contributes to the deaths of more than 200,000 Americans every year. It is a leading cause of heart disease, stroke, kidney failure, blindness and amputations. People with diabetes are more than twice as likely to develop heart disease or die from a heart attack as people without diabetes. There are three types of diabetes: Type I, also known as juvenile onset; Type II, also known as adult onset; and gestational diabetes, often seen in women during pregnancy.

### 5. Nutrition and obesity

No matter how hard you exercise, you can't out exercise a poor diet. **ChooseMyPlate.gov** offers helpful tips to feel and look better.

**6. Cancers:** Each year, more than 700,000 men are diagnosed with cancer and nearly 300,000 die from the disease. During the course of a lifetime half of all men will get cancer at least once, and one in three women will get the disease. Cancer can strike anyone, at any age, but the majority of cases happen to people 55 and over. Most cancers and deaths are preventable. At least one-third of cancer deaths are caused by smoking, and another one-third may be caused by poor diet and/or lack of exercise. The two keys to beating cancer are early detection and reducing risk.

For more information such as symptoms, treatment options and prevention tips, visit [www.menshealthresourcecenter.com/cancers/](http://www.menshealthresourcecenter.com/cancers/).

**7. Dental:** Men are more prone to visit a dentist when something needs attention. When it comes to keeping your mouth and overall health in check, there are certain things you should stay away from. Chewing tobacco products, cigarettes, over-consumption of alcohol and exposing yourself to other carcinogens are harmful activities that can result in health issues, including oral cancer. Get into the habit of making regular checkups for teeth cleaning and oral evaluations.

**8. Optometry:** You may already be aware of some of the most common conditions related to your vision, such as:

- Nearsightedness, also known as myopia, a condition where close objects appear clearly but far-away objects are blurry.
- Farsightedness, also known as hyperopia, a condition where objects in the distance appear clearly but close objects are blurry.
- Astigmatism, a condition that can cause distorted or blurry vision, headaches and discomfort in your eyes.
- Presbyopia is a common condition that occurs with age when the lens of the eye gradually loses its flexibility making it difficult to focus on objects up close.

If you are having trouble seeing clearly, the best thing you can do is see an eye care professional. Some common eye diseases are age-related macular degeneration (both wet and dry), retinal vein occlusions (central and branch), glaucoma, diabetic retinopathy and cataracts.

**9. Aging/seniors:** Some health concerns are specific to men. Those include premature ejaculation, the prostate and testosterone deficiency (andropause). As you age, healthy eating and exercise can:

- Increase mental acuteness
- Help resist disease and injury
- Offer faster recovery
- Yield higher energy levels
- Boost a functioning immune system
- Better management of chronic health problems



# Celebrate national Family Health, Fitness Day Saturday

## BJACH HEALTH PROMOTION

FORT POLK, La. — Family Health and Fitness Day is recognized Saturday. Celebrated the second Saturday in June, this special day promotes the importance of parks and recreation in keeping communities healthy.

Agencies everywhere are encouraged to participate by inviting families to get active at their local park or recreation center, or by hosting an event, such as a health fair or family fun run.

The Bayne-Jones Army Community Hospital Health Promotion Team encourages Families to take part in its Superman/Superhero 5K Fun Walk/Run Saturday. Check-in is from 8-11 a.m. in the BJACH and Army Wellness Center parking lot on Third Street. Check in time is 7:30 a.m. the day of the event.

You can register for the event by visiting [www.superman5kfunwalkrun.Eventbrite.com](http://www.superman5kfunwalkrun.Eventbrite.com).

Everyone is invited to wear Superman or super hero T-shirts. There are free raffle prizes. Call 531-6880/4818 for more information.

### Get outside

Families are encouraged to plan

different outside activities each week in June such as hosting backyard games. Whether you're in your yard or at a park, there's nothing like open space to inspire movement. While they may not always show it, children get a kick out of seeing adults acting like kids again.

Consider inviting friends and neighbors to join in the fun. Combine some of the following activities into a full-fledged backyard Olympics:

• Make and run an obstacle course  
• Design, build and play your own mini-golf course  
• Seek treasure or discover nature with a scavenger hunt

• Play a game of soccer, volleyball, flag football or another team sport  
• Get messy — play in the mud, have a frozen T-shirt race, engage in a shaving cream battle, or even slip on a water slide covered in chocolate syrup



## Family medical maintenance

Preventive measures are always a great thing to practice. Make sure your family is getting regular medical, dental and vision checkups, and that everyone is up to date on their shots.

It's important to know your family health history. A family medical history can identify people with a higher-than-usual chance of having common disorders such as heart disease, high blood pressure, stroke, certain cancers and diabetes.

These complex disorders are influenced by a combination of genetic factors, environmental conditions and lifestyle choices.

A family history also provides information about the risk of rarer conditions caused by mutations in a single gene, such as cystic fibrosis and sickle cell disease. While a family medical history provides information about the risk of specific health concerns, having relatives with a medical condition does not

mean that an individual will develop that condition. On the other hand, a person with no family history of a disorder may still be at risk of developing that disorder.

Knowing one's family medical history allows a person to take steps to reduce his or her risk. For people at an increased risk of certain cancers, health-care professionals may recommend more frequent screening (such as mammography or colonoscopy) starting at an earlier age. Health-care providers may also encourage regular checkups or testing for people with a medical condition that runs in their family. Additionally, lifestyle changes such as adopting a healthier diet, getting regular exercise and quitting smoking help lower the chances of developing heart disease and other common illnesses.

For more information on healthy lifestyle living contact BJACH Health Promotion at 531-6880 for enrollment in the following classes: Weight Management, Diabetes Multidisciplinary and Tobacco Cessation. Additional resources are available at Nutrition Care (531-3125) and the Army Wellness Center (531-3055).

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## Master's:

- Homeland Security



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



## Weekly golf tip for beginners

### Take dead aim

*Not just for your feet but also knees, hips, shoulders and club face. Most right-handed golfers aim right but this doesn't always mean the ball will go right as often their swing will compensate for poor alignment. Check your alignment every practice session for the rest of your life. A great place to practice and check on your progress is Warrior Hills Golf Course on Fort Polk. The driving range offers plenty of space to work on your alignment, then test your skills on the 18-hole course that will challenge each club in your bag. Call 531-4661 and speak with club pro Mike O'Brien about scheduling a lesson to fine tune your game or check on the specials rates for semi-annual and annual memberships.*



## Exchange generates funds for Polk quality-of-life programs

### EXCHANGE

FORT POLK – Every time Soldiers, retirees and military Families shop the Fort Polk Exchange, they help make their community stronger. In 2018, Fort Polk Exchange shoppers generated \$715,141.07 for vital on-installation community programs.

The dividend supports quality-of-life programs including child development centers, fitness centers and more at Fort Polk. One hundred percent of Exchange earnings are invested in the military community, with 60 percent supporting quality-of-life programs and 40 percent used to improve the experience in stores and at **ShopMyExchange.com**.

“Support of critical quality-of-life programs is a tangible return on the benefit Fort Polk Soldiers and their families have earned,” said Beth Pritchard, Exchange general manager. “The Exchange goes

where they go to deliver convenience and savings and invest in each community we are honored to serve.”

The Fort Polk Exchange dividend is a part of the \$223 million the Army and Air Force Exchange Service generated in 2018 worldwide. During the past 10 years, Exchange shoppers have contributed \$2.5 billion to support these programs that strengthen the services’ recruiting, retention and readiness efforts.

The 2018 \$223 million dividend was generated in part by veterans, who were welcomed home with a lifelong online military exchange shopping benefit introduced on Veterans Day 2017.

By shopping the Exchange online, veterans make life better for those who wear the uniform today while enjoying exclusive military savings and tax-free shopping. Veterans can visit **ShopMyExchange.com/vets** to sign up for their lifelong online benefit.



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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

**WWW.REDFORLDA.ORG**



# Department of Defense works to combat hearing loss

## HEALTH.MIL

WASHINGTON — Hearing is a critical sense, but often overlooked and ignored because it is largely invisible. According to the Centers for Disease Control and Prevention, about 14 percent of U.S. adults age 20-69 have hearing loss, while 25 percent of American adults who report excellent to good hearing may already have hearing damage.

For fiscal year 2017, the veterans Benefits Administration reported that 3.1 million veterans received disability compensation for auditory injuries. There are currently 1.78 million veterans who claim a service-related tinnitus disability, including 159,000 new claims reported in 2017. Hearing loss and tinnitus (ringing, buzzing or other sound in the ears or head), remain the top two most prevalent disabilities among veterans.

Because hearing and vision are critical senses, the Department of Defense recognized June as Better

Hearing and Vision Month, to raise awareness about hearing and vision injury, encourage people to analyze their vision and hearing health, and inspire them to take action if they think there might be a problem.

"Hearing and Vision Month highlights the enduring responsibility of the Department of Defense to protect the health and well-being of our service members and to focus on the impact sensory loss can have on quality of life and force readiness," said Col. LaKeisha Henry, division chief for the DoD Hearing Center of Excellence, known as HCE.

The DoD established HCE in 2009 to address the prevention, diagnosis, mitigation, treatment and rehabilitation of hearing loss and auditory injury, including auditory-vestibular (balance) dysfunction often related to traumatic brain injury. To reduce hearing injury, HCE is working to prevent noise-induced hearing loss in collaboration with hearing conservation programs administered by each service, and

through its Comprehensive Hearing Health Program. Viewed as preventable, NIHL can be caused by a one-time exposure to an intense "impulse" sound, like an explosion, or by continuous exposure to loud sounds over an extended period of time, such as noise generated by machinery or aircraft.

Established in 2013, the CHHP centers on HCE-developed education tools, administered by audiologists to help Service members understand the hazardous effects of noise, and learn strategies to prevent future loss. The program is being rolled out across the DoD and Department of Veterans Affairs, with the goal to influence individual and organizational behavior change regarding the value of hearing and importance of protection.

Another education resource aimed at preventing hearing loss is the Hearing Education and Readiness course, an interactive multimedia training developed in collaboration with the Army Game Studio.

The four-module course, available through the Joint Knowledge Online training portal, informs service members about the risks of exposure to hazardous noise, the negative impacts of NIHL, and effective strategies to help reduce risk. The training also outlines regulations and standards for service members and DoD civilians enrolled in a hearing conservation program.

In July 2018, HCE released a HEAR course app for Android devices, featuring a 10-minute, compressed version of the training, to

deliver quick and convenient education during a service members' periodic hearing test. A HEAR course app for Apple devices is due to be released soon, according to Maj. Malisha Martukovich, Air Force audiology liaison for the HCE.

To select the right hearing protection for a particular environment, HCE recently developed an evaluated products list (EPL) and guidebook to solve the dual but competing needs of delivering hearing protection while maintaining a service members' situational awareness. The EPL resource ensures devices are assessed according to standardized methods for steady-state noise, impulse noise, and localization.

"Most hearing protection, if worn properly in noise-hazardous environments, is effective in preventing hearing loss," said Martukovich. "The EPL will help service members and their supervisors select the right device for each noise environment and for specific hearing critical tasks, which are dependent on hearing to complete the task."

In addition to occupational noise, off duty noise from loud music, power tools, lawn mowers and other exposures can also cause permanent hearing loss. Studies show that among young adults, nearly 50 percent are exposed to unsafe levels from personal listening devices and about 40 percent are exposed to potentially damaging levels at entertainment venues.

For more information about hearing health, visit <https://hearing.health.mil>.



ANGIE THORNE/GUARDIAN

### Teaching about conservation

**Back row:** Doris Fritze (left) and Jenna Wood, part of the storm water pollution team under Fort Polk's Environmental and Natural Resources Management Division, made a presentation about how to help keep water clean at the School Age Center June 4. They asked the kids to draw posters based on what they learned. They returned to the center June 5 to hand out certificates and gift cards to the winners. The winners on the front row were Sienna Porte (left), Trinity Banton (center) and Isabella Dorris. Dorris says it's important to keep water clean. Banton says she wants to help save the animals that live in the water and is happy she won because she likes to color. Porter said she wants to help keep turtles from going extinct.

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# Lagniappe

## BOSS

### • Lemon lot

Trying to sell your vehicle? Bring it to the Better Opportunities for Single Soldiers Lemon Lot. Registration is \$5 for 30 days. Cars that are not registered will be towed. Register at the Home of Heroes Recreation Center, 2165 Ninth St., Fort Polk.

### • Volunteer opportunity

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

## Festivals

### • Watermelon Fest

The Beauregard Watermelon Festival, DeRidder, celebrates the harvest of local Sugar-town Watermelons June 28-29.

The festival, held at the Beauregard Parish Fairgrounds — 506 West Drive — offers carnival rides, jackpot livestock show, retail and craft vendors, watermelon eating and seed spitting contests, watermelon idol talent competition, watermelon carving contest, food booths and more.

Bring your dancing shoes and sway the night away to some of Louisiana's best entertainers.

Plan to attend the Beauregard Watermelon Festival for Louisiana fun and sweet melons.

For more information visit [www.beauregardwatermelonfestival.com](http://www.beauregardwatermelonfestival.com).

### • Watermelon 5K

In conjunction with the Watermelon Festival, registration is open for the 14th annual Watermelon 5K run/walk. The event takes place at 7 a.m. June 29. Those who register by June 14 will receive a T-shirt. Participants can also register the morning of the 5K from 6-6:45 a.m., but won't get a T-shirt. The 5K begins at the Beauregard Baptist Association office, 735 West Drive, DeRidder. Registration forms are available at [www.beauregardwatermelonfestival.com](http://www.beauregardwatermelonfestival.com). For more information call (337) 463-4451.

### • Shrimp/jazz fest

If you're looking for a celebration of Louisiana food, jazz music and culture, you'll find it at the Gulf Coast Shrimp and Jazz Festival, Lake Charles Civic Center, 900 Lakeshore Drive, June 22. Gates open at 11 a.m. and close at 8 p.m.

A free jazz workshop is held from 9-11 a.m., followed by live music acts, a jazz exhibit and of course, the shrimp dish cook-off. Don't miss "Jazz After Dark, An Evening to Remember", starting at 7 p.m. For more information visit [www.gcshrimpnjazzfest.com](http://www.gcshrimpnjazzfest.com).



## Miscellaneous

### • Concert series

Downtown at Sundown is a "can't miss" event in Lake Charles. Enjoy the concert series today from 2-10 p.m. on Ryan Street.

This annual outdoor music and art event features a regional artist for each concert, performing favorite music genres such as Cajun, Zydeco, swamp-pop and classic rock.

The event offers food and beverage booths, tabletop galleries, art sales and activities for kids. Today's performance is by the Tugboats.

In the event of inclement weather, the concerts are held inside the Lake Charles Civic Center. Bring your lawn chairs and enjoy the music. No pets or outside beverages are permitted on site.

For more information call (337) 491-9159 or go to [www.CityOfLakeCharles.com](http://www.CityOfLakeCharles.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 July 3. For more information and location 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 next meeting is July 2.

The July tournament takes place at Toledo Bend July 6. The entry fee is \$40. For more information visit [www.fortpolkcommunitybassmasters.com](http://www.fortpolkcommunitybassmasters.com).

### • Lose weight

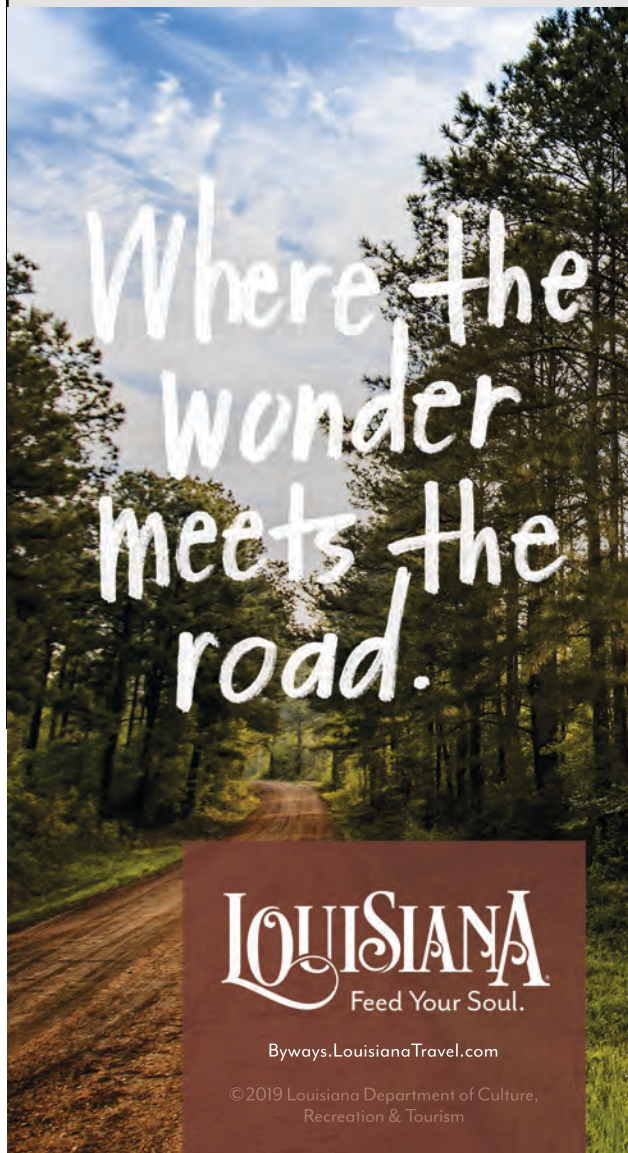
Join Take Off Pounds Sensibly (TOPS) every Thursday at the Vernon Parish Library meeting room. Weigh in is from 5-5:50 p.m.

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

### • Toastmasters

Is Toastmasters right for you? Do you want to become a confident public speaker and strong leader? If so, Toastmasters is the place you want to be. You'll find a supportive learn-by-doing environment that allows you to achieve your goals at your own pace. There is a Toastmasters Club located at Fort Polk called Speak and Grow Toastmasters. The club encourages anyone interested to stop by and visit with them.

The club meets the first and third Wednesday of the month at the Education Center, Room 208 from noon-1 p.m. The next meeting is June 19. For more information call LaVersa Wiltz at (337) 208-8557.



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# GUN

## TRANSFERS

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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

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

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Guardian

www.thefortpolkguardian.com

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Published for the community of Fort Polk, La.

Deadline For All Classified  
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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.

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E-mail to Recruiting@gcesg.com



# Fort Polk Guardian

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

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**AMAZING GIFTS THEY'VE NEVER SEEN FROM GRILLING TO GADGETS** to unexpected surprises, find unique gifts for wonderfully one-of-a-kind dads at The Grommet. Shop and save 15% at [www.thegrommet.com/dad](http://www.thegrommet.com/dad) 20 (LA-SCAN)

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

**GOT AN OLDER CAR, VAN OR SUV?** Do the humane thing. Donate it to the Humane Society. Call 1-866-207-3554 (LA-SCAN)

**NOW LEASING RAILWAY OFFICE/RETAIL SUITES**

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

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

Also Available:

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

Units may be combined Six Month and Up Lease Terms  
337-239-3885  
Morris Team Realty, LLC

**Dental Plus COMPLETE FAMILY DENTISTRY**

Including:

- Orthodontics • Preventive Dentistry • Oral Surgery
- Same Day Service On Dentures & Partials
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- Botox • Juvaderm • Restylane

Dr. Charles Hudson • Dr. Warren Thomas  
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**DENTAL INSURANCE WELCOME**

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1-800-737-7363  
706 S 6th St

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

FINANCING AVAILABLE

**Fort Polk Guardian**  
[www.thefortpolkguardian.com](http://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](mailto:tradingpostads@yahoo.com)

**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)

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

**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**

**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)

**HELP WANTED**

Custodians on Fort Polk  
Please apply in person at Town of Rosepine located at 18846 Johnny B Hall Memorial Hwy Rosepine, La.

**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

**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**

**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](mailto: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: \_\_\_\_\_





# Fort Polk Guardian

[www.thefortpolkguardian.com](http://www.thefortpolkguardian.com)

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

### LEESVILLE:

Walmart

Walgreens

Market Basket

VFW Post #3106

American Legion Post #145

Vernon Parish Library

Merchants & Farmers Bank

(Main Branch - South 5th street)

ERA- Realty

McDonalds- Leesville

Barksdale Credit Union-Leesville

Byrd Hospital

Morris Team Realty

### ENTRANCE ROAD:

Sycamore Point Apartments

Timber Ridge Apartments

Star Pawn

McDonalds

Exxon - Entrance Rd.

### DERIDDER:

Barksdale Credit Union

Ivan Smith Furniture

CBG Buick GMC, Inc.

DeRidder City Hall

DeRidder Library

Chamber of Commerce

Beauregard Tourist Commission

VFW Post #3619 (Hwy 26)

Motion Cycle

Walmart

Walgreens

Morris Team Realty