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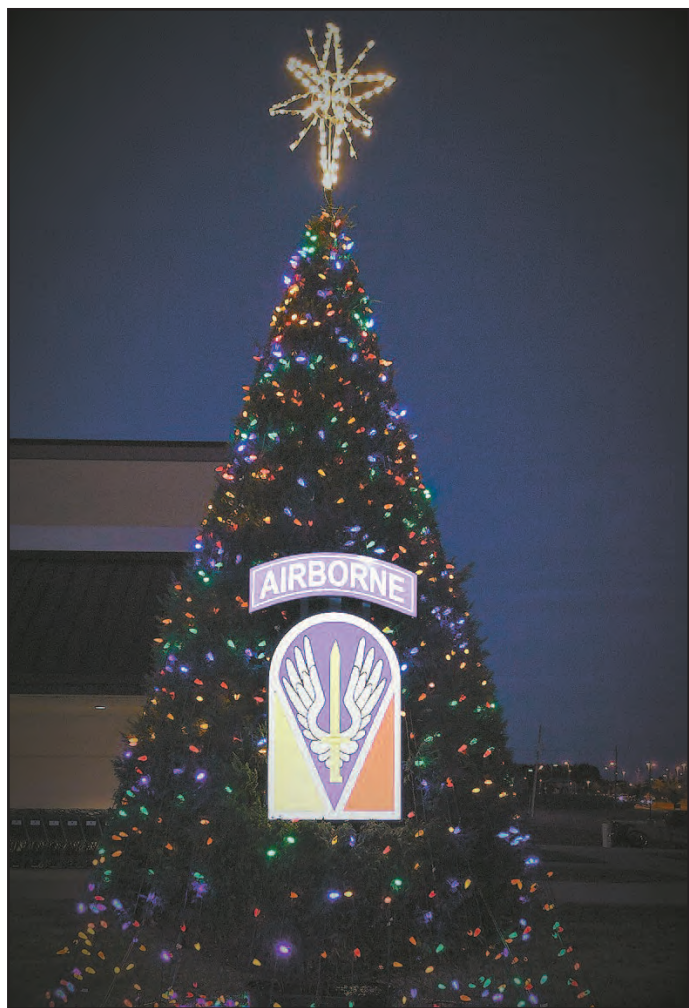
WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

Dec. 6, 2019



GUARDIAN STAFF

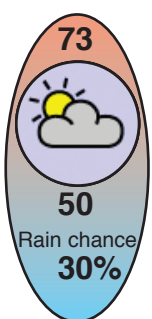


Holiday season has arrived

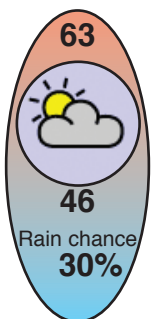
The holiday season is in full swing at the Joint Readiness Training Center and Fort Polk. Activities began Nov. 20 with a ruck march to collect toys for installation Families (bottom right), and include today's tree lighting ceremony and visit by Santa and

Mrs. Claus during the annual Snowflake Festival at the Main Post Exchange starting at 4 p.m. with fun and games for the entire Family, and later this month the distribution of toys to Soldiers' Families.

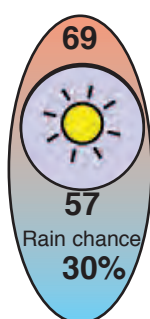
Weekend weather



Today



Saturday



Sunday

Inside the Guardian

Powerful doc 3 ERP aids spouses 10

Turkey bowl fun 5 Soaring with eagles 11

Feeding Soldiers 8 Boxer claims crown 13

In our view

Guardian staff asked Fort Polk community members, "If you could get any gift for anyone what would it be and why?"

Here are their responses:

Maria Ross: "I would buy a car for my daughter. She is an amazing young woman who has made me proud."



Chasity Hill: "I would give housing to the homeless. Everybody needs a nice place to live."



Barbara Kenebrew: "I would get my oldest daughter a house and car to upgrade her quality of life."



David Street: "I would buy a home to benefit less fortunate children because they are our future."



Samantha Bedor: I would get a Pontiac Trans Am for my daddy because of all he has done for me."



Catherine Buffington: "I would provide service animals for everyone who needs them. That can really make a difference."



Maure Mazyck: "I would buy my mom a house because I owe her the world."



Ana Depaula: "I would get a Ferrari for my husband because I love him and he loves sports cars."



Guardian

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Briefs

ASP closure

The Fort Polk Ammunition Supply Point is closed to conduct quarterly inventory Dec. 17-19. The ASP will reopen Dec. 20 at 7:30 a.m. Customers are asked to plan accordingly. Call 531-0950/4793 for more information.

Road work

Corvias has scheduled two road repair projects in the Fort Polk military housing footprint. Work is weather dependent.

- Today, Corvias will begin crosswalk striping to Magnolia Avenue, between Louisiana and Bellrichard avenues.

- Beginning Monday, Corvias will begin asphalt milling and overlay activities on Bellrichard Avenue between La. Hwy 467 and Magnolia Avenue. Traffic will not be stopped, but will be reduced to one lane around work areas.

Motorists and pedestrians should exercise caution around work zones.

Abandoned vehicles

The Directorate of Emergency Services Traffic Section will release the following vehicles to a towing company for disposal Sunday if they remain unclaimed. Vehicles are listed with the last four numbers of their VIN number. If one of these vehicles belongs to you please contact the Fort Polk Police Traffic Section 531-1806/2677.

2008 KIA SPORTAGE	7546
2011 CHEVROLET 1500	4608
2001 KIA RIO	5378
1999 CHEVROLET 1500	5469
2002 SATURN VUE	7797
2009 VW JETTA	0049
2006 KIA OPTIMA	9904
2012 NISSIAN VERSA	8379
2006 GMC 1500	3847
2008 BMW X5	4757
2003 TOYOTA COROLLA	0139
2006 MAZDA 3	9500
2010 KAWASAKI KLR650	9760

Drainage repair

Work continues to repair the failed drainage structure at Turtle Pond on Warrior Hills Golf Course. Golfers and recreational walkers should be aware of the construction activities and detour the work zone. Pedestrians should exercise caution as lighting is limited along the detour route.

From 8 a.m.-4:30 p.m., pedestrians are asked to either avoid the work area or use the signalized intersections at La. Hwy 467 and Corps Road and La. Hwy 467 and Louisiana Avenue to detour the construction zone.



Capt. Loraine Baraki, an OB/GYN physician at Fort Polk's Bayne-Jones Army Community Hospital, squats 341 lbs. during the USA Powerlifting Raw Nationals in Lombard, Ill. in October. Combined with her totals in the deadlift and bench press, Baraki earned a No. 6 ranking in the U.S. in her weight category (138.9 lbs).

COURTESY PHOTO

Physician lifts way to national ranking

By KATHY PORTS

BJACH PAO

FORT POLK, La. — Six years of hard work paid off for Capt. Loraine Baraki, an OB/GYN physician, at Fort Polk's Bayne-Jones Army Community Hospital, as she pushed her way to the No. 6 Powerlifter in the United States during the USA Powerlifting Raw Nationals in mid-October in Lombard, Illinois.

Baraki competed in the 63kg (138.9lb) weight class and squatted 155kg (341lb), bench pressed 105kg (231lb) and deadlifted 180kg (396lb) totaling 440kg (968lb).

Cheering her on was her husband and coach, Dr. Austin Baraki, an Internal Medicine physician contractor at Brooke Army Medical Center in San Antonio, Texas, and an instructor in the BAMC residency program.

The two met in 2011 while attending medical school and were married in 2013.

"Just about anyone can learn to lift weights safely, so don't be afraid to try," Austin Baraki said.

Although Austin Baraki works in San Antonio and Loraine Baraki is stationed at Fort Polk, they are making it work. Since his schedule is a bit more flexible than hers, he travels at least once a month to Fort Polk and whenever possible, they try to find weekends to link up.

"We work out together, whenever we can," she said. "It's nice to be able to share in this passion."

Baraki works out three times a week for about 90 minutes to two hours. Workouts are either in her home gym or at Fort Polk's Wheelock Fitness Center. She plans her days around her work schedule, which includes being on call and post-call. Delivering babies usually requires additional flexibility.

"It is important to set goals and remain disciplined," she said. "Long days working at the hospital and unexpected trips to the hospital while on call sometimes require adjustments in my training schedule. The key, however, is to not let this variable schedule open the door to excuses for skipping training altogether."

"There are innumerable benefits to resistance

training and day-to-day tasks are just easier when you're stronger. It's not all about competition, but I do enjoy signing up for meets as it promotes better personal adherence to my training program and allows me to work toward specific goals on a timeline."

Baraki said she enjoys combining two of her passions — powerlifting and women's health — by promoting exercise recommendations to her patients, including the benefits of resistance training.

"For example, prenatal care involves many components, including healthy eating, and exercise," she said. "Continuing exercise throughout pregnancy is generally recommended as it reduces the risks of some conditions and ultimately helps when it is time for the baby to be born."

Baraki said she was in ROTC during her undergraduate studies, then re-commissioned upon graduation from medical school.

"I did my OB/GYN residency at Fort Sam Houston in San Antonio, Texas," she said.

Baraki said she comes from a military background. Her father, Col. Jose Solis, is an active duty quartermaster officer as well as a competitive cyclist. Her brother is also on the Army Cycling Team.

"I grew up in a home where athletic achievement and self-improvement was pervasive, especially following in my father's footsteps as he maxed every physical fitness test he has taken while in service," she said.

Baraki said she doesn't follow fad diets, but tends to be deliberate in her food choices to maintain her weight within range of her competition weight class.

"I prioritize getting enough protein and dietary fiber while minimizing sugar-sweetened beverages, but I have to confess that I eat ice cream almost every night," she said.

Baraki said she is a proponent of the new Army Combat Fitness Test.

"I am currently working to master the new Army Combat Fitness test," she said. "I am filled with joy seeing more barbells in the hands of my fellow Soldiers as our new standards are emphasizing strength, in addition to other components."

Senior leaders testify on progress to remedy military housing

By SEAN KIMMONS

Army News Service

WASHINGTON — The Army's top leaders updated lawmakers Dec. 3 on progress being made to fix problems seen in privatized military housing.

In his opening statement, Secretary of the Army Ryan McCarthy restated the Army's "serious commitment" to offering quality housing to Soldiers, civil servants and their Families.

"It is our responsibility to provide housing, not simply to code but also to quality," he testified before the Senate Armed Services Committee on Capitol Hill.

The current housing crisis, he said, must be fixed using a house-to-house approach, in addition to correcting the governance model and underlying issues to ensure systemic change.

Withholding incentives

Earlier this year, Army senior leaders placed housing as the No. 1 priority for quality of life, following complaints of health concerns inside homes and mismanagement of housing contractors.

In the past 10 months, the Army identified governance flaws, initiated commander-driven town halls and created 24-hour helplines to hear feedback directly from families, McCarthy said.

"We have empowered the chain of command as part of the solution, created transparency of the work order process and sought to regain the trust of the men and women in our ranks and their Families," he said.

Backing these efforts, housing operations have now been assigned to the commander of Army Materiel Command, Gen. Gus Perna, who has delegated authority to slash incentive fees for housing contractors.

"We developed new incentive fee metrics measuring work order response times, work order repair quality and resident satisfaction that will allow us to withhold fees for substandard performance," McCarthy said.

Incentives have already been cut for poor performance at Fort Benning, Georgia, and Joint Base Lewis-McChord, Washington, with possibly more to come across Army installations in the near future.

A new incentive fee award structure is also expected to be released Jan. 1, he added.

The average incentive fee now stands at 77%, with the lowest at 11%, said Army Chief of Staff Gen. James McConville, who also attended the hearing along with other military senior leaders.

"We see that making a difference in the performance of the contracts," McConville said.

Budget standstill

A tri-service Resident Bill of Rights is also awaiting to be published once Congress can pass the National Defense Authorization Act.

In it, there are 12 rights intended to protect residents of privatized military housing.

McCarthy highlighted dispute resolution as one of the rights that should greatly benefit residents.

"When the Bill of Rights is published, I think the dispute resolution is one, in particular, that



SGT. DANA CLARKE / ARMY NEWS SERVICE

Chief of Staff of the Army Gen. James C. McConville, along with other service secretaries and chiefs, speaks to the Senate Committee on Armed Services during a hearing on privatized housing in Washington D.C., Dec. 3.

we need to put in place as quickly as possible," he said. "It's why in many cases that the only mechanism that Families have to get results is legal action. So the sooner we can have a dispute resolution in place, it will help improve matters dramatically."

"We have empowered the chain of command as part of the solution, created transparency of the work order process and sought to regain the trust of the men and women in our ranks and their Families.."

Hon. RYAN MCCARTHY
Secretary of the Army

About \$1.1 billion in budget requests to improve housing is also being held up while the government operates under a continuing resolution.

"We cannot start the projects, we cannot initiate the projects. We don't have the funding," McCarthy told lawmakers, adding in some cases it affects current projects.

Need for new homes

Today, nearly half of the force lives on post.

Since February, more than 2,200 Families had to be temporarily displaced as a result of issues inside their homes.

About 180 families are still in temporary hous-

ing while private-sector companies carry out work orders.

"To displaced Families, days can feel like weeks. And weeks can feel like months," McCarthy said. "These aren't simply numbers; these are lives."

The Army has more than 86,000 privatized homes.

Of those, one-third need to be rebuilt and another one-third need minor repairs.

Some issues have involved lead paint, mold and other toxic hazards, especially in older homes found across installations.

McConville said some older homes are difficult to refurbish and cannot be torn down since they are considered historical.

"We need to modernize them," he told lawmakers. "Lead is a huge issue and we're concerned for our Families."

Due to the historical standards of the homes, only about 10 of them can be remediated each week, he added.

"It's going to take us some time," he said. "It's going to take us two to three years with these homes to get them to the level that we want them to be."

While "significant strides" have been made to improve housing over the past year, McCarthy noted the finish line is still not in sight.

An overall analysis of the Army's privatized housing requirements is currently underway, he said, and slated to be completed by spring.

"The Army is resolved in our commitment to providing safe, quality and affordable housing to our Soldiers and their Families," he said. "But much more work remains."

Editor's note: For more on Fort Polk housing improvements, watch for future editions of the Guardian.

JRTC and Fort Polk Turkey Bowl kicks off holiday season

By KEITH HOUIN

Guardian staff writer

FORT POLK, La. — Joint Readiness Training Center and Fort Polk Soldiers and Families kicked off the holiday season Nov. 26 with a Turkey Bowl at Headquarters Field.

"The Turkey Bowl is an Army tradition. Units everywhere are having their own versions of the event. It's a competitive day of fun that allows Soldiers to burn off some energy right before the holiday," JRTC and Fort Polk Command Sgt. Maj. David Bass said.

"Thanksgiving's a family tradition and here at the Turkey Bowl we have officers, NCOs, and Soldiers with Families in one place enjoying that tradition. This is awesome," Bass said.

The Bayne-Jones Army Community Hospital football team fought their way through the eight-team bracket to defeat the 46th Engineer Battalion 7-6 in a defensive battle to win the event.

In the final seconds, with the engineers poised to score, BJACH's Darius Vialondo intercepted

Jonathan Searles' pass in the end zone to end the game.

The day was more than just football games. Event sponsors served hot dogs and drinks, Families and units had tailgate parties and there were a variety of games to play.

One of the games was cornhole where event coordinators organized a tournament. The winners were Tristan Satterfield and Jeramy English.

In addition to sports and food, 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division put on a force on force military demonstration.

Participants and spectators alike had a lot of fun things to do and a day of enjoyment

"I thought it was an incredible event for the Soldiers and Families at a place that exercises the highest operations tempo I have seen in my career," Maj. Donald Sulpizio, JRTC director of Operations and assistant Chief of Staff, said. "With the large turnout it was as much fun off the field as on it."

Please see **Bowl**, page 6



Turkey Bowl mascot Capt. Nathan Rogowski takes to the field to start the day.



Jonathan Searles cuts back into the field after outrunning two of his opponents.



Brig. Gen. Patrick Frank, Joint Readiness Training Center and Fort Polk commanding general, tosses the coin for the Turkey Bowl football tournament championship game.



Antonio Robinson makes the catch during the championship football game.



Joint Readiness Training Center and Fort Polk Command Sgt. Maj. David Bass presents the Turkey Bowl trophy to the Bayne-Jones Army Community Hospital football team.



Matt West calls the play by play during the Turkey Bowl championship football game.

Bowl

Continued from page 5



Volunteers serve hot dogs, popcorn and drinks to the crowd.



Soldiers from 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, demonstrate securing an area against enemy forces.



Tristan Satterfield pitches the bean bag during the championship cornhole match.



Vehicles from from 2nd Bn, 30th Inf Reg, 3rd BCT, 10th Mtn Div maneuver onto Headquarters Field for the military demonstration.



David Flores tries his hand at cornhole.



Boudin and smoked sausage were a favorite with tailgater.

Prescribed burning in housing begins once again in January

GUARDIAN STAFF

FORT POLK, La. — Every winter, foresters throughout Louisiana take advantage of the dead foliage and cooler temperatures to do a little woodland-style housekeeping by way of prescribed burning, which picks up again on Fort Polk Jan. 13.

Prescribed burns take place about every three years depending on the amount of growth, according to Bruce Martin, chief, Fort Polk's Environmental and Natural Resources Management Branch.

Prescribed burning improves visibility in the woods.

It's harder to hide in a cleared forest, so lost children or pets are more easily found, and crimi-

nals will find no refuge among the trees.

The only down side to the burn appears to be with the smoke. With foresters, safety personnel, Directorate of Emergency Services firemen and military police standing by (and constant patrols around the burn site before, during and after the burn), these fires stay low to the ground and produce some smoke.

Burning at this time of year produces the least amount of smoke because plants have not yet begun to sprout and there is less green foliage, according to Shane Johnson, prescribed burn manager for the ENRMD Branch.

"When we conduct these burns (in housing areas), we try to give an ample heads up to everyone," said Johnson. "We will start up again in January depending on the weather. Before we

start, we'll contact the Corvias housing officials so they can notify residents."

The foresters that plan the prescribed burns take much into account: Wind speed and direction, time of day (they try to complete burning before school lets out) and potential wind shifts. The goal is to avoid schools, day-care facilities and Bayne-Jones Army Community Hospital as much as possible.

Areas that receive priority for burning are those that lay closest to man-made structures, because fire easily jumps from treetops to roofs.

"We're not too concerned if the wood line is 100 or more feet away from any buildings," said Johnson. "But in some of these areas, the wood line is less than 25 feet from a home, so those have to be addressed first."

Inlet filtration devices help prevent pollution on post

By EMILY MCGRUDER

DPW-ENRMD-CMB

FORT POLK, La. — Storm drain inlets collect water from roads and parking lots and convey it to an underground storm drain system.

Drain inlets have minimal water quality benefit alone; however, they are often a necessary component of a drainage system that as a whole has a water quality benefit. Stormwater inlet filtration devices help increase water quality. These devices are applied to any curb inlet, drop inlet, manhole or catch basin to help remove pollutants while still allowing the water to leave the designated area without ponding.

Stormwater can pick up debris, chemicals and other pollutants and discharge into the storm sewer system. Stormwater inlets are the main interface between surface runoff and underground drainage, so any debris or pollutants that end up in the inlet eventually lead to local waterways. Preventing these items from going into the inlet not only

provides pollution prevention but also flood prevention by helping avoid clogged stormwater infrastructure.

Fallen leaves and grass clippings can block storm drains, flooding roads and harming waterways. When grass clippings and decomposing leaves are put in waterways, unnaturally high levels of nutrients can harm aquatic wildlife by causing algae blooms. Grass clippings in the waterways can also rob valuable oxygen from the local lakes and rivers.

Louisiana is known as the Sportsman's Paradise and residents take pride in its rivers and lakes, so it's important they are kept clean. Anything that enters a storm sewer system is discharged untreated into the waterbodies used for recreational activities such as swimming and fishing.

There are things you can do around your home to help prevent pollution and flooding of the stormwater systems on the installation. Wash your vehicle over a grassy area to prevent detergents



DPW

from running off into storm drains; do not put grass clippings, leaves and other yard waste into a storm drain; properly dispose of hazardous chemicals including paints, antifreeze and other toxic chemicals.

Across the cantonment area of Fort Polk, stormwater inlet filtration devices have been put in place to help increase water quality, as well as prevent pollution and flooding in on post neighborhoods. When anything other than rain goes down the storm drain, it can become a

drainage problem. With the inlet filtration devices in place, the stormwater systems are much cleaner, water pollution is minimized, floods are prevented, and the installation saves money in stormwater management costs.

The Water Resource team will continue to move the filtration devices around the installation to different locations as they continue to monitor possible pollution sites, and the benefits they have on preventing pollution in our waterways.

Justice beat: Adverse legal action meted out for UCMJ violations

STAFF JUDGE 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 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 and subordinate commanders take good order and discipline seriously.

Across Fort Polk, the following disciplinary issues continue to be prevalent: Sexual assault, driving under the influence, wrongful use/possession of controlled substances, fraternization,

inappropriate relationships and domestic violence. Below are recent examples of adverse legal actions across the installation.

- A specialist, assigned to 3rd Brigade Combat Team, 10th Mountain Division, was punished under Article 15 for wrongfully using a government travel charge card for personal use and making a false official statement in violation of Articles 92 and 107, Uniform Code of Military Justice. The service member was sentenced to a reduction to the grade of E-3, forfeiture of \$491, 14 days of extra duty and 14 days of restriction.

- A specialist, assigned to 46th Engineer Battalion, was punished under Article 15 for fraudulently receiving entitlements and exemptions in the amount of \$18,752 in violation of Article 121, UCMJ. The service member was sentenced to reduction to the grade of E-1.

- A specialist, assigned to 46th Eng Bn, was administratively separated under Chapter 14-12b (Patterns of Misconduct) with a General (Under Honorable Conditions) discharge, for having an unregistered weapon in the home and failing to report to the appointed place of duty on different occasions. Generally, this characterization of service results in the loss of a service member's Montgomery GI Bill benefits.

- A private, assigned to 1st Battalion, 509th Infantry Regiment, was administratively separated under Chapter 14-12c(2) (Commission of a Serious Offense) with a General (Under Honorable Conditions) discharge, for wrongful use of a controlled substance in violation of Article 112a, UCMJ. Generally, this characterization of service results in the loss of a service member's Montgomery GI Bill benefits.

Fort Polk serves Thanksgiving feast to Rotational Troops

GUARDIAN STAFF

FORT POLK, La. — Fort Pol's Patriot Inn dining facility prepared its annual Thanksgiving feast with all the trimmings for Soldiers, Family members, civilians and retirees on Nov. 28.

However, this year the DFAC staff also provided a full Thanksgiving meal to rotational Soldiers in the Joint Readiness Training Center "Box" training area.

Not only did the Soldiers enjoy turkey with all the trimmings, they also participated in an impromptu football — or in this case, rugby — game.

The photos on this and the following page show the Soldiers enjoying their meals both in the DFAC and the Box.

Please see **Feast**, page 9



Clockwise, from above: A place setting at Patriot Inn for fallen Soldiers; nothing like a game of football — or rugby — after a Thanksgiving meal in the field; Patriot Inn Soldiers pulled out all the stops to present a football-themed atmosphere for the Thanksgiving meal; and Fort Polk leaders dish out turkey, steamboat round and all the trimmings to installation Soldiers, Family members, civilians and retirees on Thanksgiving Day.

Feast

Continued from page 8



Clockwise, from above: Soldiers pass through the chow line on Thanksgiving Day at Fort Polk's Patriot Inn dining facility as members of the Joint Readiness Training Center and Fort Polk leadership serves the meal; Soldiers load beverages to take to the field for rotational Soldiers; Rotational Soldiers are served a Thanksgiving Day meal in the field; the Scots Guard's Drum and Pipes, part of Rotation 20-02, play during Thanksgiving festivities in "the "Box;" and a Soldier loads the Thanksgiving meal into trucks for delivery to rotational Soldiers.

JEFF ENGLAND / GUARDIAN STAFF



ANGIE THORNE / GUARDIAN

Alex Morris, military spouse, finishes his last day as City of Leesville Human Resource and Accounting manager Dec. 2 before moving on to a new job in the Bayne-Jones Army Community Hospital Human Resources department.

Spouse capitalizes on employment success

By **ANGIE THORNE**
Guardian staff writer

FORT POLK, La. — When a military spouse first arrives at Fort Polk, they bring with them the uncertainties faced with any permanent change of station — making new friends, acclimating to a new culture, finding a job.

Making friends and adjusting to new surroundings comes with time, but finding a job, especially on their own, can be challenging. It doesn't have to be.

Easing a spouse into the local job market starts with Stacey Delgado, Fort Polk's Employment Readiness Program manager.

Delgado said participating in her program is a win-win for spouses, as well as local employers, because she has worked relentlessly over the years to build relationships with businesses on and off post.

Local businesses that hire military spouses, said Delgado, get an employee that has education, job expertise, a strong work ethic, time management skills, flexibility and a "want to work" attitude.

"If an employer hires a military spouse, even if they lose them due to a permanent change of station move 18 months later, they will want to hire another to take their place. Employers come back to me time and again to fill empty positions. They'll ask me, 'do you have another spouse with the skills I need?'" she said.

No one knows that better than Alex Morris, a prior service member with an active-duty spouse, who found himself looking for a job after his spouse was stationed at Fort Polk a couple of years ago. When he first arrived, Morris said he was knocking on doors, handing out resumes, applying to everything and looking for a job on his own.

"It was tough and for a while I didn't think I

would get an interview, but then I talked to Stacey," he said. "I worked with her to tweak my resume and she helped me connect with the right people to find a job."

With Delgado's help, Morris was hired as the City of Leesville, Human Resources and Accounting manager a little more than two years ago.

"I think the City of Leesville reached out to her about this job. Stacey called me and said I needed to apply because she thought I would be perfect for the position they needed to fill," he said.

Delgado said the relationships she maintains allow her to run a client tracking system based on the information local businesses provide her including the skills employees need for their positions and jobs available.

"Often spouses run into difficulties finding a job locally because it's not something that can be looked up online," she said.

Delgado said spouses should take advantage of the program's resources by stopping by the office and interacting with her face to face.

"I'm here, but they have to be willing to use the experience this office provides — that includes everything from letting a subject matter expert help build and review resumes to running through the interview process and more," she said.

Delgado said that's what Morris did.

"Alex told me what his expectations were and what he wanted in a job and then we redid his resume. Finding him a job was a team effort," she said.

"When the city sent me a text asking if I had a spouse that could fill an HR position, Alex came immediately to mind," she said.

Morris said military spouses need the resources, connections and knowledge of the local market that ERP provides and he doesn't think

Please see **Spouse**, page 11

Briefs

School lunch menu

The following school lunch menu is for Vernon Parish schools for Monday through Dec. 13. Meals are served with salad bar and choice of milk:

Monday: Hamburger on whole wheat bun, French fries, ranch style beans, lettuce/tomato/pickle cup, orange wedges.

Tuesday: Oven fried chicken with barbecue sauce, steamed cabbage, candied sweet potatoes, fruit, whole wheat cornbread.

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

Thursday: Frijoles, bean burrito with chili and cheese, corn on the cob, ranch style beans, banana.

Dec. 13: Carnival corndog, Bush's baked beans, oven baked fries, mixed fruit.

Snowflake Fest

The Joint Readiness Training Center and Fort Polk annual Snowflake Festival is held today from 4-9 p.m. at the Main Post Exchange.

Activities include trees for troops, free hot dogs and cocoa, bouncy snowman, giant snow globe, skating rink, lighting the installation Christmas tree and the arrival of Santa and Mrs. Claus.

Golf special

Warrior Hills Golf Course allows linksters to play Fort Polk's scenic 18-hole course Mondays for the price of nine holes through Feb. 28.

For more information call 531-4661 or visit polk.armymwr.com.

Cost increase

Prescription drug costs for Tricare users are set to rise Jan. 1, some by as much as 42%. The pharmacy fee increases impact Tricare users who use off-base pharmacies, including those on Tricare for Life.

Effective Jan. 1, a 90-day supply of generic drugs received through the program's Express Scripts mail-order pharmacy will increase from \$7 to \$10. Co-pays on brand-name drugs received through the mail will go from \$24 to \$29; the price rises from \$53 to \$60 for non-formulary drugs.

Generic drug prescriptions filled at retail pharmacies will see the cost rise from \$11 to \$13 for a 30-day supply, while the same supply of brand-name medications will increase from \$28 to \$33. Non-formulary drugs — those not on Tricare's list of fully covered medications — will go up from \$53 to \$60.

Prescriptions filled on post will continue to be free.

Cannata soars to Scouting's highest peak: Eagle Scout

GUARDIAN STAFF

FORT POLK, La. — Country music star Hank Williams Jr. once sang, "I'm just carrying on an old family tradition."

That line appropriately describes Justin S. Cannata, who received his Eagle Scout in a ceremony hosted by Boy Scouts of America Troop 124 Nov. 29 at Fort Polk's Main Post Chapel. In the process he became the 10th Eagle Scout — through four generations — in his family.

Justin Cannata joined his great-grandfather, retired Lt. Gen. John A. Kjellstrom (1938), grandfather retired Maj. Richard E. Kjellstrom (1964), grandfather retired Col. Gregory A. Cannata (1965), father, Col. Gregory A. Cannata Jr. (1987), brother Gregory R. Cannata (2014), brother Joseph M. Cannata (2016), great-uncle Phillip E. Cannata (1963), cousin Gene Cannata (1978) and cousin Phillip J. Cannata (1997).

Cannata said the trek to becoming an Eagle Scout is something he's spent his life working toward.

"Only 4% of the boys in scouting become an Eagle Scout," he said. "It's (Eagle Scout) is not just a rank; it's the person you become."

Justin Cannata was born June 22, 2005, in Fort Benning, Georgia, to a U.S. Army Family. He has lived in Georgia, England, Germany, Australia, New York, Georgia (again), Virginia and now Louisiana. He is in his freshman year at Leesville High School, and aspires to attend university on

an Army ROTC scholarship, becoming an Army officer. He is the Troop Guide of BSA Troop 124.

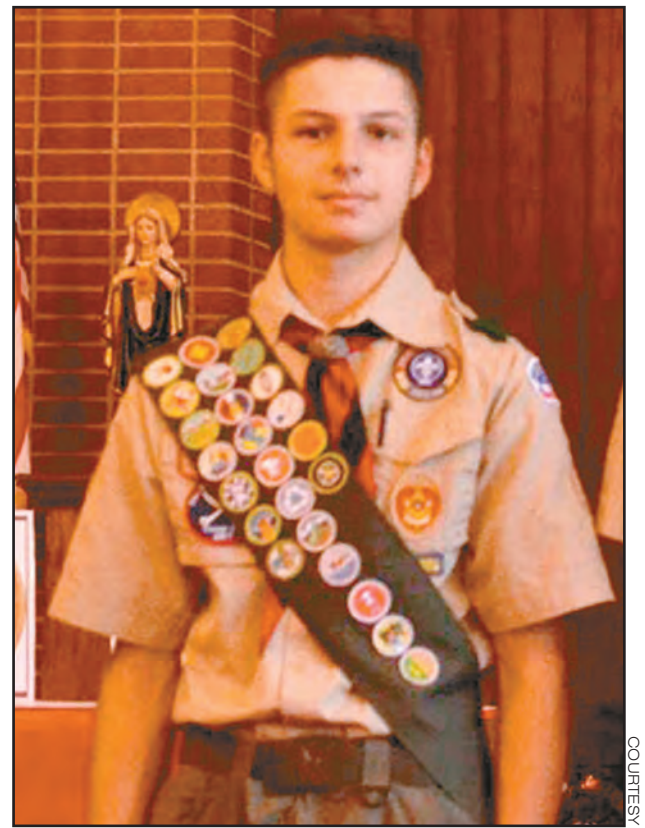
Cannata started Scouting as a Cub Scout and Lone Scout in Australia; Lone Scouts is a Boy Scouts of America program for boys not located near a troop who may continue to participate via distance learning and coordination through the National Committee. Justin advanced through all levels of Cub Scouts, from Tiger to Webelos, ultimately achieving its highest award — the Arrow of Light — in Pack 500, Hinesville, Georgia. He then transitioned to Boy Scouts and has been in three troops in three states over the last four years. He completed his Eagle Board of Review in the Calcasieu Area Council on Sept. 30, earning his Eagle Scout the fastest in the family at age 14 years, 3 months and 8 days.

"As was pointed out in the ceremony, (Eagle Scout) is the third and final peak in Scouting," Cannata said. "As an eagle, you are expected to be ready to take off and soar."

For his Eagle Project, Justin built a life-sized, collapsible manger for the Main Post Chapel at Fort Polk. It stands about five feet tall, is eight feet wide, and four feet deep, with lighting to highlight those sitting (or laying) in it.

In addition to the Cub Scout Arrow of Light, Cannata has earned 24 merit badges, and other awards. He also climbed Pike's Peak (as a Teenage Mutant Ninja Turtle) with a Boy Scout High Adventure Camp.

Justin is the son of Col. Gregory Cannata, Joint



COURTESY

Justin S. Cannata

Readiness Training Center Operations Group deputy commander, and his spouse, Natalie Cannata.

Spouse

Continued from page 10

enough people are taking advantage of Stacey's programs.

"Stacy is a good resource for Leesville and military spouses," he said.

Patti J. Larney, City of Leesville city administrator, has worked with Delgado to hire spouses. She said supporting Fort Polk and military spouses is important to maintain a positive partnership.

"Military spouses have a lot of experience and that enables the city to widen its pool of applicants for any given position. There is a wealth of knowledge there that we would be remiss not to tap into," she said. "If they have the qualifications to do the job, we want to hire them. They have worked hard to gain that experience and get where they are and they deserve the opportunity."

Larney said they were happy to hire Morris on the spot and he has been an awesome employee.

"If we had tasks that needed to be accomplished, no matter the issue, we didn't hesitate to give him that responsibility. We knew he was capable of doing just about anything we threw his way. He took his responsibilities and ran with them," she said. "I think that has only helped his confidence grow."

Morris said he appreciates the support Leesville businesses show in hiring military spouses. "You feel appreciated, like someone is willing to give you a shot, an opportunity to use your skills," he said. "The job with the City of Leesville gave me a chance to use my experience and knowledge toward building new job skills."

From day one, Morris said he was trusted to work beyond his department's focus and given a broader range of responsibilities from the easiest to the most complex issues that enabled him to grow as an employee.

But the success Morris has enjoyed as a City of Leesville employee for the last two years is coming to an end as he takes the next successful step in his career.

His last day with the city as HR manager was Dec. 2 and he will soon be starting a new job at Bayne-Jones Army Community Hospital in its HR department.

Morris said he thought of his new job as a lateral career move that will offer a host of new benefits — ones he wouldn't have if not for the help of Fort Polk's ERP and his job with the City of Leesville.

"Being an HR manager gave me an opportunity to gain a wealth of knowledge, experience, autonomy, discipline, integrity, communication skills and self confidence. Without the experience I gained working for the City of Leesville, I don't think I would have had the skills necessary to qualify for the job with BJACH," he said.

Larney said they will miss Morris, but wish him the best in his new job.

Morris said his advice to military spouses moving to Fort Polk — for success with employment and life — is to be open to change while using the resources available.

"Don't give up, be persistent, be flexible, ask for help from Fort Polk's ERP, embrace the culture and give the Leesville area a chance," he said.



ANGIE THORNE / GUARDIAN

If you are a military spouse and need help finding a job, head to Fort Polk's Family Readiness Center, bldg 924, and check out the Employment Readiness Program.

Avoid December DUIs by following ASAP tips

ASAP

FORT POLK, La. — December is National Drunk and Drugged Driving (3D) Prevention Month. Fort Polk's Army Substance Abuse Program reminds everyone there are always options for getting from place to place without getting behind the wheel under the influence. Do your part this month to lower the number of DUIs and incidents related to drugs and alcohol.

This holiday season you may have time off from work, plans with family and friends, parties and celebrations. Enjoy them, but remember, it's easy to overdo it in the weeks between Thanksgiving and New Year's Day.

Drinking too much gets in the way of making holiday memories — and keeping them too. You'll be especially glad you aren't drunk when:

- You can confidently drive through that "driving under the influence" check point like a boss. You know a DUI would completely derail your travel plans, holiday spirit and career. Make sure it's not even a possibility.

Don't drive to the party if you're going to be drinking. Use a ridesharing app or have a designated driver if you plan to drink.

- You keep off those extra pounds. Drinking more than usual can offset the hard work you put into your body. On top of that, you

may also be eating more than usual because of the holiday celebrations. Before reaching for another drink, check out these reasons your body will thank you for cutting back on alcohol.

- You've had a delicious holiday dinner. Drinking too much often leads to nausea and vomiting. Keep your memories of special holiday meals focused on eating them, instead of throwing them.

- You have a long day of holiday festivities ahead of you. When PT starts at 6:30 a.m., followed by a full duty day, holiday shopping and then your buddy's holiday party, no one has time for a hangover.

And when it's time to sleep, alcohol can leave you restless so you won't get a good night's sleep. Be your best self each day, not the tired, grumpy, nauseous version.

- You're shopping online for that perfect gift for Mom. Do you really think she wants that light-up snowman sweater?

Be smart with your hard-earned money and don't buy things you'll regret when you sober up.

- It's time to kiss that special someone at the stroke of midnight on New Year's Eve. Drinking is linked to some mouth and stomach issues that can cause bad breath. That's a definite no-no for a good smooch.

Each week, ASAP will run an article with tips and resources for making this a successful 3D month at Fort Polk. ASAP will also set up information/resource tables at Bayne-Jones Army Community Hospital on Tuesday and at the Main Post Exchange Wednesday. For more information call 531-2031.



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Arts, Crafts Center gets new fabric printing equipment

By **KEITH HOUIN**
Guardian staff writer

FORT POLK, La. — It's that time of the year again when people rush to get those last minute Christmas gifts or stocking stuffers.

Family Morale, Welfare and Recreation Program's Arts and Crafts Center's new fabric printing equipment could make the difference between a run of the mill generic gift or a unique, personalized item.

"The equipment provides the ability to create high quality personalized products," Patricia McGlothen, FMWR recreation assistant, said. "Your typical screen printing machine is limited to six to eight different colors. This machine can do any color and shade you have in your art or photo."

Though production is a four-step process, you can tell the difference in quality of the printing.

McGlothen said each piece is pretreated with a starch-based liquid then pressed to prepare it for the printer. Once in the printer, white ink in the design of the artwork goes onto the fabric. This ink helps other colors better adhere to the fabric. After printing, the fabric is pressed again to further improve the bonding, she said.

"The colors really look good with this process and hold up well in the washer and dryer," she said.

McGlothen is currently printing canvas totes, dish towels, T-shirts and sweatshirts, but has been experimenting on other items like baby bibs and potholders to get a better idea of the full capacity of the equipment.

"Shirts can be purchased at the Arts and Crafts Center or you can bring in your own

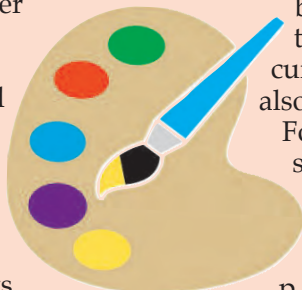


shirt or other item to be customized. Items should be 100% cotton," McGlothen said.

The cost of a custom printed item will vary based on the amount of ink used and the shirt purchased. Shirt prices are currently \$3.45 or \$6.37 each. There is also a production fee of \$5.

For more information call 531-1980 or stop by the Arts and Crafts Center by 1685 Bellrichard Ave., bldg 922.

Hours of operation are Tuesday through Thursday from 10 a.m. to 6 p.m. and Friday and Saturday from 9 a.m. to 5 p.m.



Patricia McGlothen, FMWR recreation assistant, prepares a T-shirt for printing Dec. 3 at the Arts and Crafts Center.

Pinkney punches way to national boxing championship

By **Pfc. GREGORY MUENCHOW**
3rd BCT PAO

FORT POLK, La. — Spc. William Pinkney, combat medic with 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, stepped into the ring to compete in the Sugar Bert Boxing National Championship for the light-heavyweight class on Nov. 24 in Kissimmee, Florida.

When the bell rang Pinkney knew the fight was his to win.

"I'm always calm before the fight if I prepared the right way," said Pinkney. "With all the hard work and training twice a day there was no way I was going to lose."

Pinkney began boxing in May 2018, shortly after he arrived at Fort Polk. The community he found within his unit and at a local gym made his victory possible.

"My chain of command has supported me," said Pinkney. "When I first got here, I told them I wanted to try out for the Army Boxing Team and bring home a championship."

From the beginning, Pinkney had the championship on his mind.

"The first time he came in and saw a couple of fighters with belts, he decided that he was going

to be a champion too," said retired Sgt. 1st Class Sidney Russell, one of Pinkney's coaches.

Pinkney's road to the national championship ran through three fights. In his second bout, he came up just short with a close loss.

"After that fight, I decided that no one was going to outwork me," said Pinkney. "With enough hard work you can do anything, so I just had to work twice as hard."

His reinforced resolve after the loss was apparent to his coaches.

"He came back after the loss working harder and better," said Sgt. 1st Class Jeffrey Cereceres, Joint Readiness Training Center Operations Group Task Force Four, another of Pinkney's helped him win Nationals."

That work ethic and resolve brought Pinkney to the National Championship with a clear head, ready to bring home the belt.

"He dominated the fight from beginning to end, his opponent only landed three or four punches each round," said Cereceres. "He made the fight look easy."

After three rounds of keeping the pressure on his opponent, Pinkney was declared the victor by unanimous decision.

"I'm proud that I was able to bring home the belt and represent the Army," said Pinkney. "And



Pictured from left are retired Sgt. 1st Class Sidney Russell, boxing coach, Sgt. 1st Class Jeffrey Cereceres, Joint Readiness Training Center Operations Group and boxing coach Col. Ryan K. Roseberry, Fort Polk garrison commander, Spc. William Pinkney, 2nd Bn, 30th Inf Reg, 3rd BCT, 10th Mtn Div, and Garrison Command Sgt. Maj. Christopher Ausbun.

I know my all my guys are proud of me too, my mom even wears the belt."



Fort Polk Guardian

www.thefortpolkguardian.com

Published for the community of Fort Polk, La.

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Corvias scholarships available for military Families

CORVIAS FOUNDATION

EAST GREENWICH, R.I. — Corvias Foundation is accepting 2020 scholarship applications available to military spouses and children of active-duty service members.

“In the more than 20 years since we have been working with military families, our mission was and continues to be holistic: Improve the quality of life for service members and their families. Through Corvias Foundation, we have awarded more than \$14 million scholarships and maintained a cohesive, supportive group that grows with each new scholarship class,” said John Picerne, CEO of Corvias.

The application process for both the military spouse scholarship and military-dependent student scholarship began Nov. 1. The application for the military-dependent student scholarship

will close on Feb. 14, while the military spouse scholarship application process will close on May 8. Both scholarship programs offer financial support for eligible applicants pursuing higher education degrees. The military-dependent student recipients will each receive a four-year college scholarship of up to \$50,000.

“Since 2006, Corvias Foundation has awarded more than 440 scholarships to military spouses and children of active-duty service members,” said Maria Montalvo, executive director of Corvias Foundation. “We are delighted to continue our mission of empowering military families through another year of providing assistance to a new class of inspiring and deserving individuals.”



The military spouse scholarships are awarded to 20 individuals who each receive \$5,000.

These funds can be used for any need that will help the recipients complete their degree, such as tuition, childcare or gas for transportation.

A scholarship from Corvias Foundation goes beyond money. Student scholars and alumni receive professional guidance through resume review, interview preparation and opportunities to attend leadership conferences.

Through its network Corvias Foundation also increases access to internships, mentoring and volunteer opportunities. Individuals who are interested in applying can visit corvias-foundation.org/apply-now/ to review eligibility criteria and access the application.



Get holiday double points

AAFES

FORT POLK, Louisiana — As Fort Polk shoppers look for the perfect gifts, they can use the card that will give them gifts as well. MILITARY STAR cardholders can earn double rewards points on purchases Dec. 15 and 16.

That means shoppers earn 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.

“Holiday shopping with your MILITARY STAR card on Dec. 15 and 16 means earning your next \$20 rewards card even faster,” said Ronald McDuffie, general manager. “It’s a small way for MILITARY STAR to say ‘happy holidays’ to our Fort Polk heroes and their Families.”

In 2018, MILITARY STAR shoppers worldwide earned \$34.6 million worth of rewards cards, part of the card’s annual \$471 million benefit to the military community, which also includes savings through discounts, financing offers and cardholder-friendly terms and conditions.

The MILITARY STAR card is administered by the Army and Air Force Exchange Service and is accepted at all military exchanges and commissaries. For more information or to apply for a card, visit the Fort Polk Exchange.

AAFES

FORT POLK, La. — While shopping for holiday gifts for loved ones, Fort Polk Exchange customers can give a different kind of present: Support for service members in need.

From today through Tuesday, during the third and final Give and Get Back donation period of the year, Fort Polk Exchange shoppers can donate to Army Emergency Relief or the Air Force Assistance Fund and receive a coupon for Exchange savings. For every \$5 donated, shoppers receive an Exchange coupon for \$5 off a \$25 purchase.

“Army Emergency Relief and the Air Force Assistance Fund do extraordinary work for Soldiers, Airmen and their Families,” said Tom Shull, Army and Air Force Exchange Service director/CEO. “The Exchange is deeply honored to join them to help the military community grow stronger.”

AER and AFAF provide emergency assistance, sponsor educational initiatives and offer community programs that make life better for service members and their families.



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AW19-1034

'Tis the season for shoppers to give, get back

“The holiday season is upon us. By adding a donation to the ‘Give and Get Back’ campaign to your holiday shopping list, you’ll be helping Soldiers, Airmen and their families when they need it most,” said retired Lt. Gen. Raymond V. Mason, AER director. “And in return for your generosity, the Exchange gives you discounted savings on a future purchase.”

This is the third year the Exchange has partnered with AER and AFAF to host Give and Get Back campaigns. Since the inception of the campaigns, Exchange shoppers have donated more than \$755,000 to the relief funds.



Lagniappe

BOSS

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

- **Toy drive**

Donate toys for families in need this holiday season. Toy distribution takes place Thursday. Contact your BOSS representative or call 531-1948 for more information.

- **Football fun**

The Home of Heroes Recreation Center is your football headquarters for NFL Sunday Ticket. For more information call 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

- **Louisiana Renaissance**

Louisiana Renaissance Festival, 46468 River Road, Hammond, takes place today and Saturday. The theme is fireworks finale. In addition to everything the festival has to offer, you can enjoy one of the best fireworks displays around.

The explosive action begins about an hour after the fest closes. Anyone attending the festival either day is welcome to stay and spread a blanket on the grass that surrounds the lake, lay back and watch the colorful and bombastic show.

Veterans and active duty military get 50% off at the ticket booth. For more information visit www.la-renfest.com or call (985) 429-9992.

Miscellaneous

- **DeRidder Christmas**

Enjoy a dazzling Christmas celebration with the Miracle on Washington Christmas Festival held Saturday from 8 a.m.-8 p.m. on Washington Street in Downtown DeRidder.

Enjoy a fun-filled family day with vendors, live entertainment, food, crafts, an ugly sweater contest, Santa "Paws" pet costume contest, face painting and more.

Unique shopping and dining experiences, activities for kids and entertainment for all ages can be found downtown.

The festival ends with a lighted Christmas parade in downtown DeRidder beginning at 5 p.m.

- **Lake Charles Christmas**

Santa Claus is coming to town during the annual Light up the Lake Christmas Celebration Saturday. A lighted night parade travels through historic downtown Lake Charles beginning at 6:30 p.m. for a festive journey from Pine Street, south on Ryan and concluding at Seventh Street.

After the parade, the fun moves to the Lake Charles Civic Center, 900 Lakeshore Drive, as residents gather for a lighting ceremony. There will be live entertainment until 7:30 p.m. The switch will be flipped to light up the tree, as well as the many brilliant ornaments positioned at the Civic Center entrance.

Captains will then be called upon to round up the crew for the annual lighted boat parade at 8:15 p.m. An assortment of boats reflecting the spirit of the season will parade past spectators along the Lakefront Promenade.

At 8:45 p.m. a fireworks extravaganza lights up the lake.

If all that fun works up a holiday hunger, food vendors will be available on the lakefront.

- **Leesville parade**

The Vernon Parish Chamber of Commerce Christmas parade — a Storybook Christmas — takes place Dec. 14 from 5:30-7:30 p.m. on Third Street, Leesville.

- **Mansfield Christmas**

On Dec. 14, visit Mansfield State Historic Site, located on La. Hwy 175, three miles south of the town of Mansfield, for a "Christmas on the Homefront" presentation.

You will learn what holiday treats were popular on the homefront, North and South, during the American Civil War. Period sweets such as gingerbread cookies, peppermint sticks and molasses taffy will be available for sampling, as well as coffee.

Discover the Christmas traditions of the era and how families of Soldiers in the field celebrated the holidays.

The program begins at 2 p.m. in the museum theater. Admission is \$4 per person ages 4-61. Seniors 62 and over and children 3 and under are admitted free. For more information call (888) 677-6267.

- **Choir performance**

The Vernon Parish Community Choir presents Handel's "Messiah" at the Leesville High School auditorium, 502 Berry St., Leesville. The performance is held Sunday at 3 p.m. Tickets are \$5 per person and \$2 per student. Children under the age of 5 get in free.

For more information call (337) 424-7118, (337) 238-1036 or (337) 238-2540.

- **Seasonal dinner**

A community dinner takes place Dec. 14 at 2 and 6 p.m. at the Wooten Theatre, 102 East First St., DeRidder. Those invited include the lonely, widowers, needy, veterans and anyone who would like to share a meal with others. No one will be turned away.

The purpose of the dinner is to show those who need a good meal and fellowship that even though the season can be rough, there are people who care. If you would like to volunteer call (337) 396-8083 or email brian13f2003@yahoo.com.

- **Christmas music**

The DeRidder First Baptist Church Christmas program, "Messiah Has Come," is held Dec. 15 at 10:30 a.m. and 3:30 p.m. Tickets are not required. A canned good may be brought for the DeRidder Food Bank. The church is located at 2030 U.S. 171, DeRidder. Call (337) 463-9047 for more information.

- **Zoo holiday**

The Alexandria Zoo lights up the season with Holiday Light Safari today through Saturday, Thursday through Dec. 14, 19-21 and 26-28 from 5:30-8:30 p.m. (last entry at 8 p.m.).

If you are looking for a unique way to create wonderful holiday memories, you won't want to miss your chance to bundle up and stroll through the zoo's colorful environment sparkling with thousands of lights and whimsical lighted animal figures.

There are festive opportunities for little ones to share their wish list with Santa through Dec. 23, as well as decorate a sugar cookie and make a craft.

Families can then hop aboard the Holiday Express Train for a merry ride with holiday music to see even more lights and displays. The first 100 guests each night receive a free train ride.

Admission is \$8 per person ages 4 and older. Children ages 3 and under get in free. The zoo closes early each evening of the event at 3:30 p.m. (last admission 3 p.m.) and re-opens as Holiday Light Safari at 5:30 p.m.

In the event of inclement weather, the decision to cancel an evening of Holiday Light Safari will be announced via the zoo's Facebook page.

For more information visit www.thealexandriazoo.com.

- **Holiday park**

Visit Dark Woods Christmas in

the Park, 4343 University Parkway, Natchitoches, for a magical winter wonderland from Saturday through Dec. 25 — weather permitting. The holiday attraction offers a variety of holiday experiences and the beauty of Christmas lights and decor in a woodland setting. For more information visit Facebook at Christmas in The Park or call (318) 332-8546.

- **Christmas in Roseland**

Head to the American Rose Center, 8877 Jefferson Paige Road, Shreveport to attend Christmas in Roseland each Friday through Sunday until Dec. 15 and every night from Dec. 16-22.

During the holiday season the park is transformed.

Walk through the winter wonderland with thousands of twinkling lights, dozens of lighted displays, giant Christmas cards, nightly entertainment rides on the Roseland Express train, photos with Santa and tons of fun for the family.

Admission is \$20 per carload or \$5 per person. Children ages 2 and under get in free.

For more information visit www.rose.org.

- **Museum exhibit**

The Alexandria Museum of Art hosts "Pelican State Goes to War" — a look at Louisiana's contribution to World War II on loan from the New Orleans World War II Museum through Feb. 22. There will also be panels, performances and discussions in conjunction with the exhibit throughout its stay.

Admission is free. For more information visit <https://themuseum.org/#>.

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 next meeting takes place Tuesday.

The December championship tournament takes place at Sam Rayburn Lake Dec. 14 and Toledo Bend Dec. 15. 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.

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F1450 FORD TIRES, six lugs, 305/40R, and rims. \$500 OBO. Call 337-208-6983.

6 TICKETS TO SEE THE GARY ALLAN CONCERT at the Coushatta Resort in Kinder Louisiana. Please call 337-396-1832 for more information.

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STATEWIDES

PLAQUEMINE PARISH FAIR ORANGE Festival! Friday, December 6, Saturday, December 7 and Sunday, December 8. Live Music and Fun for the entire family! Historic Fort Jackson Buras, Louisiana LA Highway 23- 65 miles South of Gretna www.orangefestival.com (LA-SCAN)

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

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

The Natchitoches Times is an equal opportunity employer.

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

call
Theresa Larue

337-404-7242

or email her at sales@thefortpolkguardian.com



Guardian Tradin' Post Ad

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

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

Deadline for FREE ads is NOON Tuesday.

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

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

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

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

Name: _____ Date: _____

Signature: _____ Phone: _____

Fort Polk Guardian

www.thefortpolkguardian.com

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

STRUGGLING WITH YOUR PRIVATE Student Loan Payment? New relief programs can reduce your payments. Learn your options. Good credit not necessary. Call the Helpline 1-877-781-4209 (Mon-Fri 9am-5pm Eastern) (LA-SCAN)

DIRECTV SATELLITE TV SERVICE at \$59.99 per month! 1 YEAR PRICE LOCK! 155+ Channels available. Call NOW to get the MOST SPORTS on TV! 1-888-498-4312 (LA-SCAN)

ENJOY 100% GUARANTEED DELIVERED to the door Omaha Steaks! Save 68% PLUS get 4 FREE burgers Order The Favorite Gift. ONLY \$69.99 1-855-274-4919 mention code: 59104FNJ or visit omahasteaks.com/morning 6118-0219 (LA-SCAN)

GET NFL SUNDAY TICKET FREE with DIRECTV Choice All Included Package. \$59.99 per 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 per month! Get More Data FREE Off-Peak Data. FAST download speeds. Wi-Fi built in! FREE Standard Installation for lease customers! Limited Time, call 1-844-253-8788 (LA-SCAN)

STAY IN YOUR HOME longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-877-318-1753 or visit

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TV FOR FREE WITH SmartView Antenna! Potentially watch over 60 channels. Completely free of monthly subscription costs (after purchase & setup) Special Savings for Print Readers 57% off! Visit <http://smartview.com/louisiana> (LA-SCAN)

VIASAT SATELLITE INTERNET UP to 12 mbps Plans Starting at \$30 per month. Our Fastest Speeds (up to 50mbps) & Unlimited Data Plans start at \$100 per month. Call Vi-asat 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. 1-855-874-9438 (LA-SCAN)

TWO GREAT NEW OFFERS from AT&T Wireless! Ask how to get the Next Generation Samsung Galaxy S10e FREE. FREE iPhone with AT&T's Buy One, Give One. While supplies last! 1-866-429-3991 or www.freephones-now.com/LA (LA-SCAN)

ATTENTION: OXYGEN USERS! GAIN freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call Oxygen Concentrator Store: 1-855-382-4168 (LA-SCAN)

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with 190 channels and 3 months FREE Premium Movie Channels! FREE next day installation! Call 1-888-670-6475 (LA-SCAN)

DIRECTV NOW! NO SATELLITE Needed! \$40 per month. 65 Channels. Stream Breaking News, Live Events, Sports & On Demand Titles. No Annual Contract. No Commitment. Call 1-855-920-9336 (LA-SCAN)

DISH TV \$59.99 FOR 190 Channels \$14.95 High Speed Internet. FREE Installation, Smart HD DVR Included, FREE Voice Remote. Some restrictions apply. Call 1-855-721-4040 (LA-SCAN)

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NEED NEW FLOOR-ING? CALL Empire Today to schedule a FREE in home estimate on Carpeting & Flooring. Call Today! 1-844-275-9869 (LA-SCAN)

SECURE YOUR HOME WITH Vivint Smart Home technology. Call 1-844-296-2609 to learn how you can get a professionally installed security system with \$0 activation. (LA-SCAN)

ATTENTION SMALL BUSINESS OWNERS! Are you protected in case of property damage or if you have an interruption in service due to a property event? Business Owner Property Insurance is AFFORDABLE and WILL PROTECT YOU when the unexpected happens! For a FREE quote call 1-855-404-7194 (Monday-Friday 7:30am 9:30 ET) (LA-SCAN)

AUTO INSURANCE STARTING AT \$49 PER MONTH! Call 1-844-430-4651 for your free rate comparison to see how much you can save! (LA-SCAN)

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Mixed fruit medley. Satisfaction guaranteed. Save 20% Only \$19.99 FREE Shipping! Call Pittman & Davis 1-844-284-8980 and mention item #MXFM and code PMVH-N197 or visit www.pittmananddavis.com/M10134 (LA-SCAN)

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