



# FORGING THE

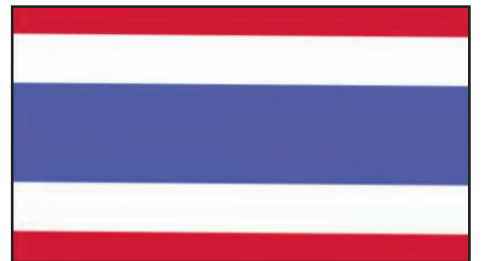
# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

Oct. 11, 2019

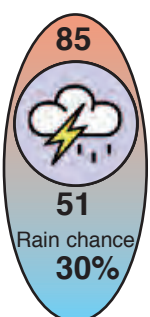


JRTC OPERATIONS GROUP

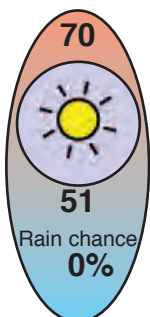
### Multinational Rotation 19-10 wraps up at JRTC

*Soldiers assigned to 2nd Battalion, 27th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division engage a target during live fire training at the JRTC's Peason Ridge training area, Oct. 4. During Rotation 19-10, 3/25 ID joined forces with foreign military partners from Great Britain, Australia and Kingdom of Thailand during the multinational rotation. For more photos see page 8 of today's Guardian.*

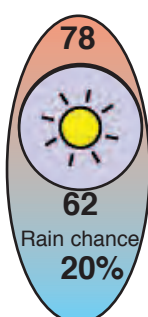
### Weekend weather



Today



Saturday



Sunday

### Inside the Guardian

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Polk farm living ..... 6      DIY tips ..... 15



# Viewpoint

## In our view

Guardian staff asked Fort Polk community members, "When it comes to home improvement projects, are you a do it yourself or a call an expert kind of person and why?" Here are their responses:

**Spc. Alisa Hamilton:** "I'll call someone because I don't know what I'm doing. I've tried to start projects and realized it's too hard, so I stop."



**1st Sgt. Michael Dewsbury:** "It all depends on the project. If it's something simple, I'll do it myself, otherwise I'm calling a professional."

**Spc. Raymond Rosa:** "I gotta do it myself because it's a better experience, especially if you have kids. It can be a great way to bond with your family. Besides, calling an expert is too easy."



**Spc. Sean Stouffer:** "I'm a do it yourself. My parents raised me that way. We will watch YouTube videos until we figure it out. It's a matter of pride to do it ourselves."

**Sarah Fowler:** "I do it myself because doing it with my own hands and finishing the job gives me a sense of accomplishment. Also, a professional isn't always able to understand your vision of what the finished project should look like."



**Sgt. Arcesio Navarro:** "I call an expert because they do this for a living and know what they are doing. Besides, I would be in trouble with my wife if I did it wrong."

**Staff Sgt. Adam Patterson:** "I'm a do it yourself person because experts are expensive. I watch how to videos and if I get it wrong, I can always call a professional later."



**Spc. Bobby McCoy:** "I'm more of a do it yourself. I like doing things myself because I enjoy learning."



## Guardian

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## Briefs

### PT hours

Beginning Tuesday, Alabama and Georgia avenues — both one way streets — are closed from 6:30-8 a.m. Monday through Friday for PT.

Signs are being updated with the new times. Please exercise caution when encountering Soldiers conducting PT.

### Coffee with a cop

The Fort Polk Directorate of Emergency Services hosts "Coffee with a Cop" Oct. 23 from 3-5 p.m. at community centers in Maple, Cypress and Palmetto Terrace housing areas. Visitors are encouraged to meet their law enforcement officers, view static displays and share community concerns.

### Road repair

The Louisiana Avenue Road Repair project will require the closure of ACP 1 outbound traffic from Wednesday through Oct. 25.

Repairs include base failure repairs on the outbound lane of ACP 1. ACP 1 outbound traffic will need to utilize alternate ACPs to exit post.

The hours of operation for ACP 2 and ACP 5 will be extended for the duration of this phase from 9 p.m.-5 a.m. Monday through Friday, and open 24 hours Saturday and Sunday for outbound traffic only.

Additionally, ACP 4 will remain open Monday through Friday from 4-6 p.m. for outbound traffic.

Local traffic on Louisiana Avenue from La. Hwy 467 to Bell Richard Avenue will be open, but motorists are encouraged to utilize alternate routes due to traffic congestion.

### DAV assistance

The Chapter 20 Disabled American Veterans in Leesville has a service officer available to file VA disability claims. The officer is located in the Railway Suites behind the Vernon Parish Court House. For more information and to setup an appointment call 531-5614.

### 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 Center. The brief provides professional guidance and career counseling to Soldiers leaving the active Army. For more information call 531-1850.



From left: Brig. Gen. Patrick D. Frank, commander JRTC and Fort Polk; JRTC and Fort Polk Command Sgt. Maj. David W. Bass; Maj. Gen. Ronald P. Clark, commander, 25th Infantry Division; JRTC Ops Gp Command Sgt. Maj. Jason L. Wilson; and Col. David W. Gardner, commander, JRTC Ops Grp, unveil an anvil with the message "Forging the Warrior Spirit" in front of the Fort Polk After Action Review Theater Oct. 8.

CHUCK CANNON / GUARDIAN

## Anvils send 'Forging Warrior Spirit' message

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general, unveiled an anvil on a marble base inscribed with "Forging the Warrior Spirit" in front of Fort Polk's After Action Theater during a ceremony Oct. 8.

The anvil was the first of 10 to be placed across the installation.

"The entire team here at JRTC assists brigade combat teams in developing and forging the Warrior Spirit in all their Soldiers and formations," Frank told those who gathered for the event.

"This is part of the overall effort at the AAR Theater. There is a JRTC patch up on top of the theater, each year's rotational poster out front, and when you go inside there is a rotational poster front and center as you enter the theater. It's all a part of getting our motto across which is: Forging the Warrior Spirit."

Maj. Gen. Ronald P. Clark, commander, 25th Infantry Division, and a former Fort Polk officer, assisted Frank in unveiling the monument. Also assisting were Col. David W. Gardner, commander, JRTC Operations Group, JRTC and Fort Polk Command Sgt. Maj. David W. Bass, and JRTC Ops Gp Command Sgt. Maj. Jason L. Wilson.

Clark thanked Frank and the Soldiers of Fort Polk for the work they do in preparing Soldiers and units to fight the nation's wars.

"You're building a community around an idea, and that idea is forging the Warrior Spirit," Clark said. "And it's not just for the Joint Readiness Training Center and the people that live here, but also for our Army; it's huge."

Clark said the Soldiers who make up the JRTC were unsung heroes.

"Without the rigor, the professionalism, the expertise of the observer/controller/trainers and the OPFOR we could never get to the level of proficiency and training we need to keep Soldiers alive on the battlefield and to accomplish the missions of our nation's Army," he said.

Kurt Mayfield, Fort Polk G-3, said Frank wanted something that would build pride in the Combat Training Center program and tell the story of what the JRTC team does: Forge the Warrior Spirit.

"We're going to have 10 of these across the post," Mayfield said. "They'll be on South Fort in places where Soldiers are learning to be Soldiers, either physically, through rotations or education."

Frank said he had a goal in mind when the decision was made to place the anvils across Fort Polk.

"We have begun a campaign of placing these anvils and the marble block that says, 'Forging the Warrior Spirit,' to ensure that everyone, as they come to JRTC and Fort Polk, or those who are assigned here or live here, understands that is what we are focused on: Forging the Warrior Spirit as we build readiness for our Army."

Frank said the entire installation gets behind that mission, and it's important they are reminded of that in their daily travels around Fort Polk. He said two of the anvils will be placed at the northern and southern ends of the physical training running route, and the route will be called "Anvil to Anvil Run Route."

"We'll see these anvils and be reminded of the mission that we have here is important for our Army and our nation," he said.



# Esper, service secretaries talk privatized housing reform

## ARMY NEWS SERVICE

WASHINGTON — Defense Secretary Dr. Mark T. Esper and the secretaries of the Army, Navy and Air Force met with privatized housing project owners at the Pentagon, Oct. 2, to discuss the status of actions being taken to reform the delivery of privatized housing under the Military Housing Privatization Initiative.

Defense officials said the secretaries reinforced their commitment to working with MHPI partners to ensure resident concerns are addressed in a responsive, timely and professional manner, with an emphasis on potential health or safety issues.

They also recognized the need for more consistent affirmation of military families' rights as residents of privatized housing, which, the officials noted, will be underscored in the soon-to-be-released MHPI Resident Bill of Rights.

The group discussed progress made on the collective actions established by the department and the partners to address concerns raised by some residents in MHPI housing, defense officials said.

These actions include:

- Establishing a resident bill of rights and common lease framework
- Increasing transparency and reporting of service work orders
- Enhancing ongoing oversight and leader engagement on the program
- Improving communication with residents at all levels

One element of improved communication is already underway — expanding the role of installation leaders for resident advocacy and dispute resolution, the defense officials noted.

The officials said the secretaries collectively share a commitment to ensure safe, high quality and affordable housing and communities where service members and their families will want —



LISA FERDINANDO / ARMY NEWS SERVICE

*Defense Secretary Mark Esper attends a tri-service roundtable on military housing at the Pentagon, Washington, D.C., Oct 2.*

and choose — to live.

MHPI is the largest and one of the most mature public-private partnership efforts in DoD, officials said. The initiative has improved family housing on military installations in the U.S., they noted. There are about 80 privatized projects encompassing more than 204,000 units located on more than 150 installations.

Privatization was the right thing to do, defense officials said. It addressed DoD's \$20 billion

maintenance backlog by leveraging private sector expertise and funding at a rapid pace, the officials said. It achieved more than \$32 billion in private development with about \$4 billion in DoD contributions, they said.

Privatized housing occupancy averaged 93% over the last three years, defense officials added, which they said indicates that military families are choosing on-base privatized housing over off-base private sector choices.

## Army developing improved ways to manage NCO talents

By **FONDA BOCK**

Army News Service

FORT KNOX, Ky. — U.S. Army Human Resources Command is continuing to innovate talent management by developing a new initiative for active component enlisted personnel that will improve Army readiness and empower Soldiers to make informed career decisions in accordance with their professional development model and Army manning guidance.

Modeled after the Army's Assignment Interactive Module for officers, Assignment Satisfaction Key — Enlisted Marketplace (ASK-EM) will support enhanced interaction between Soldiers and talent managers while allowing Soldiers more input into where they would like to be assigned based on their knowledge, skills, behaviors and preferences.

"Soldier preference is important because we believe a Soldier per-

forms at a higher level when they're in an assignment that interests them," said Col. Michael McGregor, director, Enlisted Personnel Management Directorate. "Soldiers have some input into their assignments now, but that will increase significantly as we field ASK-EM."

Through ASK-EM, noncommissioned officers — staff sergeants through first sergeants — will be able to access a virtual marketplace where they can prioritize their preferences for valid and available worldwide assignments within their movement cycle.

Talent management tools, like the Personnel Assessment and Availability Tool and an updated Manner of Performance, will help talent managers identify the strengths, talents, experiences and qualifications of the more than 300,000 active duty Soldiers managed by the command.

"These initiatives optimize the Army's ability to get the right Soldier with the right talents to the



ARMY NEWS SERVICE

right assignment at the right time. It will also allow commanders to maximize the talent provided them," McGregor said. "Heightened awareness about Soldier talent along with knowing when he or she is available to move, will help us make informed decisions when assigning the most qualified Soldiers to meet

Army requirements."

Talent Management enhances Army readiness by maximizing the talents of every person. ASK-EM, scheduled to be fully operational by 2021, supports a data-rich, information age approach to how the Army acquires, develops, employs, and retains the right talent.

# DeMarsico overcomes adversity, earns coveted EFMB

By Sgt. ASHLEY M. MORRIS  
3rd Bct, 10th Mtn Div PAO NCO

FORT BLISS, Texas — “I walked over to the NCO of my starting lane for land navigation and I asked him, ‘Hey sergeant, do you want me to line up behind you?’” said Spc. Thomas DeMarsico as he recalled the first time he participated in EFMB qualification testing. “He said I need your name and roster number. I did not think anything of it at the time so I went out and found all four of my points. When I came back he told me I was going to be an administrative ‘no-go’ for the lane because I spoke to him.”

DeMarsico, a combat medic assigned to Headquarters and Headquarters Company, 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division at Fort Polk, first attempted to earn the Expert Field Medical Badge at Fort Bliss, Texas. The 1st Brigade Combat Team, 1st Armored Division hosted the special qualification testing in September.

“I attempted to rebut the decision with the board because AR 350-10 says you cannot talk to other candidates during land nav, not the cadre,” DeMarsico said. “The board denied my rebuttal. That was it; they just dropped me. I was super crushed after that. I decided at that moment I was done with EFMB and the Army.”

Similar to the expert infantry badge, the EFMB is not an easy badge to earn. Combat medics wanting to earn the coveted badge must be physically and mentally prepared to undergo rigorous testing after being recommended by their unit commanders.

Fort Polk’s 3rd BCT, 10th Mtn Div medics on temporary duty in the Fort Bliss area were invited to participate in EFMB qualification testing. When DeMarsico found out he had the opportunity to attend the testing he immediately volunteered.

“I always take every opportunity that comes my way,” DeMarsico said. “I know that EFMB really sets you apart from your peers.”

EFMB candidates must successfully receive a “go” on all five sections of EFMB testing: The Army Physical Fitness Test, a written test, land navigation, combat testing lanes and a 12-mile forced march.

Candidates must receive a score of 80% or higher in each event of the APFT and be in compliance with Army height and weight standards. The only re-testable section is the written test in which candidates must successfully answer 60 out of 80 questions.

On the second day of testing Soldiers must receive a “go” for both

day and night land navigation. During the combat testing lanes medics must complete 43 tasks correctly: 10 tactical combat casualty care tasks, 10 evacuation tasks, 13 warrior skills tasks and five communication tasks.

After learning that his leadership tried to get him readmitted to the Fort Bliss qualification, DeMarsico realized that accepting defeat was not an option.

“I felt so much better knowing that they had my back,” DeMarsico said. “They were willing to send us again so I was willing to try again.”

DeMarsico was afforded the opportunity to test again, this time at Fort Hood, Texas. DeMarsico, along with three other medics from 2nd Bn, 4th Inf Reg, were sent to Fort Hood to attend EFMB qualification testing hosted by 1st Medical Brigade. Standardization of the combat testing lanes began Sept. 23, with testing beginning Sept. 28 and ending with the forced march on Oct. 4.

One hundred and fifty-five Soldiers started the event. DeMarsico was one of six medics that successfully earned the EFMB. He was the only junior enlisted enlisted to successfully complete the qualification.

DeMarsico attributed his success to the lane standardization he received at Fort Bliss.

“We tried to train up for the Bliss EFMB but it was hard to tell exactly how the lanes would be run,” DeMarsico said. “After seeing the lanes at Bliss we knew how to study. I knew what I needed to work on. It helped me a lot.”

Although DeMarsico said he felt confident about the combat testing lanes, there was another area where he did not feel as confident. A self-proclaimed land navigation expert, DeMarsico admitted the night land navigation course was tough.

**“At the end of the day it all comes down to how hard are you willing to fight for it.”**

**Spc. THOMAS DEMARSICO**  
2-4 Inf, 3rd BCT, 10th Mtn Div

The first time DeMarsico went through EFMB testing he was only able to complete day land navigation. With limited experience in navigating in the dark and a difference in terrain, DeMarsico was only able to find three out of the four points. Even though it was not a perfect score, it was enough for him to advance to the combat testing lanes. Out of the 155 that begin EFMB testing, only 19 medics



Sgt. ASHLEY M. MORRIS / 3RD BCT, 10TH MTN DIV PAO

*Spc. Thomas F. DeMarsico, a combat medic assigned to Headquarters and Headquarters Company, 2nd Infantry Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, checks to make sure his compass is calibrated prior to the start of land navigation testing for the expert field medical badge on Fort Bliss, Texas, Sep. 6.*

passed land navigation testing.

During the final event of EFMB, nine Soldiers started the forced march but only six finished within the required three-hour time limit. DeMarsico came in first place. For most Soldiers, coming in first during a timed 12-mile ruck march would feel like the crowning achievement. For DeMarsico, he felt frustration.

“My time was two hours and 56 seconds!” DeMarsico said. “Me and this major were in the lead the entire time, far ahead of everyone else. At the 11th mile marker point, the private giving directions told us to go down the wrong road. The major went a mile down that road with me trailing behind him. Luckily he had a GPS watch that told him he had hit 12 miles. He turned around, grabbed me and we went back to the 11-mile point. The private could not tell us the correct way to go. I walked into traffic and flagged down a car and asked him for directions to Cooper Field. The car drove slowly in front of us with the hazard lights and we followed him. Once I saw the finish line I sprinted to the end and came in first.”

Although he was unhappy with his finish time for the 12-mile ruck march, DeMarsico said he was thankful he was able to pass all five events of EFMB testing. He said becoming a part of the 3% of medics who earn the EFMB is just the beginning. He hopes to attend Airborne and Ranger schools in the

near future. Ultimately he would like to attend the United States Military Academy at West Point and become a commissioned officer.

“West Point is my main goal,” DeMarsico said. “I want to become an officer. I feel like if I can earn my EFMB then nothing is impossible. I devote my spare time to achieving my professional goals so I am always looking for ways to improve myself.”

Hungry for more training, DeMarsico is preparing to attend the advanced combat lifesaver course on Fort Bliss.

“You have to want it,” said DeMarsico when asked if he had any advice for Soldiers attending future EFMB testing. “Many of the people that I saw did not have the drive that is required to pass. You have to be physically and mentally prepared. The EFMB website has so much information to help you study so you have to develop a way that will help you memorize information the easiest.”

DeMarsico encourages all Soldiers to keep trying no matter how many times they have to retest.

“I was proud to represent the brigade, 10th Mountain, 2-4 Infantry and my recon platoon,” DeMarsico said. “I showed that it is not impossible for a junior enlisted to have a shot at an EFMB. It does not matter who you are; you can do it. At the end of the day it all comes down to how hard you are willing to fight for it.”



# “Goat Man” adds aspect of realism to rotational training

By T.C. BRADFORD

Guardian staff writer

FORT POLK, La. — There have been countless words written extolling the realism and rigorous training rotational units undergo at the Joint Readiness Training Center and Fort Polk.

The installation takes pride in its motto “Forging the Warrior Spirit” and does its best to make the training as difficult as it can be. Not because they are sadists who enjoy inflicting pain on the units training here in preparation for deployment, but because they care deeply about the safety of the nation’s war fighters.

The focus of the trainers, observer/controllers and opposing force is to prepare them to go downrange, complete the mission and return without loss of life. The saying goes “We want their worst day on the battlefield to be here at the JRTC.”

To accomplish that mission requires the combined efforts of those mentioned above but also relies on a host of people that rotational Soldiers never see during their time spent here.

If you have ever passed through North Fort Polk’s Artillery Road gate on the way to Sangari or one of the other villages set up in the box, you may have noticed a non-descript barn on the right-hand side of the road.

If you have walked between the box and the troop store on North Fort Polk, you may have been startled by a very large Anatolian Shepherd named Jack charging out to the fence making sure that you know the place is guarded and that it would be best for your health if you just kept moving down the road.

That place is the JRTC farm and is the responsibility of Dennis Ansetta, or as he is colloquially known throughout the training area and the community, the Goat Man.

Ansetta is attached to the JRTC Operations Group and is responsible for the care and feeding of all the animals that are used to add an additional layer of realism in the training area.

Currently, the farm is stocked with 45 goats, 10 geese, 25 chickens and seven donkeys. Responsibilities at the farm take the phrase “full-time job” to a whole new level.

“I’m here seven days a week, 365 days per year. I’m here Christmas, New Year’s Day ... every day,” he said. “No matter what else is going on, the animals still need to be fed and cared for.”

Ansetta retired from the Army in the 1990s and immediately became a full-time care giver for his mother who was suffering from cancer. Two months after her passing, he got a call from an old Army buddy telling him that JRTC was going to incorporate live animals in the training area and hire someone to oversee the operation.

Prior to that, the animals were represented by wooden cut-outs pounded into the ground.

Ansetta, who was born and raised on a farm, applied and, three months later, was hired for the job. In 1994 the farm was staffed by a



*Dennis Ansetta, known across the community as the “Goat Man,” feeds the herds and flocks he maintains on the JRTC farm. Ansetta is on the job 365 days per year and has only missed a few days during his 25-year tenure as farm manager.*

team of six. By 2000 the staff had been winnowed to just Ansetta and a veterinary technician. In 2004, the goat man found himself the farm’s sole employee and it has been so ever since.

Oct. 6, Ansetta celebrated his 25th year on the job and has only missed a few days work in that time.

“I thank the Lord that I’ve only had a few health problems, but I was able to work through them. It doesn’t matter if you have a cold or the flu, you still have to be here seven days a week.”

Ansetta says there are only two times he was forced to miss work. The first was when the government shut down and employees were furloughed.

“They told me I was not mission essential which didn’t make a lot of sense to me, but we had a great installation veterinarian at the time and she and her crew came up every morning and took care of the animals,” he said.

Ansetta admitted that, even during the shut-down, he used to drive in from his home in De Ridder every afternoon and check on his animals.

The second time he missed work, he literally couldn’t make it to the installation.

“It was the day after Hurricane Rita swept through the area and there were so many trees down that I couldn’t get here,” he said.

Ansetta said he has a wide variety of people outside the gate he works with to ensure that all the farm’s needs are taken care of.

He works with local feed stores, farmers and state agricultural agents for supplies and to keep close relationships with people that might be able to help him with the farm’s mission.

Wild animals are not a good fit for training scenarios. If an animal is aggressive or destructive, as wild goats tend to be, they become a detriment to the training going on in the villages.

If rotational Soldiers and role players have to worry about the goats being aggressive or damaging their vehicles, that takes the focus away from training.

He said one benefit of those relationships al-

lows him to stock his farm with friendly animals and sources for good hay.

“We just recently got done with the Beauregard Parish Fair. These kids raise their animals from bottle babies and after the fair, many are sold for meat,” he said. “A lot of these kids get attached to their animals and these relationships allow us to offer to take the animal to the farm instead of sending them to slaughter.”

The farm sits on 80 acres and the stock has free reign of that land during the day. Most of the time they are fine, but there are dangers.

There are holes to fall in, things out there that can cause cuts and injuries and, as is the nature of goats, fights that break out within the herd. In the training areas moving vehicles, concertina wire and other hazards are ever present and then there are the natural dangers like coyotes.

At one point the farm lost five goats in as many days because of coyote attacks. Ansetta decided that the farm needed a guard dog. He found Jack, the Anatolian Shepherd, for sale just across the border in Texas, purchased him and brought him onto the farm. That was in 2012 and Jack has been protector of the herds from that day forward.

Jack earned his keep when, at the young age of six months, he killed a coyote who had come onto the farm looking for a free meal.

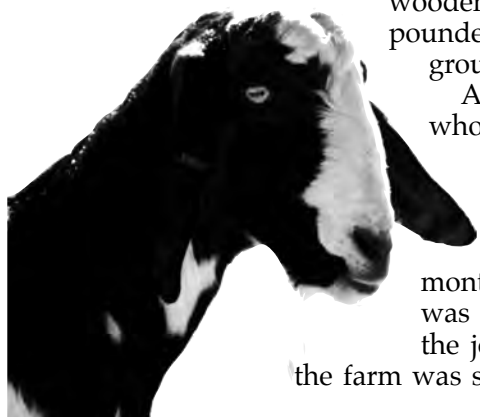
While Ansetta has been doing most of the work on his own there are some things he needs a little help with. On this day, Public Health Activity Soldiers came to the farm to give the goats their annual shots, deworm and microchip the herd.

The Soldiers were a mix of veterinary technicians and food inspectors and seemed to benefit from getting out of the office for the day and enjoying a new experience.

That hasn’t always been the case according to Ansetta.

“There was a time when we didn’t have role players here. The rotational units brought their own detachments to act as role players,” he said.

**Please see Farm, page 7**





T.C. BRADFORD / GUARDIAN

As Jack, the farm's guard dog, looks on, Soldiers with Fort Polk's Public Health Activity pull goats from a holding pen into the treatment area for annual checkups. Live animals are used in the villages during training and add a layer of realism.

"I remember one Soldier from Chicago got down here and was just sitting in the corner looking scared. I picked up a chicken and took it over to her and she freaked out. I explained that it was a tame animal and nothing to be afraid of."

The Soldier could not, or would not, believe that the animal he was trying to introduce her to was the same thing served at fast food restaurants she had visited back home. Ansetta said she never got comfortable with the animals.

On the other side of the spectrum, he tells of a Soldier that came back to the farm after two deployments to Iraq.

He said the Soldier was appreciative of his interactions with the animals during training.

"Several years ago, I had a staff sergeant come up to the gate. He shook my hand and thanked me. He told me he thought a lot of people didn't appreciate the animals but

being exposed to them helped him during his two tours," Ansetta said. "The Soldier said being exposed to them during training and having to run convoys around them taught him a lot."

The Soldier further explained that when he got downrange, there were goats everywhere.

He told Ansetta the lessons he learned by being exposed to the animals was put into practice during his time in country and made the situation easier to deal with.

Ansetta has been working the job for the past 25 years and has no plans on retiring in the near future.

"I'll work as long as my health holds out," he said. "I can't imagine what I would do if I didn't have this job. I can't see myself waking up, grabbing a cup of coffee and sitting on the porch all day. I've devoted the second half of my life to this job and plan to be here until I can't do it anymore"

## PHA Soldiers take on unusual mission for JRTC

By T.C. BRADFORD

Guardian staff writer

FORT POLK, La. — Oct. 6, a dozen veterinary technicians and food inspectors from Fort Polk's Public Health Activity arrived at the Joint Readiness Training Center farm to wrangle a herd of goats and make sure they were all given their annual shots, dewormed and outfitted with microchips.

Capt. Matthew Putnam is the branch chief of the unit and the officer in charge of the Soldiers.

He said he thought it was important to ensure the herd was healthy so the training would continue to be as realistic as possible. He also thought it was important for his Soldiers to see the fruits of their labor.

"This is an opportunity for them to get out of the clinic and away from the routine tasks. We expect our food inspectors and veterinary technicians to cross train so they can help each other out," he said. "It's also an opportunity for them to see how their efforts impact the Soldiers of the JRTC and the units rotating through. Learning how to work with and maneuver around these animals is an important skill."

Putnam said that trips like this can also be a morale booster.

"It's not an organization day, but it is something different they get to do. A mission like today's is important on several levels," he explained. "It improves morale and esprit de corps, reminds them of the importance of their mission as Soldiers and their contributions to the war effort and strengthens their technical skills."

Staff Sgt. Kelci Donahue was one of the Sol-

diers who made the trip to the farm to treat the goats. She said she was impressed by the way her Soldiers adapted to the situation that was not necessarily a part of their regular job.

"For having not just the veterinary techs but also the food inspectors there, I think it went very well. They were a big help to us," she said. "We were able to develop a routine and delivered the vaccines and treatments required. We got finished fairly quickly too."

Donahue said if you had asked her at the beginning of her career if she could ever have imagined herself treating a herd of goats on an Army farm as a part of her routine duties, she would have answered in the negative.

"I've done something similar to this on a much smaller scale at other installations, but I thought my time here would be spent helping dogs and a few cats here and there. Working with goats never crossed my mind."

Donahue said she feels good knowing what she does makes a positive effect on the war effort.

"It feels good to know that we are doing our part and the people training out there acknowledge and appreciate it," she said. "We're making sure these animals are healthy and ready to fulfill their role in the JRTC mission. Knowing we're doing our part makes us feel like we're making an impact for the Army."

Most of the Soldiers that showed up at the farm are on their first assignment for the Army and many have never had experience with animals other than dogs and cats.

Donahue says this experience is invaluable in making them better Soldiers.

"It widens their knowledge base and experience level," she said. "Now if they get another assignment where they have to deal with farm

animals, they will be able to give other Soldiers the benefit of the lessons they learned today. It's definitely a good learning experience for them."

Donahue was pleased with the outcome of the trip to the farm.

"Yeah, it was a little chaotic. There were a few rambunctious goats in the pen today and they threw us for a little bit of a loop, but overall I think it went really well today."



Pvt. Joniel Cabrera with Fort Polk's Public Health Activity assists in the examination of the JRTC farm's goat herd.



# Rotation 19-10 wraps up exercises with live fire event

GUARDIAN STAFF

FORT POLK, La. — Soldiers with the 3rd Brigade Combat Team, 25th Infantry Division, along with allies from Great Britain, Australia and the Kingdom of Thailand, completed Rotation 19-10 at the Joint Readiness Training Center with a live fire exercise at Peason Ridge Training Area Oct. 4. Photos on pages 8 and 9 show the Soldiers during their live fire training.

See Rotation, page 9





# Rotation

Continued from page 8



JRTC OPS GROUP







Heidi Sesera, Leisure Travel Services specialist, assists Linda Ghant, a Leisure Travel Services customer, Oct. 9 at the Warrior Center.

## Leisure Travel Services relocates office

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Fort Polk's Leisure Travel Services has moved to the Warrior Center.

"The focus of Leisure Travel is to take the stress out of planning a vacation or relaxing getaway," said Heidi Sesera, Leisure Travel Services specialist.

"We help Soldiers and Families book hotels, homes, flights, events, all inclusive trips, visits to parks, cruises and more," she said. "We take the pressure out of the equation of planning a trip and get them the best price we can."

Sesera said the move to the Warrior Center will help her reach more people.

"We used to be tucked into the back corner at the Library. We were a little bit hidden back there, but I'm hoping the move will encourage more foot traffic because the office is now more front and center. We are across from the new Warrior Store and just down the short hallway from Mulligan's (soon to be the Forge Bar & Grill)," she said.

Linda Ghant, a Leisure Travel Services customer interested in buying Disney tickets, said her experience working with Sesera was awesome.

"I loved my experience at Leisure Travel. She (Sesera) answered all of my questions and helped me with everything I needed to get my trip taken care of," she said.

Ghant said she really enjoyed the fact that

Leisure Travel Services was now in the Warrior Center.

"It's great. I can come here for lunch and when I'm done stop into the travel office to take care of any tickets or travel plans I need to purchase. It's really convenient for me," she said.

In addition to Ghant, Sesera said she recently had two families — one from Jasper, Texas and one from Sulphur — in her office to plan trips.

"After they got their tickets and travel plans secured, they stopped by Mulligan's to have lunch before making the long trip back home.

They loved the convenience of being able to do that," she said.

When folks come into eat lunch or browse at the Warrior Store, Sesera said they can look for the big Mickey Mouse hand pointing them down the hall and right to her office door.

"In fact, if folks are planning a trip to Disney for next year, the new 2020 prices have come in," she said.

Diane Clark, Warrior Hills Golf Course business manager,

said having Leisure Travel move to the Warrior Center is another piece of the puzzle falling into place.

"I think this will improve her (Sesera's) foot traffic and in turn bring in people to the Warrior Store and Mulligan's that might not otherwise visit the Warrior Center," she said. "All the pieces are now working together to make a better Warrior Center and Fort Polk."

## Briefs

### School lunch menu

The following school lunch menu is for Vernon Parish schools for Tuesday through Oct. 18. Meals are served with salad bar and choice of milk:

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

**Wednesday:** Barbecue beef on whole wheat bun, potato rounds, green Lima beans, fruit.

**Thursday:** Pinto beans and sausages, fluffy whole grain rice, mustard greens, orange wedges, whole wheat cornbread.

**Oct. 18:** Cheesy chicken or beef, chili and cheese nachos, corn on the cob, ranch style beans, apple wedges.

### Survivor luncheon

Bayne-Jones Army Community Hospital and the Vernon Parish Chamber of Commerce join forces to host the Sixth Annual Breast Cancer Awareness Luncheon honoring local area breast cancer survivors and individuals battling breast cancer. The event is Oct. 24 from 11 a.m.-1 p.m. at the Warrior Center on Corps Road at Fort Polk.

The guest speaker is Dr. Oluwaemisi Ojemakinde, a diagnostic radiologist and internal medicine physician at Byrd Regional Hospital in Leesville. If you are a breast cancer survivor, know someone who is a survivor or is currently battling breast cancer, call or contact BJACH's Health Promotion Program at 531-6880 to be recognized by local agencies and the community. Registration deadline is Thursday. On-line registration is required using the following website: [www.breastcancerawarenessluncheon.eventbrite](http://www.breastcancerawarenessluncheon.eventbrite). Cost is \$12 paid in cash the day of the event.

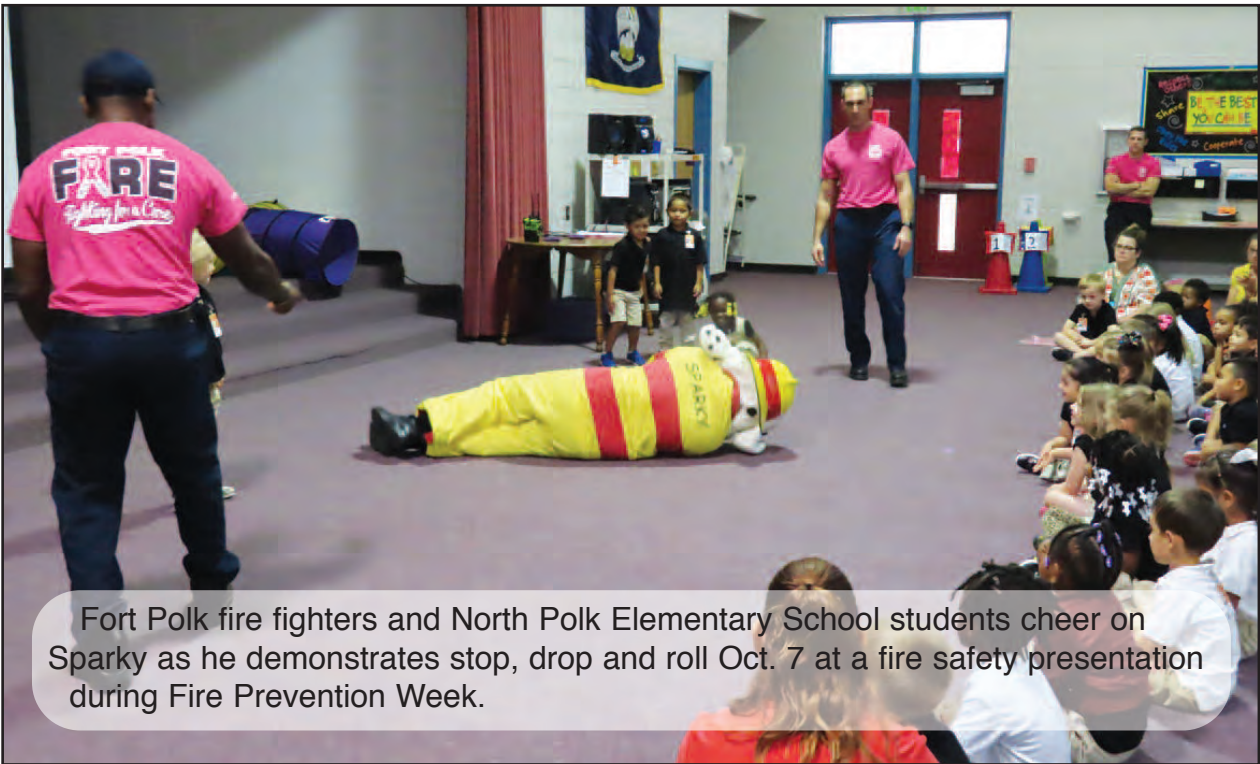
### MCY nominations

Operation Homefront is accepting nominations for the 2020 Military Child of the Year Awards and 2020 Military Child of the Year Award for Innovation. Nominations are open through Dec. 9, and awards will be presented at a recognition gala April 2 in the nation's capital.

The awards recognize seven young people ages 13 to 18 who are legal dependents of a service member or military retiree. Six Military Child of the Year recipients will represent a branch of the armed forces — Army, Marine Corps, Navy, Air Force, Coast Guard and National Guard. The seventh award is the Military Child of the Year Award for Innovation to a military child who has designed a creative solution to address a local, regional or global challenge. To nominate a child for the award go to [www.militarychildoftheyear.org](http://www.militarychildoftheyear.org) and click the nominations tab.



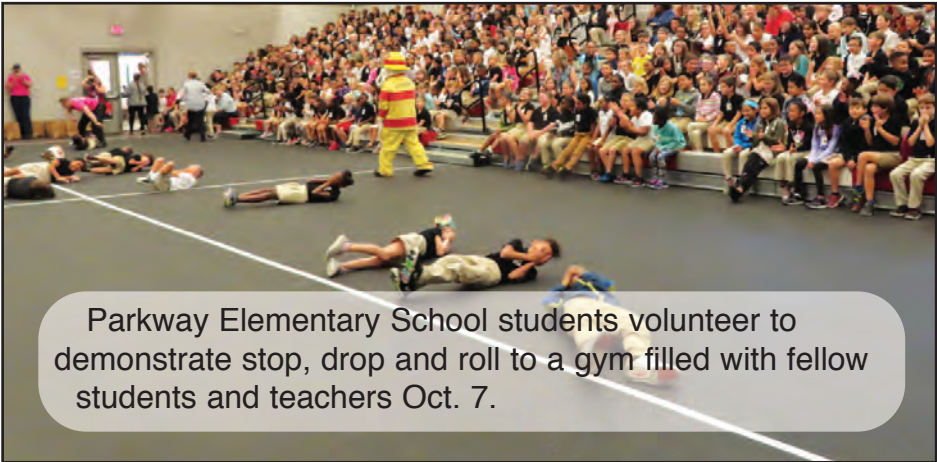
# Fort Polk fire fighters promote fire safety during Fire Prevention Week



Fort Polk fire fighters and North Polk Elementary School students cheer on Sparky as he demonstrates stop, drop and roll Oct. 7 at a fire safety presentation during Fire Prevention Week.



As Fort Polk fire fighters look on, Sparky gives NPE students low fives as they head back to class.



Parkway Elementary School students volunteer to demonstrate stop, drop and roll to a gym filled with fellow students and teachers Oct. 7.



Chad Estes, Fort Polk fire inspector, bumps fists with a Parkway Elementary School student at a Fire Prevention week presentation held Oct. 7.



## Search for Pluggie

Pluggie the Fire Hydrant is asking the Fort Polk Community to be on the look-out for his little Minions. They are on the loose all over Fort Polk. Pluggie and the Fort Polk Fire Department are asking for your help in aiding in their return. If you find a fire hydrant minion please return it to the new fire station on South Fort between the hours of 8 a.m. and 6 p.m., Monday through Oct. 18. A reward will be given for their return.



Parkway Elementary School students rush to hug Sparky on their way back to class after a Fire Prevention Week presentation.

Please see **Fire**, page 12



# Fire

Continued from page 11



Fort Polk kids look on in amazement as smoke rises and enters the demo bedroom on the fire department's fire safety trailer. James McArthur, Fort Polk fire inspector, is teaching the children how to safely escape their bedroom if there is a fire.



Carlos Jackson, Fort Polk fire inspector, helps William Custer, 6, escape from a bedroom fire in the Fire Safety Trailer Oct. 9.



Fort Polk fire inspectors stay busy showing off a fire truck, parked in front of the commissary, to children during Fire Prevention Week activities Oct. 9.



Chief Warrant Officer 3, LeQuetta Barron, left, helps her daughter Logan, 2, with the fire hose as Matthew Ward, Fort Polk fire inspector, explains how to use the hose.



Fort Polk Directorate of Emergency Services fire inspectors man a table filled with freebies to give out to adults and kids while talking to them about fire safety and bringing them into the fire safety trailer for demonstrations Oct. 9 at the commissary.



# Warrior Center welcomes changes improving convenience, viability

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — Convenience is key in today's hectic world — housing several facilities in one location can not only save people time, but also make things less stressful and more profitable.

Shelby Waryas, Directorate of Family Morale, Welfare and Recreation marketing chief, said in the current challenging fiscal environment, it's essential to find new and inventive ways to bring in profits to Fort Polk's Warrior Hills Golf Course. To achieve that goal a variety of facilities have been relocated and are in the process of being refurbished under the umbrella of the Warrior Center.

Some of the changes include relocating the Leisure Center from the Education Center to the Warrior Center, changing the golf pro shop into the Warrior Store and rebranding Mulligan's into the Forge Bar and Grill.

"Centrally locating these facilities into the hub of the Warrior Center allows the Fort Polk community better access to new and unique merchandise at the Warrior Store, great deals and different trips from the Leisure Center and fun events and opportunities for unit events, Family time and more at what will be the new Forge Bar and Grill," she said.

Waryas said the Warrior Store would still maintain a corner dedicated to Fort Polk golfers but also offer a variety of other merchandise to bring in a wide range of shoppers.

"We have to be creative and provide a little bit of everything including boutique style T-shirts, Louisiana merchandise, Anvil hats and shirts and Fort Polk T-shirts, sweatshirts and hats. The goal is to offer a little something for everyone," she said.

Col. Ryan K. Roseberry, Fort Polk garrison commander, said the Warrior Center is becoming the epicenter of activity for Family events across Fort Polk.

"We already host 'Right Arm Night' and 'Movies Under the Stars' here. Soon we will be hosting outdoor laser tag and a variety of Family fun events on the golf course," he said. "In addition, we are opening the Warrior Store, which showcases several Joint Readiness Training Center and Fort Polk branded gift items, and planning a renovation and renaming of Mulligan's to provide a better family-friendly dining and social hangout experience," he said.

Roseberry said based on upgrades and posi-



*These are just a few of the many items that will be available at the Warrior Store within the Warrior Center. The store opens today and is tentatively set to have a grand opening and ribbon cutting Nov. 2.*

tive changes, it makes sense to relocate Leisure Travel from the back of the Library to a high traffic DFMWR facility on Fort Polk.

"We are excited about these changes," he said.

Diane Clark, Warrior Hills Golf Course business manager, said changes like relocating the Leisure Center, upgrading the Warrior Center and rebranding Mulligan's helps support the golf course in a positive way.

"I'm excited about the expansion. What it all boils down to is being creative with the end goal of being fiscally successful," she said.

Clark also said she was pleased with Fort Polk leadership and their support.

"They have come up with some great ideas and helped us think outside the box," she said. "We are doing this to make sure our golf course stays viable."

Waryas said the golf course is the center of Fort Polk.

"But it's not just about golf. The golf course is also a meeting place, walking and jogging trail and thanks to the Warrior Center, it's now a focal point for shopping, planning a vacation or quick get-away or just relaxing. It's a huge part of our community," she said.



*M.K. Akins, Directorate of Family Morale, Welfare and Recreation commercial sponsorship, advertising and sales manager, works hard to help get the Warrior Store ready to open its doors Oct. 9.*

## 2019 Women's Fall Conference

Thursday, Oct. 17<sup>th</sup> at the Lake Charles Civic Center

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# Two events scheduled for Domestic Violence Awareness Month

## GUARDIAN STAFF

FORT POLK, La. — In observance of Domestic Violence Awareness Month Fort Polk Army Community Service victim advocacy program will host the following events in October.

- Wear Purple Day is Oct. 18. "Individuals, teams, groups, unit organizations, clubs, and civilian and military staff employees are encouraged to show your support for survivors of domestic violence by wearing the color purple," Gladys Mosby, Installation Domestic Violence victim advocate coordinator said.

"Everyone is also encouraged to send individual and group photos to [Gladys.m.mosby2.civ@mail.mil](mailto:Gladys.m.mosby2.civ@mail.mil)

for the Fort Polk Family Advocacy Facebook Page."

- DVAM Run/Walk Oct. 24 at the Warrior Hills Golf Course walking trail near the Warrior Center. Registration begins at 8 a.m. and the Run/Walk starts at 8:30 a.m.

"Participants are encouraged, to wear purple in recognition of domestic violence victims, survivors, and support staff and volunteers working in the field of domestic violence," Mosby said. "The event is open to the public. Teams, groups, unit organizations, clubs, civilian and military staff employees are encouraged to walk together.

"If you don't have a group, walk individually or join another group. It is a Family-friendly event open to all ages. Children and strollers are

welcome. Agencies will be present to display information about their programs and distribute promotional give-away items. For additional information contact Mosby at 531-6333/1938.

Statistics from the National Coalition Against Domestic Violence state:

- In the United States, an average of 20 people experience intimate partner physical violence every minute. This equates to more than 10 million abuse victims annually.

- One in seven women and one in 25 men have been injured by an intimate partner;

- One in 10 women have been raped by an intimate partner. Data is unavailable on male victims;

- One in seven women and one in 18 men have been stalked. Stalking causes the target to fear they or someone close to them will be harmed or killed;

- On a typical day, domestic violence hotlines nationwide receive more than 20,000 calls;

- Intimate partner violence accounts for 15% of all violent crime;

- Intimate partner violence is most common against women between the ages of 18-24;



- 19% of intimate partner violence involves a weapon;

- 81% of female homicides in Louisiana are committed by a partner or ex-partner;

- There has been at least one domestic homicide in every parish in Louisiana;

- More than 5,000 adult women per year living in Louisiana will experience domestic violence.

- On a typical day, domestic violence hotlines receive about 21,000 calls, an average of close to 15 calls every minute;

- The presence of a gun in the home during a domestic violence incident increases the risk of homicide by at least 500%.



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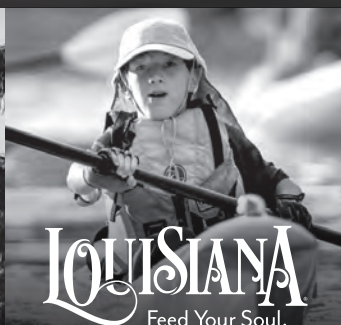
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## Grab tool belt, hammer into home improvement project

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — How do you work up the nerve to do something you don't know how to do? It's a question every "do it yourself" — from bumbling beginner to gifted guru — has had to confront when they tackle a project at home.

There is no easy answer. I think it's just a matter of jumping in the deep end. That doesn't mean you start a project without doing your research first.

No, no, no. You must flex your finger muscles and start typing because the internet, YouTube and reality television shows found on stations like the Do It Yourself network and Home and Garden Television — and they make it look so easy — are your best bets to figuring out how to do what you desperately don't want to pay the professionals for.

Those reality shows are part of the reason I've gotten myself into DIY trouble. Quite a few of those shows have these petite female construction powerhouses slinging sledgehammers and I think to myself, "if they can do it, why can't I?"

Wrong answer. I got excited and forgot they actually know what they are doing and have a team of professionals backing them up to finish on time, or at least by the end of the show. That's a key factor in the refurbish the bathroom on your own equation.

Now I'm in the middle of

pulling down walls, destroying and removing old floor tiles, reinsulating and more in my bathrooms — yes, both the full and half baths are in the flux of being upgraded.

The problem is, once you start you can't seem to stop trying to upgrade, refine, fix and improve every little detail in those rooms, and though the bathrooms aren't yet finished, it seems that level of disorganization just wasn't enough for me.

I'm now also in the midst of painting several rooms with furniture moved into hodgepoded heaps. Go ahead, you can laugh. I must be unhinged, at least when it comes to renovating.

Don't get me wrong. I like the challenge of

learning how to do new things as much as the next person and I'm not afraid of hard work, but the odds of getting a construction project perfect on your first try can be dicey.

Unless you are Ty Pennington or Mike Holmes — popular celebrity carpenters that have been featured on do it yourself television shows — getting it right without a few errors seems unlikely, especially if you are even the least bit mathematically challenged.

That would be me. Instead, I excelled in reading and writing. There isn't much call to write a synopsis of failure — oh wait, that's what I'm sort of doing. Anyway, math skills are a must. Still, I've managed to limp along making slow and torturous progress

along the way, especially with a little help from my friends every once in a while.

But the other challenge is that renovation, even without contractors is expensive. I have to buy things when my budget allows, which slows progress to a snails pace, but I'm OK with that. I kind of knew that would be the case going in.

However, even I know my limits. There are some brave folks who will tackle electrical and plumbing problems by themselves.

That's where I draw the line. I save up to get

those problems taken care of by the professionals because I want it done right the first time.

Congratulations to those of you who are able to handle the difficulties of electrical shorts and clogged pipes on your own.

Regardless of the mess, time, hard work, bloody fingers, bruises, splinters, paint splatter in my hair and dozens of other wounds and mishaps, it has been worth it to learn how to do some home repair myself. I get a sense of accomplishment and a boost of confidence and pride when I look at something I've done that has — in spite of myself — turned out beautiful.

If you've never picked up a screwdriver, hammer or electric drill, I encourage you to give DIY a try. You might be surprised by how much you like it and the bonus is a mission accomplished on your home improvement to do list.

### Commentary

WAWF Registrant

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# Lagniappe

## BOSS

Take note of Better Opportunities for Single Soldiers upcoming events and volunteer possibilities.

### • NBA tournament

Join BOSS for a National Basketball Association 2K20 video game tournament at the Home of Heroes Recreation Center, 2165 Ninth St. today.

Prizes are awarded for first-, second- and third place. Pizza is provided for dinner. The entry fee is \$5 per person.

### • Halloween trip

BOSS takes a trip to Leesville Tree Farm Massacre Oct. 25 at 7:30 p.m. Sign up for a scary good time. The cost is \$5 per person. Space is limited, so register soon at 531-1948.

### • Lemon lot

Trying to sell your vehicle? Bring it to the BOSS Lemon Lot. Registration is \$5 for 30 days. Cars that are not registered will be towed. Register at the Home of Heroes Recreation Center.

For more information call 531-1948.

## Festivals

### • Tamale fiesta

Get ready to devour you weight in delicious tamales at the Zwolle Tamale Fiesta today and Saturday. Admission to the fiesta is \$5 per person. For more information visit [www.zwolletamalefiesta.com](http://www.zwolletamalefiesta.com).

### • Rougarou Fest

If Halloween is your favorite holiday you won't want to miss the Rougarou Fest, held in downtown Houma Oct. 26-27. Enjoy live entertainment, spooky parade, costume contest, pumpkin lighting and more. For more information visit [www.rougaroufest.org](http://www.rougaroufest.org).

### • International Rice Festival

Rice plays a major role in the make up of many of the Louisiana's most famous culinary dishes. It's a key ingredient in everything from gumbo and jambalaya to red beans and etouffee.

If you would like to find out more about this

grain and the industry surrounding it, as well as taste the results of all that hard work in Cajun kitchens and have fun while doing it, head to downtown Crowley for the International Rice Festival held Oct. 18-20. Crowley is located about two hours south of Fort Polk along Interstate 10

### • Festivals Acadiens et Créoles

Music, food, crafts, fun run and more can be found at the Festivals Acadiens et Créoles in Lafayette's Girard Park today through Sunday. Lafayette is about two hours southeast of Fort Polk. For more information visit [www.festival-sacadiens.com](http://www.festival-sacadiens.com).

### • Bridge City Gumbo Festival

Jefferson Parish's oldest festival began as a small church fair in 1973 and the festival has continued to grow ever since.

Bridge City is about 25 minutes west of New Orleans on the west bank of the Mississippi river.

Volunteers prepare more than 2,000 gallons of both seafood and chicken/sausage gumbo for attendees during the festival today through Sunday. For more information visit [www.bridgecitygumbofestival.org](http://www.bridgecitygumbofestival.org)

## Miscellaneous

### • Veteran's run

The Kiwanis of Vernon Parish host a Veteran's Day 5K run/walk Nov. 9 at 8 a.m. Preregister by Oct. 25 to guarantee you get a T-shirt. The preregistration fee is \$25 per person. Race day registration is \$35 per person.

The event is held in downtown Leesville at the Veteran's Memorial on Third St. For more information call Devin Averitt at (337) 208-6405 or Wes Bailey at (337) 424-5495.

### • Pastoral celebration

The AGAPE Church of God in Christ, 606 South Fourth St., Leesville, hosts its 31st pastoral celebration. The celebration takes place today at 7 p.m. and Sunday at 4 p.m. For more information call Elder Julius Johnson at (337) 208-7034.

### • Gothic Jail

Experience the haunting and historic Gothic Jail After Dark, 205 West First St., DeRidder, this Halloween season. Paranormal activity runs rampant in the jail and the walls hold secrets of a brutal murder, suicide and a double hanging.

It's not for the faint of heart. Dates for the event are today, Saturday, Oct. 18-19 and 25-26 from 7:30-11:30 p.m. Halloween (Oct. 31) the jail is open from 6-10 p.m. For more information call (337) 375-4000.

### • Free concert

The United States Army Field Band Jazz Ambassadors hosts a free concert at the Lake Charles Civic Center's Rosa Hart Theater, 900 Lakeshore Drive, Nov. 2 at 7 p.m. For more information about obtaining free tickets visit <https://www.cityoflakecharles.com/egov/apps/document/center.egov?view=item;id=5620>.

### • Winter pops

The Lake Charles Symphony takes the stage at the Rosa Hart Theatre, inside the Lake Charles Civic Center, 900 Lakeshore Drive, Lake Charles, under the direction of guest conductor Carl Topilow for Winter Pops: A Space Spectacular Nov. 10 at 3 p.m.

This intergalactic experience is the inaugural Winter Pops concert. The performance features music from a number of popular space-themed films, as well as classical composers' best imaginings of the cosmos.

The varied program showcases musical representations of space from the past century, as well as older music that was re-envisioned as humanity turned its sights toward the stars.

The music is choreographed to photos and features out-of-this-world footage from NASA, which will be displayed on a large screen behind the orchestra as the music plays.

Doors open at 1:30 p.m., a discussion with Topilow begins at 2 p.m., and the concert begins at 3 p.m. Tickets start at \$40. For more information contact the symphony office at (337) 433-1611 or visit [www.lcsymphony.com](http://www.lcsymphony.com).

### • The Lighthouse Run

There is a 1 mile, 5k, or 10k run/walk that is entirely on sand at Holly Beach Oct. 19.

Registration on race day at the beach will be from 2-3:30 p.m. Cash or check will be accepted on race day. The race will be from 4 to 7 p.m. For more information visit

[www.facebook.com/lighthouseuserun](http://www.facebook.com/lighthouseuserun).

## Clubs/groups

### • Bass Masters

Join the Fort Polk Community Bass Masters. The club meets monthly on the Tuesday before each tournament.

Meetings are held at 6 p.m. at the New Llano American Legion, Post 387, 500 Vernon St.

The October tournament takes place at Toledo Bend, Saturday. 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.



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\*Individual Plan. Coverage not available in all states. Acceptance guaranteed for one insurance policy/ certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY, call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN) 6197

AW19-1034

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**TWO (2) FREE KITTENS** to a good home, both females 6 – 9 months old, Orange striped, both so sweet & playful. They need homes ASAP, please call 337-375-6600 – Deridder.

## FOR SALE

**FOR SALE: GENERATOR** 5600 KW \$250. Call 337-818-8004.

**MONGOOSE BOYS 20 INCH BLACK BIKE** with front and back trick pegs. Great condition. \$30. Call 337-537-3507.

**BROTHER ELECTRIC TYPEWRITER.** \$20. Call 337-537-3507.

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

**FORD F-150 TIRES AND RIMS.** 305-40R-22. Six lugs. \$600 OBO. Call 337-208-6983.

## REAL ESTATE

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tion. 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.

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**PREGNANT? CONSIDERING ADOPTION?** CALL us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-855-780-8359 (LA-SCAN)

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**SEACOR SURPLUS FLEET MAINTENANCE** Online Only Auction (4) Warehouses Bidding Opens: Monday, October 21st Bidding Closes: Thursday, October 24th [www.HendersonAuctions.com](http://www.HendersonAuctions.com) for all the details. 225-686-2252 J.Henderson 1160 (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)

# 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)

## Seeking Opportunity

### 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](mailto:scolwell@natchitochestimes.com)

The Natchitoches Times is an equal opportunity employer.

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

call  
**Theresa Larue**

**337-404-7242**

or email her at [sales@thefortpolkguardian.com](mailto: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](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: \_\_\_\_\_



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**GET NFL SUNDAY TICKET FREE** w/ DIRECTV Choice All-Included Package. \$59.99/month for 12 months. 185 Channels PLUS Thousands of Shows/Movies On Demand. FREE Genie HD DVR Upgrade. Call 1-866-734-0452 or satellitedeal-now.com/LPA (LA-SCAN)

**HUGHESNET SATELLITE INTERNET** - 25mbps starting at \$49.99/month! Get More Data

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TRACTS. Call 1-844-669-6795 (LA-SCAN)

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

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

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**OXYGEN - ANYTIME. ANYWHERE.** No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 855-874-9438 (LA-SCAN)

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proved. CALL Today for Your FREE Quote. 1-855-631-6419 (LA-SCAN)

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**ELIMINATE GUTTER CLEANING FOREVER** with LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. Call 1-866-846-0785 (LA-SCAN)

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# THANK A



## November 8, 2019

## TODAY!

### In honor of **OUR** Veterans!

Your 1.5"x4" ad of your loved one, will be placed in the Veterans tab, that will run November 8, 2019 in the Fort Polk Guardian. Send a picture and small write up with a \$15.00 check or money order. You can also email the information to Theresa Larue at [sales@thefortpolkguardian.com](mailto:sales@thefortpolkguardian.com). Please include a contact number to be reached for credit card information.

Name: \_\_\_\_\_

Write up: \_\_\_\_\_

\_\_\_\_\_

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Bring your form information to the  
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## THANK YOU



FOR YOUR SERVICE,  
SACRIFICE AND PATRIOTISM



## KELLY & MARK

FROM YOUR  
CHILDREN  
AND FAMILY!