



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

Vol. 46, No. 35

Home of Heroes @ Fort Polk, LA

Aug. 30, 2019

Fort Polk's Anvil Bar opens to rave reviews, packed house

By **ANGIE THORNE**

Guardian staff sriter

FORT POLK, La. — Mix good food, spirits, fun activities and people ready to have a good time and you have the perfect recipe for a celebration — in this case, the grand opening of Fort Polk's Anvil Bar Aug. 23.

The bar offers the Fort Polk community everything from 18 large television screens, four pool tables and six beers on tap to the National Football League Sunday Ticket and college football packages, Ultimate Fighting Championship matches and more.

Col. Ryan K. Roseberry, Fort Polk garrison commander, said it's great anytime you get to open anything brand new at Fort Polk.

"It takes a long time for an idea to come to fruition — from concept and design to finding the resources and constructing the building. The final product (Anvil Bar) is a testament to our garrison and Joint Readiness Training Center staffers. Good job everyone. There is no other bar anywhere in the United States Army like this one. It's ours and we need to take pride in it," he said.

Roseberry said one question that has been asked is why is the bar is called the Anvil?

"The anvil is a forging tool made of heat treated steel used to shape and mold metal into precise weapons for the purpose of fighting and winning wars," Roseberry said.

"This is symbolic of our mission here at the Joint Readiness Training Center. We mold and make the strongest Soldiers into one of the most feared forces around the world. That's why we have the motto, 'Forging the Warrior Spirit,' and



ANGIE THORNE / GUARDIAN

that's what this name represents."

Shelby Waryas, Directorate of Family Morale, Welfare and Recreation marketing chief, said the Anvil's location is within walking distance for many Soldiers as it is surrounded by barracks.

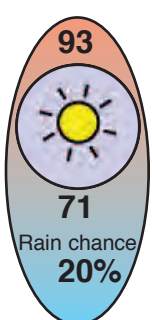
"They can get off work and head to the Anvil to de-stress and not worry about anything but having a good time," she said. "Quite honestly, I

think this is the nicest bar in the Department of the Army and continues to make Fort Polk one of the best places to live."

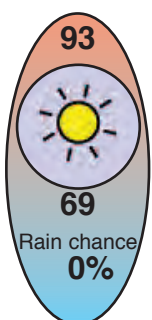
Elicia Crist, an Anvil bartender, said there are all kinds of things to do at the Anvil and even more to look forward to in the future.

Please see **Anvil**, page 9

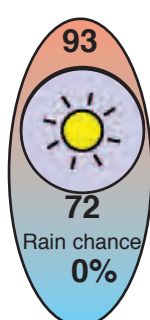
Weekend weather



Today



Saturday



Sunday

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Viewpoint

In our view

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

Corey Inabinett: "I like to fish because it's soothing and relaxing."



LaReese Wilson: "Reading because I get to experience different worlds and characters."



Morgan Treadway: "Hanging out with my dogs because they are my best friends and I have fun playing with them."



Spc. Mitchell Butler: "I grew up fishing and really enjoy it. There is great fishing around here. I go out almost every weekend."



Spc. Austin Ferree: "Cruising on my motorcycle because it relieves stress and is a great way to meet people."



April Vroman: "Crocheting because I can make things for my friends and family."



Pvt. Joshua Galloway: "Playing basketball because it's an all around sport everyone likes to play and it's good exercise."



Austin Martinez: "I like listening to music. It helps me wind down after work."



Guardian

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

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Briefs

RCCC brief

A Reserve Component career counselors brief for first term Soldiers who are slated to ETS within six months is held Tuesdays at 1 p.m. in bldg 250, 1716 Third Ave., the installation In/Out Processing bldg. The brief provides professional guidance and career counseling to Soldiers leaving the active Army. For more information call 531-1850.

ASP inventory

The Ammunition Supply Point is closed to conduct quarterly inventory Tuesday through Thursday. It will reopen at 7:30 a.m. Sept. 6.

ASAP training

The Fort Polk Army Substance Abuse Program hosts its annual Suicide and Substance Abuse training, featuring guest speaker Jared Estes, Sept. 10 at 10:30 a.m. and 2 p.m. in Bayou Theater, 7830 Mississippi Ave. Call 531-6187 for more information.

Law enforcement jobs

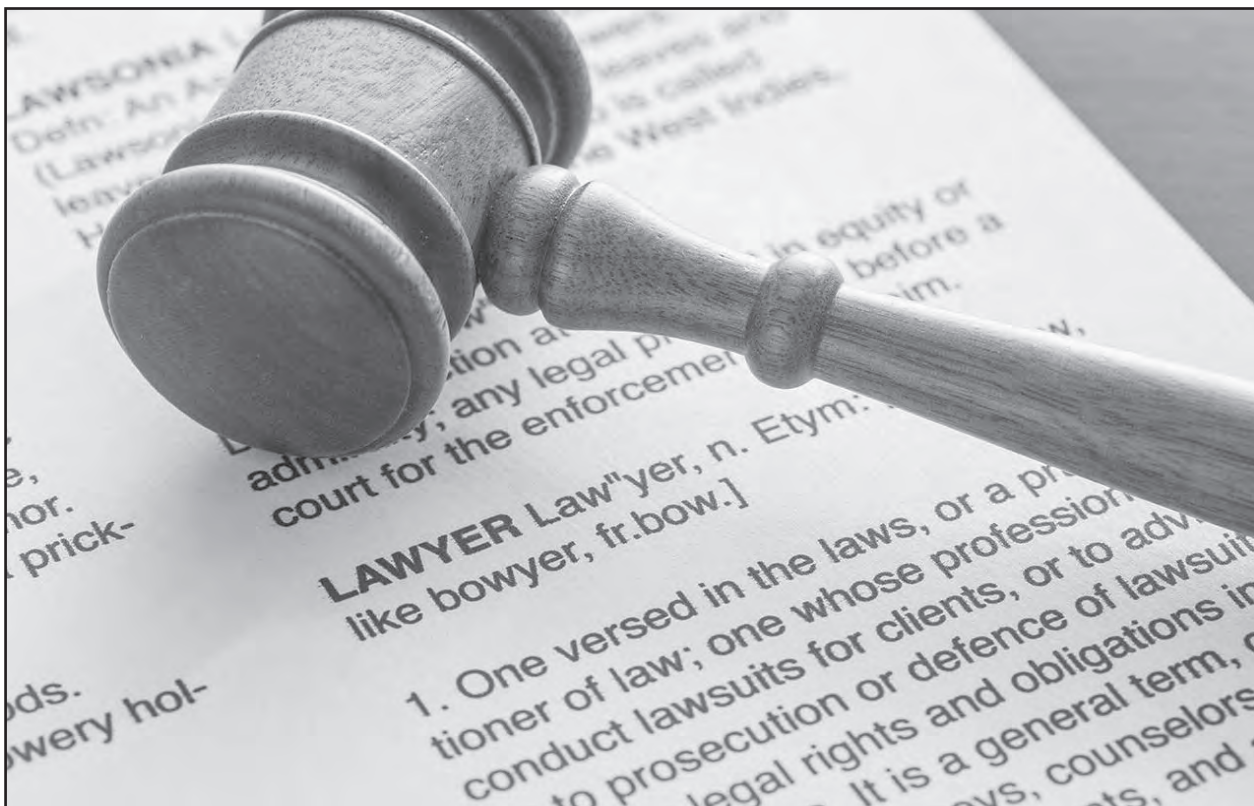
Fort Polk's Soldier For Life-Transition Assistance Program offers an opportunity for Soldiers to learn about employment with federal and other law enforcement agencies Sept. 12 from 9 a.m.-1 p.m. at the Library and Education Center in bldg 660. For more information call 531-1591.

Abandoned vehicles

The Directorate of Emergency Services traffic section will release the following Vehicles to a towing company for disposal Sept. 9 if they remain unclaimed.

Vehicles are listed with the last four numbers of their VIN number. If one of these vehicles belongs to you please contact the Fort Polk Police Traffic Section at 531-1806/2677:

- 2004 Ford Explorer 4462
- 2014 Ford Fiesta 7482
- 2007 Nissan Altima 9565
- 2015 Ford Focus 9482
- 2003 Hyundai Elantra 4309
- 1993 Ford F150 7911
- 2004 Saab 93 1559
- 2006 Dodge Charger 4366
- 2006 Audi AA4 2899
- 2009 Ford Focus 5947
- 2000 Honda Prelude 7268
- 2002 Chevrolet 1500 2885
- 2008 Kia Sorento 0551
- 2001 Volkswagen Jetta 2900
- 2004 Volkswagen Jetta 5636
- 2004 Chevrolet Impala 5629



Army officers have chance for law school

OJAG

FORT POLK, La. — The Office of the Judge Advocate General is accepting application for the Army's Funded Legal Education Program, in which the Army projects sending up to 25 active-duty commissioned officers to law school at government expense.

Selected officers will attend law school beginning in the fall of 2020 and remain on active duty while attending law school.

Interested officers should review Army MILPER Message 19-190 and Chapter 10, AR 27-1 to determine their eligibility. The program is open to commissioned officers in the rank of second lieutenant through captain.

Applicants must have at least two, but not more than six years of total active federal service at the time legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test.

Applicants must send their request through command channels, to include the officer's branch manager at Army Human Resources Command, send the original application to:

Office of the Judge Advocate General
ATTN: DAJA-PT (Ms. Yvonne Caron-Rm 2B517)

2200 Army Pentagon,
Washington, DC 20310

Submission of the application well in advance of the Nov. 1 deadline is advised. Interested officers should contact their local Staff Judge Advocate for more information. At Fort Polk call 531-2580 or visit them at 7090 Alabama Ave., bldg 1454.



Army news

IMCOM leaders host housing manager symposium

IMCOM PUBLIC AFFAIRS

SAN ANTONIO, Texas — More than 60 Army housing managers from installations around the world traveled to San Antonio, Texas, Aug. 19-23, for the inaugural housing executive course hosted by Installation Management Command.

The week-long symposium offered more than 36 different classes focusing on traditional housing, privatized housing, unaccompanied housing and program management, with an emphasis on group discussions, demonstrations and hands-on learning opportunities.

"This has been a great training environment for everyone to do hands-on exercises and take back this knowledge to their installations," said Connie Glenn, chief, Housing Division, IMCOM G-4. "As the senior housing careerist on the installation, this training gives them the ability to speak from a position of authority on all things housing."

This housing manager training has been a year in the making. One area of focus was in resource management, specifically budgeting.

"For me, I've been doing this for a very long time," said Mary Scott, housing manager, Fort Gordon, Georgia.

"The housing budget we've been working on now gets into the depth and knowledge that we need to manage our budget."

"The spreadsheet we're working on now gives us a hands-on experience and makes it comfortable to make mistakes," said Scott. "It's a safe environment to test our knowledge and test our understanding on what we need to know about our budget."

"This training is wonderful, absolutely wonderful," said Ingrid Misch, housing manager,



Installation Management Command housing manager's take part in a symposium in San Antonio, Texas, Aug. 19-23.

U.S. Army Garrison Ansbach, Germany. "I've been challenged and have learned a lot. The budget process has been eye-opening to me."

Misch said the networking has been a great help to her as well as hearing from IMCOM senior leaders.

"I can get the help I need when I have a challenging case," she added. "Every course has been great. I draw it up like a sponge and am exhausted at the end of the day. I'm proud to be a part of this team."

Glenn added this type of training and networking provides valuable opportunities for housing managers to share best-practices that will improve service at every Army garrison.

"At the end of the day, what everyone is able to learn and take away from this training will directly support Soldiers and their families," said Glenn.

"Our enduring effort is to ensure we remain focused on providing quality housing and services for our Army."

Career Skills Program helps Soldiers transition out of Army

IMCOM PUBLIC AFFAIRS

SAN ANTONIO, Texas — The Army Career Skills Program provides Soldiers transitioning out of the Army with an opportunity to participate in free or minimal-cost apprenticeships, on-the-job training, employment-skills training and internships.

IMCOM has 200 career skills programs hosted at 32 garrisons, with more than 4,000 employers that return an impressive 93% career placement rate for Soldiers. Managed by Installation Management Command, the program is open to Soldiers 180 days prior to transitioning out of the military.

"Since the program's inception in 2013, more than 17,500 Soldiers have been placed directly into high-wage careers post military service, contributing to a steep decline in unemployment compensation payments for the Army," said Christine Krieger, Indtai Inc. contractor, Army Continuing Education System assistant program manager, IMCOM.

"The Career Skills Program helps Soldiers turn their military skills into post-service careers,"

Krieger said.

Partner employers recognize the importance Army values and ethos bring to their companies in direct support of Soldier for Life.

The program has won several prestigious awards, including the American Business Awards Gold Stevies for Best Overall Organization of the Year (governmental) and Best Overall Customer Service Team of the Year (small, non-profit); the Council of College and Military Educators Barry Cobb Government Organization Award; and the Federal Recognition Awards for Large Teams (second place). The program also was a finalist for the Harvard University Innovation in American Government Award in 2018.

IMCOM's latest federal career skills program is a collaboration with the Army Civilian Human Resources Agency providing internship at Soldiers' garrisons with direct appointments to federal careers as HR classifiers and specialists.

Programs vary by Army garrison. Some of the areas covered are heating, ventilation, air conditioning and refrigeration; sprinkler fitting; forestry land management; diesel technician; welding; software and computer systems;



telecommunications; air frame and power plant; and painting, drywall and glazing.

Efforts are ongoing to increase federal agency participation, expand successful programs, and serve transitioning populations in nontraditional garrison locations.

Soldiers interested in the program should visit the local installation administrator at their Education Center or Transition Office.

'Forging the Warrior Spirit'

Fort Polk's 46th Engineer Battalion sharpens small unit skills

By **JEAN DUBIEL**
Guardian staff writer

FORT POLK, La. — Soldiers with Fort Polk's 46th Engineer Battalion conducted small unit tactics training with live fire iterations at Range 9 Aug. 27. The event was part of a progressive train up in anticipation of a large-scale live fire exercise that is planned for September. See page 6 for more photos.



JEAN DUBIEL / GUARDIAN

46th Engineers

Continued from page 5



JEAN DUBIEL / GUARDIAN



DoD to begin next major phase of military hospital consolidation

MILITARY HEALTH SYSTEMS

FALLS CHURCH, Va. — The Department of Defense is preparing for the next major step in consolidating military hospitals and clinics under a single agency, one of the largest organizational changes within the U.S. military in decades.

On Oct. 1, the Army, Navy and Air Force begin the final two years of a multi-year transition to shift administration and management of their medical facilities to the Defense Health Agency by October 2021, changes that are “transformational and far-reaching,” said Vice Admiral Raquel Bono, the DHA Director.

“For the first time in our modern military’s history, a single agency, the DHA, will be responsible for all the health care the Department of Defense delivers to our 9.5 million beneficiaries,” Bono said.

“Whether you receive your care at an on-base facility or through our TRICARE civilian networks, DHA will oversee your care. This consolidation will drive higher levels of readiness for operational and medical forces and integrate health care services to standardize practices across the entire Department, which means patients will have a consistent, high-quality health care experience, no matter where they receive their care.”

The primary driver for this change is the National Defense Authorization Act of 2017. Congress mandated that a single agency will be responsible for the administration and management of all military hospitals and clinics to sustain and improve operational medical force readiness and the medical readiness of military members, improve beneficiaries’ access to care and experience of care, improve health outcomes, and eliminate redundancies in medical costs and overhead across three separate Service-run systems.

“We want to create a simple and clear transfer of authority that positively impacts healthcare for our patients.”

Dr. BARCLAY BUTLER

Defense Health Agency assistant director for management and MTF transition head

DHA will be responsible for health care delivery and business operations across the Military Health System including budgets, information technology, health care administration and management, administrative policies and procedures and military medical construction.

Bono said that even though congressional directives mandate this change, “it’s the right thing to do.”

“We have more than 40 years of independent studies and internal reviews that demonstrate the current structure of the Military Health System is unsustainable,” she said.

“What makes us unique from other health systems is that we are heavily embedded with combat forces around the world focused on operational medical readiness and the health of our



MILITARY HEALTH SYSTEMS OFFICE

warfighters. The transformational changes underway will improve that focus, support the DoD’s priority for a more lethal force, and improve our ability to deliver high quality health care to all of our beneficiaries. Improving medical readiness is the key driver of the overall effort.”

During this transition, the quality of care won’t change for beneficiaries of the Military Health System. More important, Bono said, is that over time, it will improve that care by enabling changes to improve access, patient experience, and outcomes.

“Ultimately, what this transition means for all of us in the Department of Defense is a more integrated, efficient and effective system of readiness and health, and integration of health care services that leads to a more standardized and consistent experience of care for patients,” Bono said.

“Central to that is having one agency oversee MTF operations while supporting the Services’ effort to focus more on readiness.”

Since October 2018, the DHA has been operating eight hospitals and clinics as part of the first phase of what was at first a four-year transition period.

In June, the overall timeline adjusted to three years to reduce the amount of duplicative management by the Military Departments and the DHA, said Dr. Barclay Butler, the DHA’s assistant director for management and MTF transition head.

“The primary driver of that is to measurably and precisely coordinate the reduction of the Military Services’ Medical Department support and oversight of the MTFs to the DHA,” Butler said. “We want to create a simple and clear transfer of authority that positively impacts healthcare for our patients.”

From Oct. 1 of this year through October 2021, the transition will focus on four primary objectives:

- **Centralized administration and management:** On Oct. 1, hospitals and clinics in the continental United States transition to the DHA, with the Army, Navy and Air Force medical departments maintaining a direct support role.

Butler said this means that while DHA assumes overall management, the existing intermediate commands of the Military Departments will continue management duties until the transfer is complete to ensure uninterrupted medical readiness operations and patient care. The Military Departments and the DHA are currently

working out final plans to maintain continuity of operations.

- **Establish health care markets:** At the center of the reorganization is the creation of health care markets. The DHA will stand up 21 large markets during the transition period to manage MTFs in local areas.

A market is a group of MTFs in a geographic area — typically anchored by a large hospital or medical center — that operate as a

system sharing patients, providers, functions and budgets across facilities to improve the coordination and delivery of health care services.

“These markets are really key to the entire reorganization,” Butler said. “Market offices will provide centralized, day-to-day management and support to all MTFs within each market.”

Readiness support is at the heart of a market’s responsibilities, Butler added, and they will ensure the clinical competency of all MTF providers within the market. The 21 large markets will collectively manage 246 medical facilities and centers of excellence.

- **Establishment of a small market and stand-alone MTF organization:** For stateside hospitals and clinics not aligned to a large market, this office, referred to as SSO, will provide managerial and clinical oversight. As with the large markets, the Military Departments will continue managing the MTFs until they are realigned under the SSO.

There are 16 small market MTFs and 66 stand-alone MTFs assigned to the SSO.

- **Establish Defense Health Regions overseas:** The transition period for standing up Defense Health Regions in Europe and Indo-Pacific begins in 2020. All MTFs overseas would then report to their respective DHA regional offices. The Indo-Pacific region has 43 MTFs, while the European region has 31.

“Change can be challenging, and this is a complex transition,” Butler said. “We will see changes in reporting relationships and communication channels while instituting standardized clinical policies and procedures and business practices.”

“We place a premium on communicating often as we move through this together with the Military Departments.”

Bono said that from a patient perspective, these changes should be transparent.

“Our patients expect the same high quality care regardless of who is in charge,” Bono said. “Doctors, nurses and technicians will continue to focus on practicing medicine and improving their skills and readiness.”

“In the end, this really is about the patient — integrating into one system will improve readiness for our medical professionals and result in better care and better health outcomes for our patients.”

For more on the DoD’s medical reorganization, go to www.health.mil/mhstransformation for fact sheets, an informational video and more articles.

Simon recognized for excellence in safety practices

By **Sgt. 1st Class KELVIN RINGOLD**
13th Sustainment Command (Expeditionary)

FORT HOOD, Texas — The Army's priority is the readiness of the people and resources it depends on to deploy globally in defense of the United States of America and its allies. Readiness determines the warfighter's ability to fight and win the nation's wars. Readiness is critical and units cannot achieve it if day-to-day operations aren't conducted safely, and the Soldiers, civilians, equipment and other resources are jeopardized through unsafe acts or lapses in judgment.

Two Soldiers from 1st Medical Brigade, 13th Expeditionary Sustainment Command, received Army Individual Awards of Excellence during a ceremony Aug. 26.

Maj. Denise R. Simon, 115th Combat Support Hospital, Fort Polk, Louisiana, and Spc. Kaylee C. Stone, 21st Combat Support Hospital, Fort Hood, Texas, were recognized for making the most significant contributions to their unit's accident prevention efforts in support of the Army Safety Awards Program.

The Army Safety Awards Program is administered by the U.S. Army Combat Readiness Center and is designed to promote risk management by recognizing individual and unit accomplishments in loss prevention.

"They were the only recipients in their rank categories for fiscal year 2018 in the entire Army," said Sean Morrill, III Corps deputy safety director. "They previously won the United States Army Forces Command level AIAESs and were then nominated for and won the Army level awards."

The hard work and dedication of these Soldiers proved their commitment to safety and Brig. Gen. Darren L. Werner, 13th ESC Commander, made it a point to come congratulate



Maj. Denise R. Simon (right), 115th Combat Support Hospital, Fort Polk, receives an Army Individual Award of Excellence from Brig. Gen. Darren L. Werner, commander, 13th Expeditionary Sustainment Command, during a ceremony at Fort Hood, Texas Aug. 26.

SGT. 1ST CLASS KELVIN RINGOLD / 13TH SUSTAINMENT COMMAND

them personally.

"What we are doing here today is recognizing excellence," said Werner. "There are a few things that we do in our Army where you have to stop, recognize excellence, pat them on the back and thank them for the effort they put into what they do. Safety is one of those things."

Army nurse Simon was selected in the field grade category for ensuring all accidents were reported, investigated and lessons learned were annotated and shared, organized military and

civilian safety experts to educate Soldiers during safety days and any other opportunities that presented themselves and for continually improving the safety program.

"I'm honored to receive this award," Simon said. "There wasn't a steady safety program and I wanted to help out the unit and Soldiers so I stepped up. On the hospital side I know about safety and compliance. The same things we do for patient safety I wanted to bring to Soldier's safety."

National Museum of United States Army to open in June 2020

U.S. ARMY PAO

WASHINGTON — The U.S. Army announced that the National Museum of the United States Army will open to the public on June 4, 2020.

The National Museum of the United States Army will be the first and only museum to tell the 244-year history of the U.S. Army in its entirety. Now under construction on a publicly accessible area of Fort Belvoir, Virginia, admission to the museum will be open to the public with free admission.

The museum will tell the Army's story through Soldier stories. The narrative begins with the earliest militias and continues to present day.

"The Army has served American citizens for 244 years, protecting the freedoms that are precious to all of us. Millions of people have served in the Army, and this museum gives us the chance to tell their stories to the public, and show how they have served our nation and our people," said acting Secretary of the Army Ryan D. McCarthy.

In addition to the historic galleries, the museum's Army and Society Gallery will include stories of Army innovations and the symbiotic relationship between the Army, its civilian government and the people.

The Experiential Learning Center will provide a unique and interactive learning space for visitors of all ages to participate in hands-on geography, science, technology, engineering and math (G-STEM) learning and team-building activities.

"This state-of-the-art museum will engage visitors in the Army's story — highlighting how the Army was at the birth of our nation over 240 years ago, and how it continues to influence our everyday lives," said Tammy E. Call, the museum's director.

"The National Museum of the United States Army will be stunning, and we can't wait to welcome visitors from around the world to see it."

The museum is a joint effort between the U.S. Army and the Army Historical Foundation, a non-profit organization. The Army Historical



Construction on the National Museum of the United States Army is ongoing and scheduled to open in 2020.

U.S. ARMY PAO

Foundation is constructing the building through private funds. The U.S. Army is providing the infrastructure, roads, utilities and exhibit work that transform the building into a museum.

The Army will own and operate the museum 364 days a year (closed December 25). Museum officials expect 750,000 visitors in the first year of operation. A timed-entry ticket

will be required. Free timed-entry tickets will assist in managing anticipated crowds and will provide the optimum visitor experience. More information on ticketing will be available in early 2020.

For more information, see <http://www.theNMUSA.org>. To view a video of the National Museum of the United States Army, see <https://youtu.be/rG-jrw7kDLs>.

Landis selected for honorary position in 353rd

By JEAN DUBIEL
Guardian staff writer

FORT POLK, La. — Retirement means something different for everyone — some return to the places they once called home, others embark on a journey to see the country or the world, and some simply want to spend their days in rocking chairs on the porch, sipping iced tea and watching grandkids and dogs play in the yard.

For retired Col. Mark Landis, who has been made an honorary colonel of the 353rd Armor Regiment, retirement includes a continuation of military service — albeit in a modified capacity.

Lt. Col. Mark Snakenberg, battalion commander, 3rd Battalion, 353rd Armor Regiment, said Landis is “specifically the right person” to serve as the honorary colonel of the regiment.

“Because of his attachment to our security forces assistance mission and his attachment to Fort Polk, he deserves this. Fort Polk has been his home since 2008. He was the executive officer for 1st Battalion (Airborne), 509th Infantry Regiment; chief of the (Joint

Readiness Training Center) Operations Group Live Fire Division; commanded the 2nd Battalion, 353rd Infantry Regiment; deployed to Iraq to serve as chief of operations for security cooperation, which tied to our mission; came back to Fort Polk to be the chief of staff for JRTC; became the provisional commander and deputy commander of the 3rd Brigade Combat Team, 10th Mountain Division; and retired as the chief of JRTC Operations Group Live Fire Division in July of this year,” said Snakenberg.

“You could not find a more qualified or more ideally-suited individual to serve as our honorary colonel.”

There were other candidates eligible to receive the honorary title, but Landis rose above the pack.

“Every regiment in the Army can have an honorary colonel. The individual selected goes through a screening process, and any living officer that has formerly served with the regiment is eligible for the honor. For the 353rd, it was a huge pool of candidates,” said Snakenberg. “It is a singular honor and we are proud and happy to announce that he was selected.”

Landis said it was an honor to be nominated and selected for the distinction, and the unit is dear to him not only because of his personal ties to it, but also because of its one-of-a-kind mission.

“This is the only battalion in the Army that does advise and assist training. They have a lot of simultaneous missions to train individuals and units, and that’s pretty unique,” he said.

Landis said supporting the unit is important to him, and holding this title helps facilitate that support.

“It is a great honor and it’s important to understand our past to know where we are going in to the future,” Landis said. “It’s important to maintain a little history and tradition, and while I can tell you the stories about how we got here, it’s these leaders and Soldiers out here today that can tell you how we’re going to do it in the future. It’s important to be a part of that, and that’s why I’m here.”



Anvil

Continued from page 1

“We will have a happy hour and plenty of opportunities to stop by to watch a game. We will have the NFL and college football packages available to watch, as well as UFC fight nights and Texas Hold ‘Em nights,” she said.

Another Anvil bartender, Amanda Church, said she thinks the bar is a great place for Soldiers to enjoy when they are far away from friends, family and home.

“To have a place where they can come together on a face to face basis instead of just communication through their phones is important. This is where they can make human connections and cement friendships,” she said.

Michelle Newcombe, Anvil manager, said she wanted to create a welcoming environment and safe haven for Soldiers.

“I’m so excited because we are located in the heart of Fort Polk. Everyone that has had a part in making this bar a reality is proud of the outcome and what we have accomplished at the Anvil and are looking forward to all the good times to come,” said Newcombe.

“Without support from my Anvil employee team, DFMWR and Fort Polk command working together, this could never have happened.”

Patrons at the grand opening were there for a variety of reasons, but they all seemed to be having a good time.

Maj. Caitlin Ebbets, 32nd Hospital Center, said she thinks the Anvil is great.

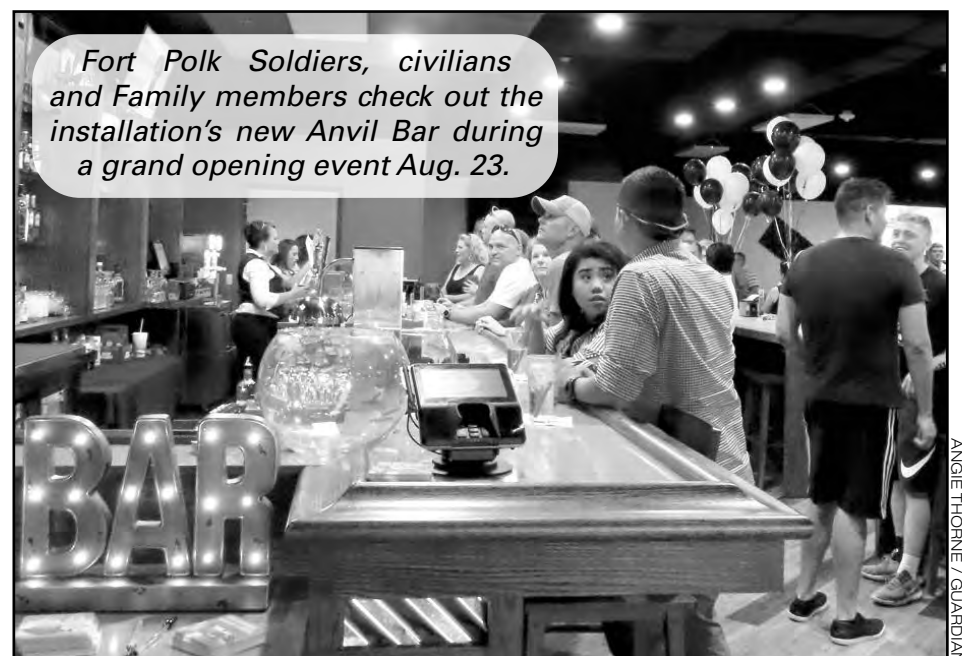
“We don’t have NCO and Officer Clubs anymore, so I think it’s even more important to have a place where Soldiers of all ranks can get together when they get off work and relax. It’s vitally important to their overall wellbeing,” she said.

Laura Black, Fort Polk Spouses’ Club philanthropy chair, said she loved the atmosphere and décor at the Anvil.

“This is absolutely beautiful,” she said.

Black was at the grand opening to scope out the bar as a potential meeting place for Spouse’s Club events such as girls night out.

“It’s new and different. I can see us playing pool and having fun. I think the spouses will love a place



like this to socialize and bond,” she said.

Hugo Cervera, 2nd Battalion, 2nd Infantry Regiment, said he likes the Anvil a lot.

“It’s moving Fort Polk in the direction it needs to go — up,” he said.

Cervera’s pool partner, Luis So-

togarcia, 2nd Bn, 2nd Inf Reg and Better Opportunities for Single Soldiers vice president, said everything about the bar looks good.

“It’s important for single Soldiers to have a place like this, where they can enjoy something as simple as playing pool or darts or watching a game,” he said.



Taxing interview

Yvonne Johnson (left), spouse of a Fort Polk Soldier, sits down for an interview with representatives from H&R Block. The tax service company was on the installation to choose candidates for one of seven scholarships available through the organization's "Military Spouse Scholarship Program." Selected individuals will go through a 17-week training course and, upon completion, go to work for the company during the upcoming tax season. For more information on programs like these call 531-9190/6922.

Know rules before hunting Fort Polk areas

GUARDIAN STAFF

FORT POLK, La. — Hunting season begins in September but before you don that hunter orange vest and hat (or blaze pink, which is also permitted), you should understand the rules and regulations about hunting at Fort Polk.

Capt. Robert Baldwin, Joint Readiness Training Center and Fort Polk game warden, said anyone who is legally licensed can hunt at Fort Polk, but civilians that are not affiliated with Fort Polk must be vetted at the Visitor's Center at the main gate.

"They can get a hunting pass for the season, and for the cantonment area, it's bow hunting only. You do not have to register your bow," said Baldwin. "Shotgun usage is allowed at Peason Ridge, the ranges and the box for small game and hogs, and Wildlife Management Area (WMA) rules apply for those sites. Hunters should check the 2019-2020 hunting regulation booklet under 'Fort Polk WMAs' for complete information."

The booklets are free and available anywhere licenses are sold, including Alligator Lake Recreation Area and the Fort Polk Army and Air Force Exchange Service store in the hunting section, or you can read or download the electronic version online at www.wlf.louisiana.gov.

Baldwin said it's important to check the booklet to see which animals and birds are in season, when you have to wear hunter orange or blaze pink, and what licensure is needed for the area you plan to hunt.

For WMA hunting, there are a number of clearing stations where anyone using the area for

any reason must check in — this includes purposes such as tracking, berry-picking, hiking and hunting — and you will also need to check out. A new clearing station has been added on La. Hwy 465 north of the Simpson area.

Checking in is easy, said Baldwin.

"You will put your name and phone number on the top portion of the card (available at the clearing station), put that in the slotted box and keep the bottom part. When you check out, you fill in the bottom portion with what you harvested, if anything, and place that in the slotted box as you exit the WMA," said Baldwin, adding that you do not have to use the same clearing station to enter and exit, but it does have to be on the same WMA.

Do not enter the box, ranges or Peason Ridge without first checking the maps posted at the clearing stations — they show areas that are off-limits due to military training, and these areas change from day to day.

"A map is specifically generated for every day of hunting season, and if there is no map posted, call Range Safety or Game Enforcement to let them know (both numbers are posted at the clearing stations). You can also check online with a Google search for 'Fort Polk hunting maps,'" said Baldwin. "Anything in white on the map is open, and the weapon system authorized for that area is also listed on the map. If an area is marked in red, it's off limits. If it's marked in peach or pink, that's an area where training is taking place that day. It can change from one day to the next, so you always have to check."

For more information call 531-5222/5715.

Briefs

School lunch menu

The following school lunch menu is for Vernon Parish schools for Tuesday through Sept. 6. Meals are served with salad bar and choice of milk:

Tuesday: Chicken shoestrings, creamy mashed potatoes and gravy, green beans, mixed fruit, whole wheat roll.

Wednesday: Whole grain spaghetti and meat sauce, steamed corn, tossed salad cup, whole wheat garlic bread, cantaloupe.

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

Sept. 6: Egg rolls, fried rice, mixed vegetables, cheese stick, chilled peaches, sherbet.

Sidewalk sale

The Fort Polk Commissary hosts a back to school sidewalk sale Thursday through Sept. 7, from 9:30 a.m.-6 p.m. daily. There will be bargains by the case on limited items. Visit www.commissaries.com/shopping/store-locations/fort-polk for more information.

AAFES briefs

The Army and Air Force Exchange Service offers the following programs to its customers:

- Military students who make a difference in their community are eligible to win one of 10 \$2,000 scholarships through the AAFES and Unilever Rewards of Caring essay contest.

Through Sept. 26, authorized students in grades six through 12 with a 2.5 grade point average or higher on a 4.0 scale can submit an essay in English of 500 words or less explaining why their community and involvement in service projects are important. Mail entries to: Exchange Rewards of Caring Scholarship 2019 Fall Contest, P.O. Box 7778, Melville, NY 11775-7778. Submissions must be postmarked by Sept. 26. For complete rules visit www.operationintouch.com.

- Soldiers and military families can get a jump-start on holiday shopping thanks to the Army and Air Force Exchange Service's fee-free layaway.

Through Dec. 24, the Fort Polk Exchange will waive its \$3 service fee for items priced at \$25 or more.

Toys, bikes, clothing and more are included. To place items on layaway, military shoppers pay a deposit of 15% of the purchase price. Items must be picked up by Dec. 24.

For program details and eligibility information, shoppers can visit the Fort Polk Exchange customer service desk.

BJACH's foam rolling workshop enhances cool down regimen

By KATHY PORTS
BJACH PAO

FORT POLK, La. — Physical fitness is a part of everyday life, especially Army life.

But learning how to increase your mobility and decrease injuries is often not part of the morning PT workout.

Bayne-Jones Army Community Hospital's Physical Therapy Clinic recently offered a foam rolling workshop aimed at helping reduce muscle tension, adhesions and scar tissue accumulation through self-myofascial release (SMR).

The free class was open to Family members, active duty Soldiers and Department of Defense civilians over age 18. About 20 people took advantage of the special workout.

According to Maj. Melissa Folsom, chief of Rehabilitation Services, foam rolling can help improve the quality of movement, reduce scar tissue and adhesions, decrease the tightness of overactive muscles, improve mobility and range of motion and fill in the gaps between massages.

"Muscles need to be strong, however they also need to be flexible to achieve maximal physical performance," Folsom said. "Conventional stretching causes temporary increases in muscle length. SMR offers this benefit and also helps with breaking down tissue adhesions and scar tissue."

Folsom said foam rolls are great for large muscle groups such as quads and hamstrings.

"Medicine balls also work well for these groups too. Foam rolls come in colors and the colors nor-

mally indicate different densities — light colors are less dense while dark colors are generally denser," Folsom said. "Tennis ball or Lacrosse balls work well and are especially good for plantar fascia and if you are trying to target a specific small area. The thera-stick works well on areas with a narrow diameter such as tendons."

These type of exercises provide a much better result if done after a workout as part of a cool down or recovery regimen.

Participants spent most of their time working on tissues that were particularly tight. As tissue quality improves and they become more experienced, Folsom said they find they need to spend less time on those areas.

BJACH's Physical and Occupational Therapists' team demonstrated various techniques for just about every part of the body to include wrists, fingers and arms.

When not instructing, therapists worked with small groups or individuals on various areas while another colleague demonstrated a different technique or exercise. Participants with questions about specific areas or problems were able to have a one-on-one conversation with the therapist.

According to Jean Dubiel, a Department of the Army civilian, the foam rolling class gave her an opportunity to use the foam roller she had bought about five years ago.

"When I purchased the foam roller, I tried using it and all I did was make things worse. Because of this class, I can now incorporate what I learned into my weekly routine," Dubiel said.



Natalie Cannata (left) and Col. Gregory Cannata, deputy commander, Joint Readiness Training Center Operations Group, uses the T-stick to rub and release tension in leg muscles.



Brittni Crawley, BJACH Physical Therapist demonstrates a calf and ankle roll using the hard foam roller.



Sgt. 1st Class Michael LaGrange uses the Lacrosse ball to relieve tension in his foot.

Three-star general couple shares secrets to dual Family success

By **JOE LACDAN**
Army News Service

WASHINGTON — During the onset of Operation Iraqi Freedom, the Richardson family faced a difficult dilemma.

James and Laura Richardson, Army officers with promising careers, both received orders to deploy to Iraq.

They needed to find care for their daughter, Lauren, who had just entered her teenage years. The Richardsons had prepared a family care plan in case that happened. They made arrangements for their daughter to live with Laura's grandparents in Colorado and go to the same high school her mother had attended.

Now the first female general to ever command U.S. Army North, Laura and her husband have spent more than three decades adapting to frequent moves and changing assignments, like the deployments to Iraq. Through the changes, the Richardsons both reached the rank of lieutenant general.

The Richardsons told the story of their 33-year marriage during a panel discussion at the Joint Women's Leadership Symposium in Washington, D.C., Aug. 22.

"I think it's important to share the challenges that you have and also the rewarding things that come out of it as well," Laura said. "And share your experiences. We didn't have necessarily anybody to share dual military (experiences) or tell my husband and I, 'hey, try this.'"

Laura is responsible for the Title 10 troops stationed along the Southwest border. The command's responsibilities include homeland defense and Defense Support of Civil Authorities for national emergencies, including hurricanes. James serves as the deputy commanding general of Army Futures Command, a new four-star command responsible for modernizing the force in the backdrop of a growing technology community.

"It's not about me. It's not about her. It's about the team. And that's how we got through. We've communicated. We've helped each other in our careers as we've moved up."

Lt. Gen. JAMES RICHARDSON
Army Futures Command

Army North's headquarters at Fort Sam Houston, Texas, is an 80-mile drive along I-35 to James' office in downtown Austin.

Admittedly, some assignments forced the Richardsons to take long commutes or live separately on occasion when time and distance became too great.

As a dual military family, they have overcome more hurdles than a typical military family.

Sacrifice and compromise

"The compromises that we made — both of us did that — really made us more marketable as officers in the Army," Laura Richardson said. "Because we didn't have the typical assignments

Lt. Gen. Laura Richardson (left) and her spouse, Lt. Gen. James Richardson, discuss their 33-year marriage during a panel discussion at the Joint Women's Leadership Symposium in Washington, D.C., Aug. 22.



JOE LACDAN / ARMY NEWS SERVICE

that just a straight helicopter pilot would have. I think as we got higher in the rank that really paid off."

Laura's resume includes a wide range of assignments from serving as military advisor to former vice president Al Gore to deputy commanding general of the 1st Cavalry Division at Fort Hood, Texas, and as deputy commanding general of Forces Command at Fort Bragg, North Carolina.

Reaching the rank of three-star general didn't come without its hardships. The couple said military families can help weather momentous life changes like they did through careful preparation and reaching out to the Army's vast resources.

The Army currently is in the midst of revamping its Soldier and Family Readiness Groups to be more inclusive to different types of Families as well as single Soldiers.

The groups help connect Soldiers and Families to available services, including child care, as well as providing command news and information to families.

Sharing career challenges

At times, duty has forced them apart. But they tried to make the transitions as smooth as possible by carefully selecting assignments that didn't distance themselves too far from each other. And they said the Army attempted to accommodate the couple by assigning them to installations in close proximity when possible. Sometimes they had long commutes, though.

"You want to stay together as much as you can," James said.

"When you get up to our ranks, it's hard to stay together. The higher you go in the service, the harder it is to be together."

The Richardsons also researched their new in-

stallations and duty stations ahead of time. First, they would interview possible childcare candidates, and then they started house hunting close to their childcare provider. After moving, they tried to assimilate themselves into the local community and enrolled their daughter in social activities like sports.

Both aviators by trade, the Richardsons met in the mid 1980s in Korea shortly after Laura earned her commission as a helicopter pilot. She had been working as a platoon leader and company commander when she met James, a fellow aviator.

James said he would share his career challenges and triumphs during night-time discussions with Laura. Before moving to Austin, Richardson served as a special advisor to Gen. James McConville, now the chief of staff of the Army, during McConville's stint as vice chief of staff.

James has also served as deputy commanding general of III Corps, and as the commander of Army Aviation and Missile Command at Redstone Arsenal, Alabama. The Richardsons said supporting each other throughout their careers proved advantageous for them as a couple.

"I would not be where I am today without being married to her," said James, now a master Army aviator who has commanded Soldiers in combat six times. "It's Team Richardson, it really is. And that's how you have to operate ... She knows what I'm going through. I know what she's going through every day. So if you have to come home at 9 or 10 o'clock at night, she understands."

"It's not about me. It's not about her. It's about the team. And that's how we got through. We've communicated. We've helped each other in our careers as we've moved up."

Fort Polk human resources professionals take military pay course

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — The Army's Human Resources Command Military Pay Transition Team conducted Military Pay Fundamental Training at Fort Polk from Aug. 26-29.

The team of four military pay instructors included two human resources personnel — Staff Sgt. Rachael Foster and Sgt. 1st Class Kameshia Jackson — and two finance personnel — Sgt. 1st Class Lemisha Green and Sgt. 1st Class Sarah Rodriguez.

This train-the-trainer event offered Fort Polk HR professionals (Soldiers and government civilians) the tools they need to assume the duties of administering military pay.

Foster said the course does that by being the training ground to prepare HR professionals for the new Integrated Personnel Pay System for the Army.

"IPPS-A will be coming online in the next couple of years," Foster said.

Before that happens, Foster said this course will help reestablish the fundamentals of military pay.

"We are taking all the basics of military pay and teaching them to HR professionals so they are well rounded for when the system does come on line," she said.

Foster said HR professionals are going to be the personnel that are responsible for the IPPS-A program.



ANGIE THORNE / GUARDIAN

Staff Sgt. Rachael Foster, military pay instructor, lectures Fort Polk human resources professionals Aug. 28 during a Military Pay Transition course.

"I believe it's crucial for people to take this course before IPPS-A comes online. If they do, it should make things 100% easier," she said.

Foster said the biggest challenge is getting people to see they need the training.

"The mind set that they already know this in-

formation and don't need this training needs to change. In addition to reviewing the basics there is new and relevant information that needs to be learned," she said. "Though it's not specifically

Please see **Pay**, page 14

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Pay

Continued from page 13

IPPS-A training, this course lays the groundwork and preparation they need before they take the IPPS-A training."

Foster said it's kind of like Soldiers taking a PT test.

"You wouldn't make new Soldiers take the test immediately. Instead, you would physically work and train to get to the point that they could successfully take the test. It's the same with this training. We are trying to set them up for success," she said.

As an HR professional, Foster said finance has been one of the biggest struggles she has had to deal with in her career.

"I think that's because I didn't have the correct foundation built. I've been in the Army 11 years and I thought I knew a lot about finance, but when I was introduced to this course I realized that I still have a lot to learn. I didn't necessarily know the correct regulations or where to go to get the information I was looking for. This course has reinforced and expanded my knowledge," she said.

After taking this course, Foster said she also realized how influential HR professionals are going to be when the system comes online.

"With a click of a mouse they will be able to directly affect a Soldier's pay. If they don't have the knowledge, information and capabilities to look at the information and make sure it's right, it could have long term, detrimental effects," she said.

Green said the course leads to an information ripple effect. She said after teaching HR professionals what they need to know, those HR professionals will then use that knowledge to take better care of their Soldiers.

"The course provides HR professionals with the in-depth knowledge that will help them furnish proper documentation (depending on each Soldier's situation), better answer Soldier's ques-

tions when it comes to being paid properly and in a timely manner, and pass the information they learn on to others in their formation," she said.

Green said everyone needs to be open minded to change when it comes to the military pay course. "People have been doing their jobs a certain way for a long time. It's going to take them a while to grasp new concepts and make adjustments and changes on the processes the units use to push out the fundamentals they learn here," she said.

Rodriguez said they are trying to expose HR personnel to every aspect of military pay and bridge the gap between what they know now and what they need to know for the future.

"That can include allotments, entitlements, taxes and more," she said.

Once they have taken the course, Rodriguez said the HR professionals will be familiar with the skills and knowledge they need to transition to IPPS-A.

"That will make things easier and solving problems will come naturally, but if you don't have that knowledge you are probably going to struggle once the new system is in place," she said.

Rodriguez praised the current class of Fort Polk HR professionals.

"They have been receptive to the information and don't seem to have any trouble grasping the material," she said.

First Lt. Daniel Sun, 1st Battalion (Airborne), 509th Infantry Regiment, said furthering his education was a key reason to take the course.

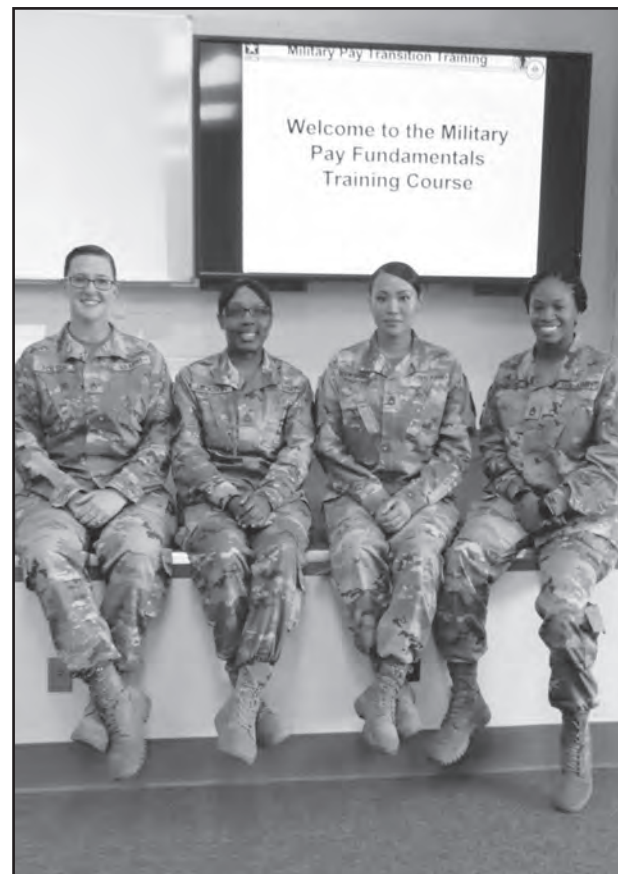
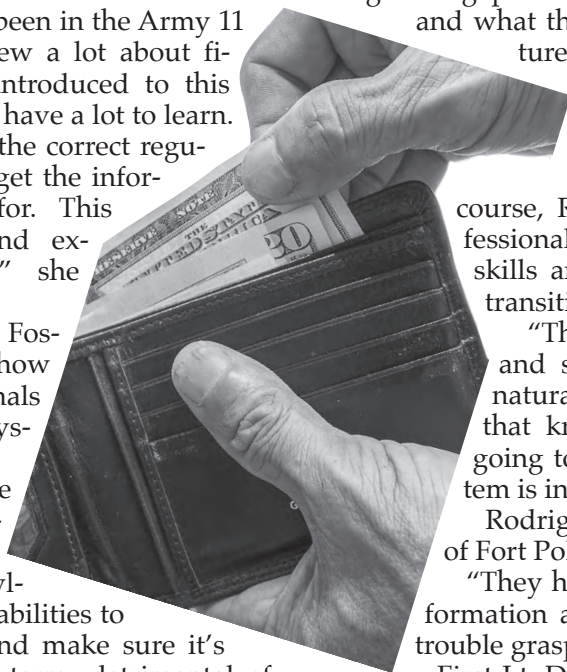
"This is a train-the-trainer course and I wanted to take advantage of that because the information is vital. In addition, more than 50% of our battalion are junior enlisted Soldiers that can benefit from what I learn here. I can help them better understand their finances including things like a leave and earning statement," he said.

Pfc. Cori Reese, 3rd Battalion, 353rd Regiment, said she took the class to better understand the basics of military pay.

"I've learned so many good things from the course including information about taxes, allotments, base pay and more," she said. "I can't wait to share what I've learned with my fellow Soldiers."

Foster said there are several teams just like hers traveling to every major Army installation to teach this course. She said teams would travel to each location at least twice over the next two years. She said they will be back at Fort Polk to teach the class again and encourages those who haven't had a chance to take the course to sign up.

"We don't have any dates set yet, but once we do we will work with the G-1 (human resources) office and they send out feelers to their subordinate units about sending their HR professionals to the military pay course," she said. "Once we have something locked in, we will hit the ground running."



ANGIE THORNE / GUARDIAN

Military pay instructors conducting Military pay transition training at Fort Polk from Aug. 26-29 from left to right are Staff Sgt. Rachael Foster, Sgt. 1st Class Kameshia Jackson, Sgt. 1st Class Sarah Rodriguez and Sgt. 1st Class Lemisha Green.



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September time to make disaster, emergency plans

By **TOMMY MORRIS**

Chief, DPTMS Protection Branch

FORT POLK, La. — September is National Preparedness Month, a time when the federal government and its partners promote disaster and emergency planning. The theme for 2019 is “Prepared, Not Scared.”

The Ready Army Campaign provides an opportunity to remind everyone that individuals should make personal and family preparations today for the hazards of tomorrow in order to meet the overall focus of “Being Ready for a Disaster.”

Fort Polk has made great strides in its emergency preparedness posture and continues to improve through planning, preparation and partnership with surrounding communities to minimize the impact and effects of a disaster. But continued efforts are still required to sustain progress and to continue improving awareness, readiness and resilience when a disaster or emergency strikes.

Fort Polk is committed to heighten awareness and preparedness in order to prepare for, protect against, mitigate, respond to and recover from the effects of natural or man-made disasters. Throughout the month of September, the Directorate of Plans, Training, Mobilization and Security, Emergency Management Branch will pro-

vide information displays with pamphlets, preparedness kits and Ready Army related material at selected venues, participate in information forums, be available to conduct awareness training for Family Readiness Groups and other installation organizations, and conduct emergency preparedness education and awareness.


Information will be provided on knowing the risks about different disaster and hazards where you live, work and go to school, and how to get involved to strengthen the security, safety and resilience of the Fort Polk community by encouraging Soldiers, Civilians and Family members to “Pledge to Prepare” and take significant action toward making themselves and their community fully prepared.

The National Preparedness Month weekly sub-themes below focuses on being prepared before a disaster occurs.


- Week 1: Sunday through Sept. 7 — Save Early for Disaster Costs
- Week 2: Sept. 8-14 — Make a Plan to Prepare for Disasters
- Week 3: Sept. 15-21 — Teach Youth to Prepare for Disasters
- Week 4: Sept. 22-28 — Get involved in Your Community’s Preparedness

For more information, contact Tommy J. Morris, Installation emergency manager at 531-4875 or tommy.j.morris2.civ@mail.mil.






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When a Soldier dies in a preventable accident, it has a detrimental effect on the morale and welfare of the unit. That Soldier's absence, however, extends far beyond the Army because often they also leave behind a heartbroken family, friends and colleagues. Remember, **IT'S YOUR LIFE, BUT OUR LOSS.**

<https://safety.army.mil>



Lagniappe

BOSS

Join Fort Polk's Better Opportunities for Single Soldiers for upcoming events.

• Wood working

Learn wood working with BOSS Sept. 14. This is a free course in wood working (basic pen turning 101) in Houston. Limited space available so register before Wednesday. Departure time is 6:30 a.m. from the Home of Heroes Recreation Center, 2165 Ninth Street.

• Baseball game

BOSS is attending a Houston Astros vs LA Angels baseball game. Limited space is available so register today. The cost is \$45 per person, which covers transportation and hotel. The trip departs from the Home of Heroes Recreation Center Sept. 21.

For more information call 531-1948.

Festivals

• Zydeco festival

You won't want to miss the music and fun at the 20th annual Cane River Zydeco Festival today and Saturday.

Enjoy live music, poker run, zydeco dance contest, rides and more. Admission is free today and \$8 per person Saturday. For more information visit www.natchitoches.com.

• Jazz & Blues Fest

The best local and national musicians gather each year at the Highland Jazz & Blues Festival. Shreveport's own "party in the park" takes place in Columbia Park, 700 Columbia St., Sept. 14.

This free festival features great food and local artwork. For more information visit www.highland-jazzandblues.org.

• Meat Pie Festival

You're invited to the Natchitoches Meat Pie Festival held Sept. 20 in historic Natchitoches, Louisiana. The festival takes place at the downtown riverbank along Cane River Lake. Enjoy plenty of hot meat pies along with a brewfest for adults, balloon glow, live entertainment and fireworks. For more information visit www.meatpiefestival.com.

• Arts festival

Sample a variety of local food and art during the Red River Revel Arts Festival, Sept. 28-Oct. 6 in downtown Shreveport's Festival Plaza, 101 Crockett Street.

This enormous, family-friendly festival features more than 100 visual artists, music from every genre, food and drink vendors, and more. For more information call (318) 424-4000.

Miscellaneous

• **Appreciation breakfast**
Leesville Veterans of Foreign

Wars post 3106, 242 Harriet St., Leesville, hosts a first responders appreciation breakfast Sept. 11 from 7-9 a.m. The breakfast is free and open to the public. For more information call (337) 238-0041.

• Le Tour De Bayou

Get ready to ride in the eighth annual Le Tour de Bayou.

The biking event is a scenic cycling tour that winds through the bayou region of central Louisiana. The tour takes place Sept. 21 and registration is open. All tour levels begin and end at Kent Plantation House, 3601 Bayou Rapides Road, Alexandria. There are six levels (tour miles) of participation — 101, 69, 40, 25 or 10 miles and 2-mile

family ride, walk or run. For more information call (318) 487-5998 or visit www.bikereg.com.

• Quilt show

The Annual Red River Quilt show takes place Sept. 27-28 at the Louisiana State Fairgrounds, 3701 Hudson Ave., Shreveport. The quilt show displays more than 200 quilts. Enjoy special exhibits, a silent auction, vendor mall, demonstrations and more.

Admission is \$8 per person. The show is from 10 a.m.-6 p.m. The show is held in conjunction with the opening weekend of Red River Revel Arts Festival. For more information visit www.redriverquilters.com.



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Published for the community of Fort Polk, La.

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



We're looking for sales talent!

Are you a hard-working, professional, confident person with an out-going personality? Interested in selling print media along with some direct mail advertising? If so, then perhaps a job at *The Natchitoches Times* is for you!

The Natchitoches Times offers a flexible work schedule along with salary and benefits. Interested candidates should contact Steve Colwell, General Manager, at 318-352-3618 or via email at scolwell@natchitochestimes.com

The Natchitoches Times is an equal opportunity employer.

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

call
Theresa Larue

337-404-7242

or email her at
sales@thefortpolkguardian.com



Guardian Tradin' Post Ad

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

* Businesses will not receive free advertising. All business ads must be prepaid. We accept Visa and Mastercard. (This includes child care, quarters-cleaning, or the sale and/or breeding of multiple pedigreed/registered animals)

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

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

Deadline for FREE ads is NOON Tuesday.

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

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

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

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

Name: _____ Date: _____

Signature: _____ Phone: _____

Fort Polk Guardian

www.thefortpolkguardian.com

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Ads Is Noon Tuesday

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Public Affairs Office,
Bldg. 4919, Magnolia Dr.
or fax to: 318-352-3667
or email to
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SPECTRUM TRIPLE PLAY! TV, Internet & Voice for \$99.97/mo. Fastest Internet. 100 MB per second speed. Free Primetime on Demand. Unlimited Voice. NO CONTRACTS. Call 1-844-669-6795 (LA-SCAN)

TWO GREAT NEW OFFERS FROM AT&T WIRELESS! Ask how to get the Next Generation Samsung Galaxy S10e FREE. FREE iPhone with AT&T's Buy one, Give One. While supplies last! CALL 1-866-429-3991 or www.freephonesnow.com //LA (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! THE NEW Inogen One G5. 1-6 flow settings. Designed for 24 hour oxygen use. Compact and Lightweight. Get a Free Info kit today: 855-874-9438 (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)

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FREE for 45 Days! CALL 1-866-790-0710 (LA-SCAN)

MOBILE HELP, AMERICA'S PREMIER MOBILE MEDICAL ALERT SYSTEM. Whether You're Home or Away. For Safety and Peace of Mind. No Long Term Contracts! Free Brochure! Call Today! 1-844-216-6375 (LA-SCAN)

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START SAVING BIG ON MEDICATIONS! Up To 90% Savings from 90DAYMEDS! Over 3500 Medications Avail-

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STILL PAYING TOO MUCH FOR YOUR MEDICATION? Save on medications such as Lipitor, Advair Diskus and Eliquis! Receive free shipping on 1st order - RX required. Call 1-855-868-9740 (LA-SCAN)

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AT&T INTERNET. STARTING AT \$40/month with 12-mo agreement. Includes 1 TB of data per month. Get More For Your High-Speed Internet Thing. Ask us how to bundle and SAVE! Geo & service restrictions apply. Call us today 1-866-369-1097 or visit www.more4-yourthing.com/LA (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 1-855-920-9336 (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)

GET DIRECTV! ONLY \$35/MONTH! 155 Channels & 1000s of Shows/Movies On Demand (w/SELECT All Included Package.) PLUS Stream on Up to FIVE Screens Simultaneously at No Additional Cost. Call DIRECTV 1-866-734-0452 (LA-SCAN)

HUGHESNET SATELLITE INTERNET FOR BUSINESS. 25mbps for just \$69.99 per month! Get More Data FREE Off-Peak Data. Built-in Wi-Fi for wireless devices. FREE Standard Installation. CALL 1-877-573-7981 (LA-SCAN)

MEDICAL ALERT SYSTEM FOR SENIORS. Peace of Mind - Less than \$1 a day! Limited time offer: Free Shipping, Free Equipment & Free Activation! Call anytime: 1-855-487-1759 (LA-SCAN)

PUT ON YOUR TV EARS AND HEAR TV WITH UNMATCHED CLARITY. TV Ears Original were originally \$129.95 - NOW WITH THIS SPECIAL OFFER are only \$59.95 with code MCB59! Call 1-866-332-1226 (LA-SCAN)

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

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

TV FOR FREE WITH SMARTVIEW ANTENNA! Potentially watch over 60 channels. Completely free of monthly subscription costs (after purchase & set-up.) Special Savings for Print Readers? 57% off! Visit <http://smartviewdeal.com/loisiana> (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 FROM PHYSICIANS MUTUAL INSURANCE COMPANY. NOT just a discount plan, REAL coverage for [350] procedures. Call 1-855-268-0108 for details. www.dental50plus.com/morning 6118-0219 (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)

SELECTQUOTE IS DEDICATED TO FINDING A MEDICARE PLAN RIGHT FOR YOU AND YOUR WALLET. Call 1-855-895-1420 today and receive a free quote from one of our multiple carriers. (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)

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PORTABLE OXYGEN CONCENTRATOR MAY BE COVERED BY MEDICARE! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 1-855-636-1667 (LA-SCAN)

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

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

INVENTORS - FREE INFORMATION PACKAGE have your product idea developed affordably

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

STUDENT LOAN HELP IS HERE! Out of school & OVERWHELMED with federal STUDENT LOAN DEBT? We may be able to help reduce your debt with loan consolidation! Call: 1-877-625-1059 (LA-SCAN)

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

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)

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0700 to 1200
1514 Ernest Drive,
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Lots of Stuff!

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WANTED TAX PREPARERS Jackson Hewitt Tax Service has openings for Tax Preparers. Will

teach you everything needed for employment. Classes are starting soon. Call Jackson Hewitt Tax Service in Leesville at 337 537-1040 or DeRidder at 337 460-1040.

FOR SALE

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

REAL ESTATE

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

STATEWIDES

SELL AT AUCTION AND MAKE MONEY! 3-Day Fall Public Auction September 12, 13 & 14, 2019 Deliver Items Now 13340 Florida Blvd. Livingston, La 70754 225-686-2252 HendersonAuctions.com Auctioneer: J. Henderson 1160 (LA-SCAN)



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NOW HIRING FOR TELECOM AND CATV INSTALLATIONS THROUGHOUT LOUISIANA, must pass background, have work vehicle, and tools. Earn up to \$1800 Weekly 1-256-682-3662 or www.datacomusa.net (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)

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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)

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(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.