



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

Oct. 25, 2019

Best in FORSCOM: JRTC retention team exceeds FY19 goals

By T.C. BRADFORD
Guardian staff writer

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk retention team has been recognized as the top retention team in the U.S. Army's Forces Command in the large direct reporting units category.

Brig. Gen. Patrick D. Frank, commander, JRTC and Fort Polk, said the results are an indication of the outstanding work done by the retention team.

"Reenlisting quality Soldiers at the JRTC and Fort Polk not only increases the ability of our team to provide excellent training to brigade combat teams and other units before they deploy down range, it also improves the esprit de corps of units on Fort Polk as they are able to retain top-notch Soldiers and helps the Army meet its end-strength goals," Frank said.

"The JRTC and Fort Polk is known as the premiere training center in the Army and by retaining our best Soldiers, it ensures we will continue to be the leader in preparing our Armed Forces for combat operations."

Sgt. Maj. James Chrisco, command retention sergeant major for the JRTC and Fort Polk, said the job could not have been accomplished without the support of the installation command team.

"The main difference I'm seeing is command involvement. We did a 180-degree turnaround and started seeing results. We informed the different subordinate commands of where their numbers were and where they needed to be," he said. "Getting positive feedback from the commanders and their engagement with the reten-



Capt. Matthew Hovsepian (center left) and Staff Sgt. Garret Sorem, Joint Readiness Training Center Operations Group, shake hands after a ceremony extending Sorem's enlistment in the Army. Sorem chose to transfer to a Security Force Assistance Brigade and collect a \$46,000 bonus.

tion team was a huge factor in our success. I'm talking from company command level all the way to the commanding general."

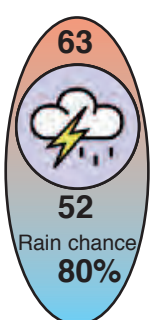
The Army announced in September that it had achieved its goals for the year and signed more than 68,000 new Soldiers willing to serve the nation. FORSCOM groups retention teams into categories so that an installation like the JRTC and Fort Polk isn't competing with smaller installa-

tions or larger teams belonging to XVIII Airborne Corps.

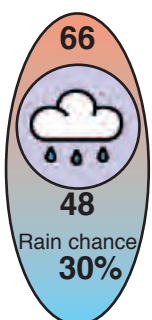
Chrisco said his team points out the quality of life benefits for Families and that the decision to leave the Army doesn't only affect the Soldier, but their Families as well. He said sometimes you must lay out the big picture and let Soldiers

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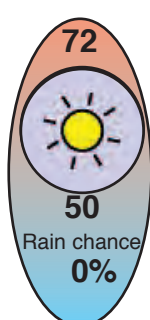
Weekend weather



Today



Saturday



Sunday

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Viewpoint

Justice beat: Punishment meted out for UCMJ violations

STAFF JUDEGE ADVOCATE

FORT POLK, La. — The preamble to the Manual for Courts Martial states, "The purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote the efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States."

At the Joint Readiness Training Center and Fort Polk, the commanding general takes good order and discipline seriously. Across the installation, the following disciplinary issues continue to be prevalent: Domestic violence, driving under the influence, wrongful use or possession of controlled substances, fraternization and inappropriate relationships.

Below are recent examples of adverse legal actions on Fort Polk that

have come across the commanding general's desk.

- A major, assigned to JRTC Operations Group, was recommended for administrative separation for falsifying her APFT score card and altering a signature on her scorecard. A board of officers recommended she be eliminated from the Army with an Other Than Honorable Characterization of Service.

- A captain, assigned to 1st Medical Brigade, was issued a General Officer Article 15 for mistreating and retaliating against civilian and military subordinates, thereby creating a toxic command climate.

- A sergeant 1st class, assigned to 3d Brigade Combat Team, 10th Mountain Division, was issued a General Officer Memorandum of Reprimand for driving his vehicle under the influence of alcohol in vio-

lation of Article 92, Uniform Code of Military Justice.

- A specialist, assigned to 1st Medical Brigade, was punished under Article 15 for fraternizing and having an inappropriate relationship with four of his subordinates. The service member is pending an administrative separation.

- A specialist, assigned to 46th Engineer Battalion, was issued a General Officer Memorandum of Reprimand for engaging in an inappropriate relationship, while married, in violation of Article 134, Uniform Code of Military Justice.

- A private first class, assigned to 46th Engineer Battalion, was issued a General Officer Memorandum of Reprimand for engaging in an inappropriate relationship with a married Soldier in violation of Article 134, Uniform Code of Military Justice.



In our view

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



Bobby Campos: "I really like Stanley Kubrick's 'The Shining.' I loved the shots and framing he used to create suspense. It was freaky."



Pvt. Leonard Alvarez: "The 'Friday the 13th' movies. I feel like they put you in the Halloween spirit with all the scary scenes."

Pfc. Natali Gonzalez: "I love 'Coco.' It is so rich in Mexican culture and tradition and the movie is so colorful."



Pfc. Chase Stemple: "I like 'Nightmare on Elm Street' because you can't stop Freddie Krueger."

Spc. Ana Mazariegos: "I love 'Nightmare Before Christmas.' Halloween movies can be really dark, but this shows a lighter side. It's also artistic and unique."



Pvt. Alex Koch: "It has to be 'Halloween.' I feel like it's a classic. There's more suspense and scary scenes than what you find in some of the movies that come out today."



Guardian

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Briefs

PT hours

Army physical readiness training has been expanded from 6:30-8 a.m., Monday through Friday. This necessitates the closure of the one ways along Alabama and Georgia avenues from 6:30-8 a.m. Monday through Friday. Signs are being updated with the new times and road blocks/barri- cades will be in place. Please exercise cau- tion when encountering Soldiers conduct- ing PT.

Road repair

Phase 3 of the Louisiana Avenue road re- pair project requires the closure of Bell Richard and Holmlund avenues and Mag- nolia Drive at the intersections with Louisiana Avenue from 7:30 a.m.-3 p.m. be- ginning Monday through Nov. 15.

Repairs include the milling and asphalt paving from ACP 1 (Entrance Road) to La. Hwy 467. This phase will require changes to the traffic pattern of Corvias housing residents due to these intersections being closed to traffic.

Residents will be required to utilize de- tours along these routes to access and de- part the housing areas from La. Hwy 467. Additionally, ACP 4 (Louisiana Avenue and La. Hwy 10) will remain open Monday through Friday from 4-6 p.m. for outbound traffic.

Through traffic on Louisiana Avenue from La. Hwy 467 to ACP 1 will be open for in and outbound traffic, but motorists are encouraged to utilize alternate routes due to traffic congestion.

Note: ACP 2 (University Parkway and La. Hwy 467 North) and ACP 5 (La. Hwy 467 and La. Hwy 10) will resume normal operating hours during this phase.

Drainage repair

A contract was awarded to repair the failed drainage structure at Turtle Pond on Warrior Hills Golf Course. The project re- quires the replacement of the riser and drainage pipe across the fairway of hole 18. The fitness trail will require a closure and detour from Tuesday through Nov. 12. During PT hours (6:30-8 a.m.) a detour will be utilized that follows the cart path adja- cent to hole 18's fairway.

Pedestrians should exercise caution dur- ing this time as lighting is limited along this route.

Pedestrians are asked to either avoid the work area or utilize the signalized in- tersections at La. Hwy 467 and Corps Road and La. Hwy 467 and Louisiana Avenue to detour the construction zone between the hours of 8 a.m. and 6:30 a.m.



Commissaries and post exchanges will open their doors Jan. 1 to an expanded group of veterans who previously were not authorized to use their facilities.

Commissary, PX to expand patronage

GUARDIAN STAFF

FORT POLK, La. — The Department of De- fense is preparing for the largest patronage ex- pansion for commissary, exchange and certain morale, welfare and recreation retail facilities in more than 65 years.

Starting Jan. 1 the Department of Defense and Department of Homeland Security are expand- ing in-store commissary and military exchange shopping privileges as well as Directorate of Family Morale, Welfare and Recreation retail facility use to veterans who are Purple Heart recipients, former pris- oners of war or with service-con- nected disabilities and caregivers or family caregivers who are en- rolled as the primary caregiver for veterans in the Department of Veteran Affairs Program of Compressive Assistance for Family Caregivers.

Justin Hall, director of the DoD office of MWR and Resale Policy said there are currently about 6 million households eligible for the shopping benefit. As of Jan. 1 that number will increase by about 3 million.

"That's a huge lift across the entire system," Hall said.

Hall said newly eligible patrons should go to the visitors center at the installation where they plan to do most of their shopping to register their credentials.

"Thereafter, they will be able to access the in- stallation in the same way as common access

card and DoD ID card holders," he said.

The new customers will pay a fee for using a credit card at commissaries, except for those us- ing the Military Star card. The initial fee for com- mercial credit cards will be 1.9%; for debit cards, 0.5%. Credit card companies charge transaction fees to retailers when customers use their credit cards. There will be a flag built into the system at commissaries so that when the card is swiped the fee will be charged. The fee applies only to new patrons using credit cards in commis- saries, not to those who were previous- ly authorized to shop.

New customers can avoid the fees by paying by cash, check or using the Military Star card, which they will be eligible to ap- ply for beginning Jan. 1.

Details regarding identifica- tion requirements for both vet- erans and caregivers are being finalized by Military, Commu- nity and Family Policy office (MC&FP). At this time it's expected vet-

erans will use a Veterans Health Identifica- tion Card (VHIC) and caregivers a letter. Any such credit and/or debit card fees only apply to the groups as stated above. For information on acquiring a VHIC visit www.va.gov/healthbene- fits/enroll or visit a VA medical facility. The VA will issue eligible caregivers a letter indicating they are the primary caregiver or family caregiv- er.

For more on how this will affect Fort Polk, read upcoming issues of the Guardian.



AFC deputy: Combined capabilities make military might more lethal

By JOSEPH LACDAN

Army News Service

WASHINGTON — Soldiers could be working more closely with the Air Force in the near future.

As the U.S. military looks to maintain its strategic advantage over near-peer adversaries Russia and China, convergence among the Army and Air Force has quickly become a tenet of the multi-domain concept, a senior Army leader said Oct. 15.

“What I think we’re finding ... in terms of our experiences in war games with our Air Force counterparts, is there’s an increasing mutual dependence on the capabilities in order to establish, regain or maintain air superiority,” said Lt. Gen. Eric Wesley, Army Futures Command deputy commander, during an Association of the U.S. Army Annual Meeting and Exposition panel.

Russia and China present notably different strategic challenges, Wesley said, and both have engaged in what leaders have called multiple layers of standoff in a contested multi-domain battle space.

In order to combat those potential deadlocks, Wesley cited as an example, the Air Force’s F-35 Lightning II combined with the Army’s long-range precision fires and lower earth orbit satellites could create a capability that peer adversaries cannot match.

“That allows you to control the air through mutual supported effort with convergence,” Wesley said. “That multi-domain activity [could create] convergence of fires at a time and place of our choosing,” said Air Force Maj. Gen. Michael Fantini, director of the Air Force’s warfighting integration capability.

“We want to do that at a scale and speed that we’ve not seen in the past.”

In recent months, Army leaders have discussed the possibility of greater joint efforts in combat operations to effectively compete with near-peer adversaries. Wesley has met with Fantini during the past year to discuss how convergence between the two services can strengthen the joint force.

Fantini said that competing in multi-domain operations challenges U.S. forces to think multilaterally.

“When you look at space, air (and) cyber capabil-



SGT. KYLE ALVAREZ / ARMY NEWS SERVICE

ities, and the ability to see that from a large perspective ... and the same with foundational nuclear deterrence, you can’t wish that away,” Fantini said. “Those foundational capabilities that are afforded to the joint force are not inconsequential in our society. ... I think we need to have a more thoughtful engagement strategy and execution strategy on exactly how we execute in the grey zone.”

Fantini said a combined air operations center provides the blueprint for successfully combining joint capabilities. He added that the joint chiefs have agreed that the services must place greater focus on command and control. Wesley said that the U.S. military will need to lean closely on command and control capabilities due to the complexity of combat missions with near peers.

“The battlefield that we envision is so hyperactive, I would argue there’s still going to be things that are unknown and unknowable,” Wesley said. “A battlefield that is as hyperactive as

we describe will require us to leverage mission command on a scale that our generation has never seen.”

In order to achieve victory, Wesley said the U.S. must maintain its competitive edge, or the status quo, and the Army must continually adapt to the changing battlefield.

Wesley identified three objectives for victory in the competitive battlespace:

- The Army must counter conventional warfare and cyberattacks. The Army has placed a greater emphasis on shoring up its cybercapabilities, assigning special defense cyber teams including those of the National Guard.
- The second is operational preparation of the environment.
- For the third, Wesley said the Army must demonstrate deterrence.

“If you want to win a rapid conflict ... you have to be actively engaged in identifying the overall battle of your opponent every single day,” Wesley said.

Experts say ACFT is one part of holistic health, fitness

By T.HOMAS BRADING

Army News Service

FORT MEADE, Md. — While the Army Combat Fitness Test will be the largest overhaul in assessing a Soldier’s physical fitness in nearly 40 years, it is just one part of the Army’s new health push, says the service’s top holistic health officer.

Holistic health and fitness

Holistic Health and Fitness is a multifaceted strategy to not only ace the ACFT, but improve Soldier individual wellness,

Properly trained

To overmatch the enemy in multi-domain op-

erations, Soldiers must demonstrate the superior physical fitness required for combat by training properly in all aspects of holistic fitness, including the ACFT.

Be well rested

Neglecting sleep can take a negative toll on the body. Adequate sleep can improve productivity, emotional balance, brain and heart health, the immune system and vitality, according to the National Institutes of Health. For maximum optimization, officials encourage Soldiers to get at least eight hours of sleep.

Eat right

“How we get up and feel in the morning, how

we recover from exercise, how we utilize energy throughout the day, is all optimized through understanding, and implementing, proper nutrition,” said Maj. Brenda Bustillos, a dietician at the U.S. Army Training and Doctrine Command.

Soldiers “should always train to fight,” Bustillos said. Nourishment immediately before an ACFT is also important. “Soldiers should never start the day on an empty tank,” she said.

Clear your mind

When you toe the line on test day, it’s natural to feel anxiety. Before the stopwatch starts, Soldiers should clear their minds, take a deep breath and try thinking positively.

JRTC, Fort Polk units receive Joint Light Tactical Vehicles

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — The 3rd Brigade Combat Team, 10th Mountain Division began adding the Army's new Joint Light Tactical Vehicle to their motor pool inventory Oct. 22 when unit Soldiers conducted inventories with representatives of Oshkosh Defense, LLC, on the first 14 of 192 of the new JLTVs.

Oshkosh was awarded the contract for manufacturing the JLTV which will replace many of the Army and Marine Corps High Mobility Multipurpose Wheeled Vehicles, more commonly referred to as HMMWVs.

"The JLTV program exemplifies the benefit of strong ties between the warfighter and acquisition communities," said Bruce Jette, assistant secretary of the Army for Acquisition, Logistics, and Technology. "With continuous feedback from the user, our program office is able to reach the right balance of technological advancements that will provide vastly improved capability, survivability, networking power and maneuverability."

The JLTV family of vehicles restores payload and performance that were traded from light tactical vehicles to add protection for recent conflicts in Afghanistan and Iraq. JLTVs will give Soldiers, Marines and their commanders more options in a protected mobility solution that is also the first vehicle purpose-built for modern battlefield networks.

The JLTVs at Fort Polk are in two variants: General purpose and utility vehicle.

Jason Lairson, JLTV training specialist for Oshkosh, said the JLTVs would be issued to Fort Polk units 14 at a time with all 192 expected to be in local units' hands by Thanksgiving.

"It's a time consuming process as we have to inventory each piece of equipment associated with each vehicle," Lairson said. "We also have to provide driver training, and training for those mechanics who will work on the vehicles."

Lairson said the JLTV offers Soldiers more head and leg room, back support, armor upgrade and air conditioning.

Sgt. 1st Class Jimmy Dixon, 710th Brigade Support Battalion, 3rd BCT, 10th Mtn Div, served as a liaison between the 3rd BCT and Oshkosh.



CHUCK CANNON / GUARDIAN

"The comfort in going from a HMMWV to the JLTV is tremendous," Dixon said. "We've really made great strides in technology with the JLTV."

Representatives from FORSCOM G-4 were at Fort Polk Oct. 22 to observe to handover of vehicles.

Clockwise from above: Soldiers with the 3rd Brigade Combat Team, 10th Mountain Division, go through a maintenance class on the Joint Light Tactical Vehicle; 3rd BCT Soldiers and Oshkosh personnel conduct an inventory of JLTV kits; Jason Lairson, JLTV training specialist for Oshkosh, points out some of the improvements found in JLTVs; and FORSCOM G-4 personnel watch as Soldiers and Oshkosh representatives conduct an inventory of parts associated with JLTVs.



Fort Polk UAS platoon sets standard for annual flight hours

By 1st Lt. JONATHAN LAANSMA

3rd BCT, 10th Mtn Div

FORT POLK, La. — In today's Army, Unmanned Aircraft Systems (UAS) are a vital asset to the warfighters on the ground by providing real-time surveillance of the battlespace enabling commanders to make calculated decisions. Specifically, the RQ-7Bv2 Shadow, an unmanned tactical reconnaissance aerial system capable of displaying full motion video (FMV), is a key component to the success of ground operations during Joint Readiness Training Center rotations. Shadow provides early warning to forward reconnaissance elements, creates actionable intelligence through detailed information, and assists visual and radio sustainment across the battlefield.

Shadow operators and maintainers across the Army train relentlessly to high standards to maintain mission readiness and successfully support the engagement and destruction of the enemy. Shadow platoons are expected to reach 600 flight hours each fiscal year resulting in a more effective UAS Soldier.

Fort Polk's UAS Shadow Platoon, Delta Company, 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division, exceeded the standard by amassing 706 hours for fiscal year 2019, a feat that no other individual Shadow platoon in the Army has achieved in a garrison environment.

"Since we do our job more than anyone else in the Army, we are able to diagnose and troubleshoot problems quickly minimizing down time," said Chief Warrant Officer 2 Jonathan Slothower, UAS operations technician.

The UAS Shadow Platoon not only supports 3rd BCT, 10th Mtn Div's mission, but also works in tandem with the 1st Battalion, 509th Infantry Regiment "Geronimos" — the JRTC OPFOR. In fiscal year 2019, the UAS Shadow Platoon supported 10 JRTC rotations accumulating 426 hours of flight time equating to more realistic training for participating units.

The opportunity to support JRTC rotations allows operators and maintainers to hone their



1ST LT. JONATHAN LAANSMA / 3RD BCT, 10TH MTN DIV

Staff Sgt. Jason Potts (left) and Sgt. Kevin Jean-Jacques, Unmanned Aircraft Surveillance Platoon, 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division, conduct pre-flight inspections on an RQ-7Bv2 Shadow to ensure equipment readiness and troubleshoot any deficiencies prior to launch.

skills and effectively increase lethality.

"Maximizing flight hours has a direct correlation between capability and experience ... the more training UAS operators and maintainers receive, the more lethal they become," Slothower said.

The Shadow Platoon also actively supports combined arms live fire exercises and offers One System Remote Viewing Terminal classes to assist 3rd BCT's overall readiness.

The Shadow Platoon seeks to exceed the 706 flight hour record for fiscal year 2020 by support-

ing JRTC rotations, brigade exercises and through training progression flights.

"When it's time to fly, you fly," Chief Warrant Officer 3 Grant Black, UAS operations officer said. "Expectations are high, the operation tempo is high, and to ensure the mission gets done effectively, we have to take advantage of every opportunity we can to train."

The UAS Platoon held a UAS Night Oct. 4 to close out fiscal year 2019 and honor UAS operators and maintainers for their hard work, dedication and accomplishments throughout the year.



32ND HOSPITAL CENTER



32nd HC heads to NTC

Above: Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, speaks with Soldiers of the 32nd Hospital Center prior to their departure for a rotation at the National Training Center in Fort Irwin, Calif.

Left: Soldiers with Fort Polk's 32nd Hospital Center board a flight in Alexandria for a trip to NTC.

Fort Polk welcomes retirees for special day

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — More than 700 retirees, their family members and surviving spouses attended the 2019 Retiree Appreciation Day at Fort Polk Oct. 19.

The day's festivities kicked off with welcomes from Col. Ryan K. Roseberry, Fort Polk garrison commander, and Col. Jody L. Dugai, Bayne-Jones Army Community Hospital commander.

Among the highlights were static displays by Fort Polk units, a military working dog demonstration, ID card updates, law services, pharmacy refills, immunizations and mammograms. Visitors were also treated to brunch and lunch.

"Thank you for being here, thank you for your service and thank you for your sacrifices," Roseberry said in welcoming the guests. "This is our 44th annual Retiree Appreciation Day, but you don't just have to come on this day — we want you every day."

Roseberry said that because of the experience and wisdom carried by retirees it's important they engage with Fort Polk's leadership and Soldiers.

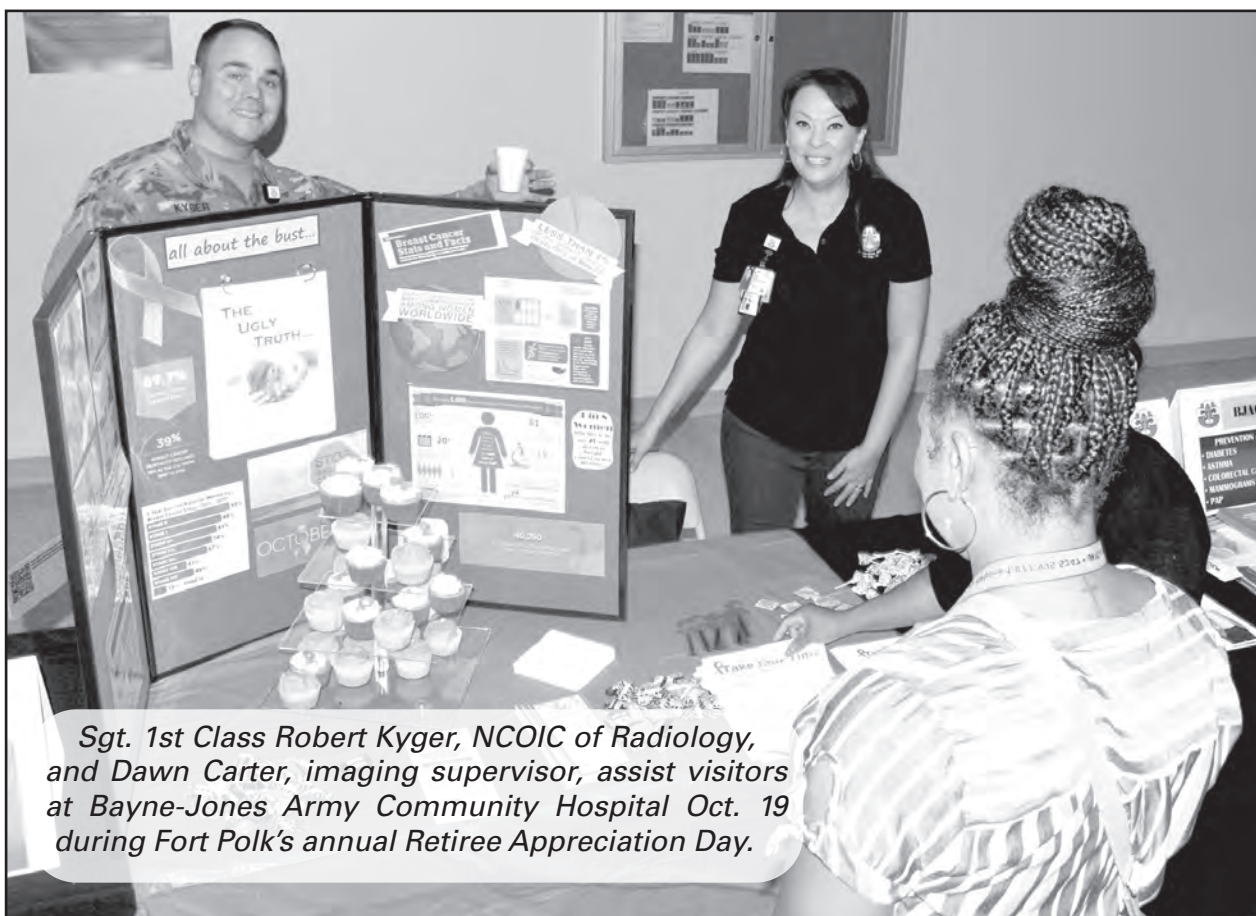
"We love talking with you, we love hearing about your history, and the way things used to be," he said.

Dugai thanked the retirees for their service and noted they were the foundation for today's Soldiers.

"What you put into the Army allows us to do what we do today," she said.

Following the welcomes, Roseberry, Dugai and the Retiree Council members held an official cake cutting ceremony, after which retirees were invited to partake of the services offered as part of RAD.

The 519th Military Police Battalion entertained guests with a military working dog demonstration during Retiree Appreciation Day Oct. 19 at Fort Polk.



Sgt. 1st Class Robert Kyger, NCOIC of Radiology, and Dawn Carter, imaging supervisor, assist visitors at Bayne-Jones Army Community Hospital Oct. 19 during Fort Polk's annual Retiree Appreciation Day.



Retiree John Anderson gets his flu shot from Valerie McNair, a licensed practical nurse at Bayne-Jones Army Community Hospital during Fort Polk's annual Retiree Appreciation Day Oct. 19.

Retention

Continued from page 1

know that this assignment or their job description doesn't permanently define their career. Career counselors explain the options a Soldier can take advantage of if they stay in the Army. Those options include cross training and possibly a retention bonus depending on the military occupation specialty the Soldier falls under.

Chrisco said the efforts of the retention team have an impact on the Army as a whole.

"If we don't meet the Congressional end

strength, that affects everything including readiness," he said. "We are just a small piece of that pie but we set that as a goal for the team. We'll make our numbers here by being more aggressive in tracking and contacting these Soldiers. That helps us, FORSCOM and the Army."

The JRTC and Fort Polk retention team came in sixth overall Army-wide, up from 11th place last year and first in FORSCOM in category three.

1st BCT, 10th Mountain Division faces crucible during rotation 20-01

GUARDIAN STAFF

FORT POLK, La. — The Joint Readiness Training Center's Operation Group welcomed Soldiers from the 1st Brigade Combat Team, 10th Mountain Division for Rotation 20-01. These photos are just a taste of what the unit is doing during their visit to the Army's premiere training center.



JOINT READINESS TRAINING CENTER OPS GRP

Briefs

Women's health

A Women's Health Transition Workshop, sponsored by the Fort Polk Soldier For Life — Transition Assistance Program is held Nov. 5 from 9 a.m.-4 p.m. at the Warrior Center, 1321 Corps Road. Women veterans are invited to learn about VA and Department of Defense benefits. Dress is civilian casual. Lunch is available for purchase at the Warrior Center. Call 531-1591 for more information or to register.

School lunch menu

The following school lunch menu is for Vernon Parish schools for Monday through Nov. 1. Meals are served with salad bar and choice of milk:

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

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

Wednesday: Carnival corndog, Bush's baked beans, oven baked fries, mixed fruit.

Thursday: Chicken breast patty on whole wheat bun, potato tots, steamed broccoli, oatmeal raisin cookie, apricots.

Nov. 1: Egg rolls, fried rice, mixed vegetables, cheese sticks, chilled peaches, sherbet.

AAFES double points

For Fort Polk Military Star shoppers, it's no tricks and twice the treat with double rewards points Monday. Soldiers and their Families who use their Military Star card at the Fort Polk Exchange Monday will receive four points per \$1, instead of the usual two points.

For every 2,000 points earned, cardholders receive a \$20 rewards card that can be redeemed anywhere an exchange gift card is accepted.

Community giftwrap

Volunteer groups can raise money and get in the holiday spirit by partnering with the Army and Air Force Exchange Service to provide gift wrapping services for military shoppers this holiday season. The Fort Polk Exchange provides wrapping paper, tape and other supplies for volunteer groups at their stations. Groups can seek donations in exchange for gift wrapping. Groups can sign up to wrap gifts from Veterans Day through Christmas Eve. Interested organizations can contact the Fort Polk Exchange at 537-1792 or Beltzc@aafes.com for information on scheduling a time to participate in the program.

Please see Briefs, page 13

TJC to conduct onsite survey at BJACH

BJACH

FORT POLK, La. — The Joint Commission will conduct an onsite Triennial Accreditation Survey of Bayne-Jones Army Community Hospital Tuesday through Nov. 1.

The Joint Commission is an independent, not-for-profit, national body that oversees the safety and quality of health care and other services provided in accredited organizations. Information about accredited organizations may be provided directly to The Joint Commission at (630) 792-5800. Information regarding accreditation and the accreditation performance of individual organizations can be obtained through The Joint Commission's Website.

The survey will evaluate BJACH's compliance with nationally established Joint Commission standards. The information obtained during the survey process helps organizations improve their services. The information may also assist in educating consumers and other health-care recipients to make informed decisions regarding their health care.

The survey results will be used to determine the conditions under which accreditation should be awarded the organization.

Joint Commission standards deal with quality of care issues and the safety of the environment in which care is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a Public Information Interview with The Joint Commission's surveyor.

The interview will only be conducted if someone contacts the surveyor during an on-site survey and requests the interview and the survey schedule is able to accommodate the interview. Information presented at the interview will be carefully evaluated for relevance to the accreditation process.

Requests for a Public Information Interview must be made in writing and should be sent to The Joint Commission. The requests must also indicate the nature of the information to be presented at the interview. Such requests should be addressed to:

Division of Accreditation Operations
Office of Quality Monitoring
The Joint Commission
One Renaissance Boulevard
Oakbrook Terrace, IL 60181
(800) 994-6610

Email: complaint@jointcommission.org

Good oral hygiene is more than brushing

By KEITH HOUIN

Guardian staff writer

FORT POLK, La. — October is National Dental Hygiene Month - a good time to consider your oral health routine and habits.

"Ideally you should brush your teeth twice a day, floss at least once a day and have a dental exam and cleaning every six months to prevent tooth decay and gum disease," Holly Morris, Fort Polk Dental Health Command dental hygienist, said.

She also recommended not brushing immediately after eating and waiting 15 minutes or so to allow the mouth to get back to a normal pH level.

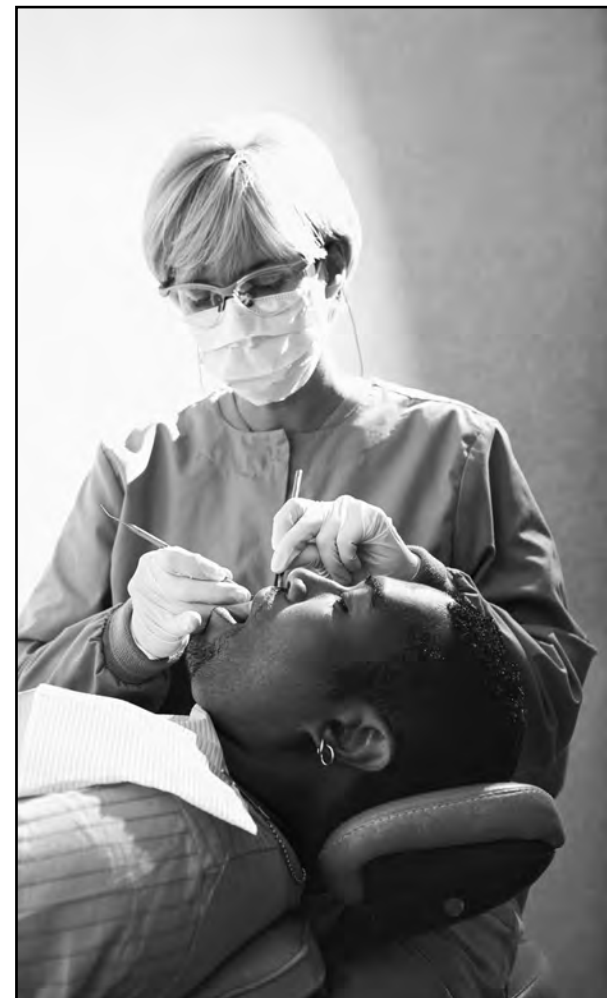
Good oral hygiene is more than just brushing and flossing though.

"What we eat and put into our mouths has a large impact on our oral health. You should limit foods and drinks that are highly acidic such as pickles, lemons, coffee and wine, as well as foods high in sugar. Moderation is key," Morris said. "You should also stay away from smoking. Smoking impairs your body's ability to heal and fight off germs by restricting blood flow, increasing the chances of periodontal disease.

"Early gums disease is usually painless, and occasional bleeding while brushing or an unpleasant mouth odor are the only warning signs. However, left untreated, gum disease eventually damages the bones and tissues that support the teeth," she said.

Good dental hygiene practices do more than just prevent tooth decay and gum disease.

"Your oral health also affects your overall health," Morris said. "Poor dental health can lead to coronary heart disease, stroke and can



have an adverse effect on diabetes and arthritis."

If you're not sure about your oral health condition, October is the perfect month to visit your dentist and get an expert's view.

Here's hoping Fort Polk Families have happy, haunting Halloween holiday

Discover trivia about sweet treats

WWW.MENTALFLOSS.COM

For Halloween candy aficionados, the sweet stuff is one of the most important parts of the spine chilling season.

If you are interested in a few fun facts about the candy you trick or treat for each year, read on and discover some things you probably didn't know found at www.mentalfloss.com.

- The most popular candy varies by state. Candy corn takes the title in Alabama, while Swedish fish win in Georgia. But Reese's Peanut Butter Cups, Milky Ways and M&Ms are a few of the most consistently popular candies elsewhere.

- In Japan, adults can buy Sake flavored Kit Kats.

- The Milky Way bar was inspired by a malted milkshake, which was popular in the 1920s.

- The two M's in M&M stand for Mars and Murrie. These are the surnames of the two businessmen — Forrest Mars and Bruce Murrie — Who developed and financed the candy coated chocolates.

- Life Savers got their round shape after the candy's inventor — Clarence Crane — visited a pharmacy and saw a machine making pills that were round and flat. The rest is history.

- It takes a licking machine (yes it's a real thing) anywhere from 364 to 411

licks to reach the center of a Tootsie Pop. Human lickers, on the other hand, averaged just 144 to 252 licks.

- Naming the Snickers bar had nothing to do with laughing at a good joke. Franklin Mars, named the bar after a beloved racehorse his family owned.

- There is such a thing as eating too much candy. According to the American Chemical Society, eating 262 fun-sized Halloween candy bars would poison a 180-pound person. But don't worry about death by candy: You'd vomit before you'd be able to down that many candy bars in one sitting.

- Every day, 64 million Tootsie Rolls are made.

Have fun at harvest, Halloween events off post

GUARDIAN STAFF

Halloween is filled with plenty of opportunities to have a good time. Here are a few off post events to make your holiday wicked.

• 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 and 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.

• Local churches

If you aren't into the scary parts of Halloween, many churches in surrounding communities offer alternative trick or treating opportunities such as trunk or treat or some type of fall festival.

• Witch Way

Don't miss Witch Way to Main Street, Leesville's annual Halloween tradition.

Adults and children can dress up and trick-or-treat in the Leesville Main Street District. It's great Family Fun with games, candy, food and music.

• Halloween Harvest Fest

Games, train rides, face and balloon art are the harvest fun you'll find at the City of Lake Charles Harvest Festival. Even your littlest "monsters" will enjoy the tiny tots world in the Exhibition Hall in the Lake Charles Civic Center, 900 Lake Shore Drive. Costumes are encouraged but not required. The event takes place Thursday from 5-8 p.m.

• Zoo Boo

Head to Alexandria today and Saturday from 5:30-8 p.m. to attend the Alexandria Zoological Park's Zoo Boo, 3016 Masonic Drive. Admission \$7 per person (cash only).

Join in the fun at one of Central Louisiana's biggest Halloween extravaganzas.

This family-friendly Halloween experience has Halloween activities for kids, photo ops and sweets and treats along the trick-or-treat trail through the zoo. Treat bags are provided.

FORT POLK
HALLOWEEN
TRICK OR TREAT
HOURS ARE FROM
5 TO 8 P.M.

Take handy Halloween safety tips seriously

WWW.CDC.GOV

Fall celebrations like Halloween and Harvest Day are fun times for children, who can dress up in costumes, enjoy parties and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity and focus on safety.

Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests.

Trick or treating

- Swords, knives and other costume accessories should be short, soft and flexible.

- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

- Fasten reflective tape to costumes and bags to help drivers see you.

- Examine treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

- Hold a flashlight while trick-or-treating to help you see and others see you. Walk and don't run from house to house.

- Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

- Look both ways before crossing the street. Use crosswalks wherever possible.

- Lower your risk for serious eye injury by not wearing decorative contact lenses.

- Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

- Wear well-fitting masks, costumes and shoes to avoid blocked vision, trips and falls.

- Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Entertaining

If you are expecting trick-or-treaters or party guests, follow these tips to help make the festivities fun and safe for everyone:

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks.

For guests, offer a variety of fruits and vegetables.

- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.

- Be sure walking areas and stairs are well-lit and free of obstacles that could cause someone to fall.

- Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings and curtains. Place them on sturdy tables out of the reach of pets and small children and never leave them unattended.

- Remind drivers to watch out for trick-or-

treaters and to drive safely.

Costume make-up

Face paints can be fun on Halloween and other special occasions. Here are tips to help keep your fun from leaving you with a rash, swollen eyelids or other reaction.

Decorating your face with face paint or other makeup lets you see better than you can if you're wearing a mask. A mask can make it hard to see where you're going and watch out for cars. But make sure your painted-on designs don't cause problems of their own.

- Follow all directions carefully.

- Don't decorate your face with things that aren't intended for your skin.

- If your face paint has a very bad smell, this could be a sign that it is contaminated. Throw it away and use another one.

- Like soap, some things are OK on your skin, but not in your eyes. Some face paint or other makeup may say on the label that it is not for use near the eyes. Believe this, even if the label has a picture of people wearing it near their eyes. Be careful to keep makeup from getting into your eyes.

- Even products intended for use near your eyes can sometimes irritate your skin if you use too much.

- If you're decorating your skin with something you've never used before, you might try a dab of it on your arm for a couple of days to check for an allergic reaction before you put it on your face. This is smart if you tend to have allergies.

Color additives

A big part of Halloween makeup is color. But this is your skin we're talking about. Think about what you're putting on it.

The law says color additives must be approved by FDA for use in cosmetics, including color additives in face paints and other cosmetics that may be used around Halloween time. It also includes theatrical makeup.

Plus, the FDA has to decide how they may be used, based on safety information. A color that's OK on your tough fingernails or hair may not be OK on skin. Colors that are OK for most of your skin may not be OK near your eyes.

How do you know which ones are OK to use, and where? Do some detective work and check two places:

The list of ingredients on the label. Look for the names of the colors. Then check the Summary of Color Additives on FDA's Web site. There's a section especially on colors for cosmetics.

If there's a color in your makeup that isn't



on this list, the company that made it is not obeying the law. Don't use it. Even if it's on the list, check to see if it has FDA's OK for use near the eyes. If it doesn't, keep it away from your eyes.

For that ghoulish glow

There are two kinds of "glow" effects you might get from Halloween-type makeup. "fluorescent" and "luminescent." Here's the difference:

- Fluorescent colors: These are the make-you-blink colors sometimes called "neon" or "day-glow." There are eight fluorescent colors approved for cosmetics, and like other colors, there are limits on how they may be used. None of them are allowed for use near the eyes. These are their names: D&C Orange No. 5, No. 10, and No. 11; D&C Red No. 21, No. 22, No. 27 and No. 28; and D&C Yellow No. 7.

- Luminescent colors: These colors glow in the dark. In August 2000, FDA approved luminescent zinc sulfide for limited cosmetic use. It's the only luminescent color approved for cosmetic use, and it's not for every day and not for near your eyes. You can recognize it by its whitish-yellowish-greenish glow.

When the party's over...

Don't go to bed with makeup on. Wearing it too long might irritate your skin, and bits of makeup can flake off or smear and get into your eyes, not to mention mess up your pillow.

How you take the stuff off is as important as how you put it on. Remove it the way the label says. If it says to remove it with cold cream, use cold cream. If it says to remove it with soap and water, use soap and water. If it says to remove it with eye makeup remover, use eye makeup remover.

You get the picture. The same goes for removing glue, like the stuff that holds on fake beards.

Families have fun at Fort Polk's Louisiana Hayride



Breelyn Reeves, rides a pony along with other kids at Fort Polk's Louisiana Hayride Oct. 19.



Oh, no, the camel at the Louisiana Hayride petting zoo takes the cup of feed right out of Teresa Bocanegra's hand as Zoria, 1, looks on.



Layla Whiddon, 5, looks at her mom as she pats a pig on the back at the petting zoo found at the Louisiana Hayride fall celebration.



Paizley Hyatt, 2, has a look of surprise on her face as she gets to pet a goat at the petting zoo.



Benjamin Moffit, 4, and DeAnna Moffit feed the goats at Fort Polk's Louisiana Hayride petting zoo.



Claire Lotfi, 20 months, has fun playing a giant sized connect four at Louisiana Hayride.

Please see **Hayride**, page 13

Hayride

Continued from page 12



Members of the Fort Polk community have fun finding their way through the hay maze at Louisiana Hayride Oct. 19.



Mariam Said, 11, gets a tiger face at the face painting booth at the Louisiana Hayride.



Fort Polk Families sit on a trailer as a tractor takes them on a hayride.



Crystal Gee and her daughter Ava, 3, work together to decorate a Halloween pumpkin.

Briefs

Continued from page 9

Beauty event

On Nov. 2, shoppers can stop by the Fort Polk Exchange for the Fall Beauty Event from 11 a.m. to 2 p.m. and enjoy free samples, giveaways, mini makeovers, kids' nail painting and more.

Call 537-1792 or email Beltz@aafes.com for more information.

MCY nominations

Operation Homefront is accepting nominations for the 2020 Military Child of the Year Awards, as well as applications for the 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 will 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 bold and creative solution to address a local, regional or global

challenge. To nominate a child for the award go to www.militarychildoftheyear.org and click on the nominations tab.

Award recipients will be flown with a parent or guardian to Washington, D.C., and recognized at the April 2 gala, where they will receive \$10,000 each and a laptop computer.

DeCA WIC acceptance

The Fort Polk Commissary can now process Louisiana Women, Infants and Children (WIC) electronic benefits transfer (EBT) card purchases.

For more information call 531-7678.

One-stop flu shop — BJACH's drive-thru flu clinic hits mark

By KATHY PORTS

BJACH Public Affairs Officer

FORT POLK, La. — Bayne-Jones Army Community Hospital's Drive-Thru Flu Clinic offered TRICARE Prime — active-duty Soldiers, retirees and Family members a unique way to get immunized for the flu by rolling down their window and rolling up their sleeves Oct. 22.

More than 300 beneficiaries received their flu shot.

Although the two-hour event didn't begin until 4:30 p.m., the line of cars stretched from BJACH's Entrance B down Third Street. The BJACH team opened up early getting patients through the clinic to alleviate traffic congestion and decrease wait time.

Car after car, filled with Families and some pets, patiently waited their turn as they navigated the parking lot to the immunization area. BJACH set up three immunization lanes to provide safe, quality care in a speedy fashion. BJACH NCOs, security and team members were at various points throughout the line to help and answer questions. ID cards were checked, verified and each flu vaccine recipient completed the paperwork before reaching the actual immunization site, as well as being screened by on-site providers. After being immunized, cars pulled into vacant slots to wait 15 minutes to ensure that no one had reactions to the vaccine before heading on their way.

"We appreciate people coming and supporting BJACH as we provide quality medical care to them and their Families," said Col. Jody L. Dugai, BJACH commander. "We also appreciate their patience, because we want to be a good stewards of people's time."

Three Soldiers from the 3/353rd Infantry Regiment, Joint Readiness Training Center Operations Group, who were headed to the field, came through the line to get their flu shots.

"We wanted to get our flu shot before we left for the field," said Brittany Jeanice, driver of the car. "This is great and so easy and convenient."

The same sentiments were echoed by 1st Lt. Russel Mortinger, 1st Battalion, 509th Infantry Regiment.

"We're in rotation and I wanted to make sure that my Family got their flu shots," he said. "This is a nice thing for Families; we don't have to bring the kids into the hospital, and then after they get their shots, load them back in the car and head home. It's almost like an old-fashioned house call, but it's in your car. BJACH is doing a great job."

Mortinger got his flu shot first as he attempted to convince his sons, Ansen, age 6 and Rone, age 3 that it didn't hurt. Rone wasn't too sure about the "not hurt" aspect as he father held him for his shot. A few tears flowed, but a couple of stickers easily dried up those tears and the Family waited their 15 minutes before exiting the parking area.

BJACH's Drive-Thru Flu Vaccine Clinic was



KATHY PORTS/BJACH

Roz Merriman, BJACH Immunization Clinic supervisor, gives 1LT Russel Mortinger, 1/509th Operations Group his flu shot at the drive-thru flu vaccine event.

the idea of Randy Cassels, Patient Centered Medical Home supervisory nurse.

BJACH's efforts to get Fort Polk immunized for the flu will continue next week as they give a new twist to Halloween with Boo to the Flu, an indoor Trick-or-Treat with flu vaccines on Tuesday from 4:30-6:30 p.m. Participants are encouraged to park at Entrance B.

Domestic Violence Awareness Month Run/Walk at Warrior Hills



Soldiers of the 3rd Brigade Combat Team, 10th Mountain Division lead the way at the Domestic Violence Awareness Month Run/Walk at the Warrior Hills Golf Course.



KEITH HOUIN/ GUARDIAN

Pvt. Jacob Maddox, 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division, is first to cross the finish line at the Domestic Violence Awareness Month Run/Walk at the Warrior Hills Golf Course.

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Carnival, rodeo, circus and more at the State Fair of Louisiana

GUARDIAN STAFF

FORT POLK, La. — If you're looking for a "Gumbo of fun," head up to the Shreveport fairgrounds for the State Fair of Louisiana today through Nov. 10.

Since 1906 the fairgrounds in Shreveport have turned into one giant fair with dozens of activities and more than 28 stage acts and street performers in late October and early November. It is also home to the state Cheer and Dance Championship, the Louisiana Rodeo Cowboys Association Finals Rodeo, the school spirit competition and more.

The fair features the largest carnival in Louisiana with more than 60 rides for thrill-seekers to try. You must be at least 36 inches tall to ride most of rides, but there are rides that have a height requirement of 30 inches tall. Some of the larger rides have taller height requirements.

Under the big top you can watch Circus Hollywood featuring dancing poodles, trapeze and high-wire stunts and other traditional circus performances.

In between rides and performances stop by one of the numerous food vendors for traditional fair favorites such as funnel cakes and corn dogs, or try some Louisiana favorites like gumbo or jambalaya.

If exotic animals and animal performances are your thing, the fair features its very own four acre zoo that features a horse show, pig racing and the double hump camel show.

There is more to the fair than just entertainment and food.

The "AgMagic" experience is an interactive,



visually stimulating environment linking food and fiber products used every day to the forests, field crops and livestock produced by Louisiana farmers, ranchers and forest landowners. Featured crops are displayed in various stages of development, and the importance of interaction between agriculture, the

environment and society is highlighted.

The fair is open Wednesday to Sunday each week. Admission and parking are free from 10 a.m. to 3 p.m. and \$12 after 3 p.m. on weekdays. Weekend admission is \$12. Visit www.state-fairoflouisiana.com for fair and carnival hours, stage performance times and other information.



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

- **Halloween trip**

BOSS heads to Leesville Tree Farm Massacre today 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

- **Rougarou Fest**

If Halloween is your favorite holiday you won't want to miss the Rougarou Fest, held in downtown Houma Saturday and Sunday. Enjoy live entertainment, spooky parade, costume contest, pumpkin lighting and more. For more information visit www.rougaroufest.org.

Miscellaneous

- **Night tour**

Mansfield State Historic Site, La. Hwy 175, three miles south of Mansfield, hosts its 26th annual

"Ghosts of the Past" night battlefield tour Saturday. The site will recreate the gruesome aftermath of a Civil War battle by taking visitors onto the battlefield by candle lantern. Actors in period dress will act out various scenes — including surgeons operating and amputating by candlelight and more — at stops along the tour. The event begins at 7:30 p.m. and each tour lasts 30 minutes. Admission is \$5 per person. Parents should know that some content might be too intense for small children. For more information call (888) 677-6267.

- **Veteran's run**

The Kiwanis of Vernon Parish host a Veteran's Day 5K run/walk Nov. 9 at 8 a.m. Preregister by today 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.

- **Society celebration**

The Vernon Historical and Genealogical Society hosts its 25th anniversary celebration with a seminar held Nov. 2 at the Vernon Parish Library meeting room, 1401 Nolan Trace, Leesville. Topics will include locating cemeteries and unmarked graves, memoirs of a World War II Soldier, understanding DNA and what it means to you and digging into family history to tell a story. The seminar begins at 8:30 a.m. and is free of charge, but limited to 50 guests. Please preregister by Oct. 26 at vhgsociety@gmail.com or call (337) 353-7541.

- **Community choir**

The Vernon Parish Community Choir presents Handel's "Messiah." The community is encouraged to participate. Rehearsals begin Nov. 2 and continue Nov. 9, 16, 23 and 30 from 10 a.m. to noon at the Vernon Middle School music room. The final rehearsal takes place Dec. 7 at 10 a.m. at the Leesville High School auditorium, 502 Berry St. Leesville. The performance is held Dec. 8 at 3 p.m. at the LHS auditorium. For more information call (337) 424-7118, (337)

238-1036 or (337) 238-2540.

- **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 www.cityoflakecharles.com.

- **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.

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.

Music is choreographed to photos and features footage from NASA displayed on a large screen behind the orchestra. 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.

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 meeting takes place Nov. 12. The November tournament takes place at Sam Rayburn Lake Nov. 16. The entry fee is \$40. For more information visit www.fortpolkcommunitybassmasters.com.

- **Lose weight**

Join Take Off Pounds Sensibly (TOPS) every Thursday at the Vernon Parish Library meeting room. Weigh in is 5-5:50 p.m. The meeting starts at 5:50 p.m. For more information call (337) 208-0896.



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STRUGGLING WITH YOUR PRIVATE Student Loan Payment? New relief programs can reduce your payments. Learn your options. Good credit not necessary. Call the Helpline 877-781-4209 (Mon-Fri 9am-5pm Eastern) (LA-SCAN)

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)

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1-844-669-6795 (LA-SCAN)

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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)

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