



FORGING THE

WARRIOR SPIRIT

THE JRTC & FORT POLK GUARDIAN

Vol. 47, No. 8

Home of Heroes @ Fort Polk, LA

Feb. 21, 2020

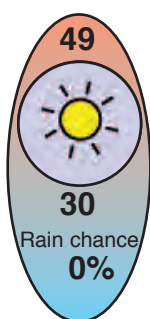


CAPT. BRYAN ELLMORE / 519TH MP BN

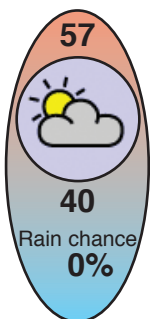
ACFT Equipment Arrives at JRTC!

See story, page 3

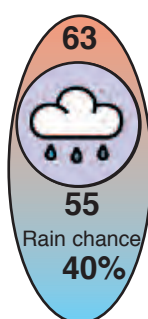
Weekend weather



Friday



Saturday



Sunday

Inside the Guardian

EFMB grads	3	Helping spouses	9
Geronimo Fest	7	Renewing vows	11
Census time	8	Quality of life	13

Viewpoint

In our view

Guardian staff asked the Fort Polk community,
"What is the last thing you watched on television and why did you choose to watch it?"
Here are their responses:

Jose Mora: "I watched the movie *Arctic* because it was about overcoming the odds."



Kimberly Altamirano: "The *Bates Motel*. I had seen everything else and this series looked interesting. I like it. I'm on season two."



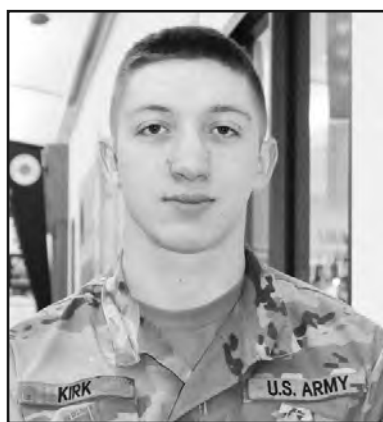
Louis Duenes: "I watched *Forensic Files* because my wife had it on. I enjoy watching the science of how they figure out crimes in real cases."



Sophie Rivers-Heimbecher: "My husband and I are binge watching *The Crown*, a television series that takes place in England. I thought it was cool because my dad is from England."



Spc. Michael Kirk: "I watched *The Last Kingdom*, a show about Vikings. They (Vikings) have always been interesting to me."



Lea Johnson: "My daughter Estelle, 8, wasn't feeling well, so we watched *Sugar Rush* together because the Disney channel wasn't working. But we love to watch baking shows anyway."



Pfc. Amaya Muldrow: "AJ and the Queen. It's a show about a young boy trying to find his identity in the drag queen community. I like it because it's a positive show about being yourself, no matter what that is."



Pvt. Christian Taylor: "I watched *The Flash*. He is my favorite superhero character, but I like that the show is also about love, loyalty and hope."



Guardian

Editorial Staff

Brig. Gen. Patrick D. Frank
Joint Readiness Training Center
and Fort Polk commanding general

Col. Ryan K. Roseberry
Garrison commander

Kim Reischling
Public affairs officer

Chuck Cannon
Command information officer

Angie Thorne

T.C. Bradford

Keith Houin
Staff writers

Editorial Offices

Building 4919, Magnolia Street
Fort Polk, LA 71459-5060

Voice (337) 531-4033

Fax (337) 531-1401

Email: Kimberly.K.Reischling.civ@mail.mil

Trading post ads:

tradingpostads@yahoo.com

Fort Polk Homepage
home.army.mil/polk/

Advertising

For advertising contact
Theresa Larue
(337) 404-7242

Email: sales@thefortpolkguardian.com

The **Guardian**, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the **Guardian** are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or Fort Polk.

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

Everything advertised in this publication shall 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.

A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source.

All editorial content of the **Guardian** is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

The **Guardian** is printed by the **Natchitoches Times**, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Polk. The civilian printer is responsible for commercial advertising.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or the **Natchitoches Times** of the products or services advertised.

Briefs

Toby Keith headlines

Country music superstar Toby Keith is slated to headline Fort Polk's annual FreedomFest July 18. More details will be released as they become available.

For vendor or sponsorship questions call 531-1959/1787 or email fortpolkmwr@gmail.com.



Polk drill

Fort Polk will conduct a Force Protection Condition Elevation Drill March 6. Soldiers, employees, Families, residents, guests and visitors may see Soldiers with weapons responding to planned events as part of the drill.

Do not be alarmed; this is part of the drill to ensure Fort Polk is prepared for any contingency and the safety of everyone on Fort Polk.

Any questions or inquiries should be directed to the Installation Antiterrorism Office at 531-6007 or the Warrior Operations Center at 531-4916.

FPSC grants

The Fort Polk Spouses' Club announces the launch of the 2019-2020 Community Grants application period through March 2.

The FPSC seeks to promote community interests, support worthy causes and improve the quality of life for Fort Polk and its surrounding communities. Its goal is to support as many needs as possible; however, the amount of funds disbursed depends on the success of ongoing Fort Polk Spouses' Club fundraisers and the number of applications received.

You can find the community grants application at <https://fortpolkspousesclub.wildapricot.org>. Please have completed applications post marked no later than March 2.

Mail completed application packets to the address on the form or submitted by email to FPSCCommunityGrants@gmail.com.

Once the applications are reviewed and approved all disbursements will be made in May.

For more information contact the Community Grants Chair at fpsccommunity-grants@gmail.com. Subject: ATTN: Community Grants Eligibility or Application Process.



First Lt. John Swiatek, Headquarters and Headquarters Detachment, 519th Military Police Battalion, carries kettle bells as part of the sprint-drag-carry event of the Army Combat Fitness Test in the 519th MP Bn ACFT Facility located in the unit's motor pool. Units across Fort Polk received equipment kits for the ACFT the week of Feb. 11-14.

ACFT kits distributed to units across Polk

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — Units across Fort Polk received their Army allotment of Army Combat Fitness Test kits Feb. 11-14.

The test, which becomes the Army's official physical training test of record Oct. 1, consists of six events: Deadlift, sprint-drag-carry, standing power throw, leg tuck, hand release push-up — arm extension and two-mile run.

The kits contain the following pieces of equipment: Hexagon/trap bars and weights for use in the deadlift, 10-pound medicine balls, nylon sleds with pull straps and 40-pound kettle bells.

Chief Warrant Officer 2 Dae Kim, property book officer for the 3rd Brigade Combat Team, 10th Mountain Division, said Soldiers from his unit, the 41st Transportation Company and 46th Engineer Battalion worked together to ensure the kits were delivered.

"It was a team effort," Kim said. "We provided the lift capability, the 41st provided transportation and the engineers disassembled the boxes the kits arrived in."

Kim said after a thorough inspection of the equipment to check for damage or rust, the equipment was distributed down to company level.

"The units are now testing the equipment to make sure everything is working properly," Kim said.

The only concern Kim said he noted was the number of kits received. Kits were given to companies based on their size — one kit for every 50 Soldiers.

"But the numbers weren't rounded up to account for total numbers," Kim said. "If a company had 170 Soldiers it received three kits — enough for 150 Soldiers. That, combined with the ACFT taking longer to complete than the APFT (Army Physical Fitness Test) results in not enough kits for an entire company to complete training."

Maj. Daniel Reep, 3rd BCT S-4, said realistically, one kit could handle one platoon at a time. But he said help might be on the way soon.

"We've received word that beginning in May we could start ordering extra equipment using unit funds," Reep said. "We plan on using a significant amount of unit funds to purchase more equipment."

In explaining how the kits were able to be assigned to each company on the installation so quickly, Reep said it was foresight by Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk.

"The old G-3 Force Integration building was limited in space," Reep said. "At General Frank's direction, Force Integration was moved to building 4202 on Pennsylvania Avenue, which has four bays instead of one. Without the additional space, the transfer would not have run so smoothly or quickly."

"It was a team effort. We provided the lift capability, the 41st provided transportation and the engineers disassembled the boxes the kits arrived in."

Chief Warrant Officer 2 DAE KIM
3rd BCT Property Book officer

Staff Sgt. Brice Bennett, supply sergeant for the 41st Trans Co, said their were no problems with the kit issues, he just wished they had received the equipment sooner or delayed the official start of the testing.

"Soldiers' careers are on the line," he said. "For years all we did was push-ups, sit-ups and the two-mile run, and we can execute that with no problem. But some people are having issues with the new events and probably need a little more time to improve their scores."

The Army required units to take two practice ACFTs before Oct. 1. Soldiers on Fort Polk took the test last fall and most will take their second test sometime this spring. This should allow Soldiers enough time to improve their scores in events in which they are weak.

Bennett said even though there are concerns, Soldiers are adaptable.

"I know a lot of Soldiers like the new test because it's challenging and improves your physical fitness," he said. "I just think that if we had a little more time people would not have been as worried."

Changes to promotion process provide officers more career flexibility

By DEVON L. SUITS

Army News Service

FORT MEADE, Md. — The Army has initiated changes to its promotion process, allowing qualified officers a chance to “opt-in” for early promotion consideration, Army Talent Management Task Force leaders said Thursday.

“This new initiative is aligned with the Army People Strategy and implements a change in the way we manage talent through the promotion process,” said Brig. Gen. Thomas J. Edwards, director of the Officer Personnel Management Directorate with Army Human Resources Command.

With the upcoming fiscal year 2020 promotion selection board, officers that are eligible for early promotion must now submit a formal request through the Assignment Interactive Module, or AIM 2.0, by March 16, said Col. Mark Susnis, a team chief with the task force.

“Previously, ‘below the zone’ consideration was a very industrial process,” said Maj. Lucas Rand, assigned to the task force. “If you were in the year group before the primary zone — no matter how strong your file was or whether you had completed your key development assignments — you were automatically considered for below the zone consideration ... whether you wanted it or not.”

Now captains that made rank between Oct. 6, 2015, and July 8, 2017, must meet the list of eligibility criteria before submitting their request. These requirements include:

- Soldiers must have completed their Captains’ Career Course.
- Basic branch officers must complete their key developmental positions by March 16, per Department of the Army Pamphlet 600-3.
- Functional area officers need to have 24 or more months within their functional area. Captains also need 12 or more officer evaluation report-rated months within the same area by March 16, 2020.

“Historically, the Army relied on a time-based promotion system to provide the ready force required for service to the nation,” Edwards said. “By allowing officers to request early consideration, or to ‘opt-in’ to a promotion board, we create an opportunity to recognize individuals of exceptional talent who demonstrate the potential to perform at a higher grade earlier in their career.” With the new opt-in program, the Army can potentially align an officer’s knowledge, skills, and behaviors to meet the force’s mission requirements at higher grades, Susnis added.

Failure to be selected for promotion during the opt-in process will not negatively impact a Soldier’s career, Susnis said.

All officers receive at least two considerations in and above the primary promotion zone before initiating a potential involuntary separation action.

Opt-out of promotion

Qualified captains that want to complete a career-broadening assignment, or pursue an advanced educational or key-developmental opportunity — in the best interest of the Army — can now request to temporarily defer their consideration for promotion for up to two years, Rand said.

For the upcoming fiscal year 2020 major’s promotion selection board, eligible captains within the “primary zone” of promotion consideration



Spc. ZORAN RADUKA / ARMY NEWS SERVICE

Maj. Tatchie Manso, 1st Theater Sustainment Command, smiles as Elena, Manso's wife, pins on his new rank during a ceremony at Fort Knox, Kentucky, Dec. 11. The Army recently initiated changes to its promotion process, allowing qualified officers a chance to “opt-in” for early promotion consideration. Qualified captains can also opt out of promotion to pursue career-broadening assignments, or other advanced educational or key developmental opportunities — in the best interest of the Army.

have until March 9 to submit their deferment request through the Assignment Interactive Module 2.0.

“An officer might want to opt-out because they are in a position to get an advanced degree,” Rand said. “What we don’t want to do is penalize the officer for branching off of their traditional career path.”

While a small percentage of captains will choose to opt-out of promotion this upcoming cycle, Soldiers that are looking to take a year off to increase their competitive standing against

their peers will not receive an option to defer if they previously failed to be selected for promotion, Susnis said.

Changes to the Army’s policies and procedures now provide officers with “more opportunity and more flexibility to expand and broaden their careers,” Rand said.

The program focuses on Soldiers that are “trying to accelerate their timeline because they feel that they are ready,” Rand added. “Everybody is different. It comes down to giving a little bit of control to the officer to manage their career.”

Army briefs

3D printing technology

ABERDEEN PROVING GROUND, Md. — Army scientists are on the brink of a pioneering additive-manufacturing technology to help Soldiers quickly swap out broken plastic components with durable 3D printed replacements, says a top Army researcher.

In the past, troops have either lugged replacement parts around or ordered them from warehouses thousands of miles away, only to wait weeks for them to arrive.

But with dual-polymer 3D printed parts — developed by scientists at the U.S. Army Combat Capabilities Development Command Army Research Laboratory, or ARL — Soldiers could be a few clicks away from swapping out broken pieces and heading back to the fight within hours.

Proposed program cuts

WASHINGTON — Army leaders have issued a full list of programs eliminated or reduced during the latest “night court” review, designed to help fund modernization priorities amid the fiscal year 2021 budget request.

More than \$1.2 billion was freed from legacy programs throughout the Army, with more than \$868.9 million from 39 reductions, and \$324.1 million from 41 eliminations.

An additional \$9 billion is projected over the next five years in the Future Years Defense Program for the Army’s six modernization pushes. The modernization efforts include Long-Range Precision Fires, the Next-Generation Combat Vehicle, Future Vertical Airlift, Tactical Network, Air and Missile Defense, and Soldier Lethality.

32nd Hospital Center Soldiers head to Kosovo

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — The Fort Family bid farewell to 21 Soldiers of the 32nd Hospital Center as they prepared to head to Kosovo to provide medical support for American and allied forces serving in that European nation.

Col. Lee Burnett, commander, 32nd Hospital Center, said he was confident in the ability of the Soldiers who would represent both his unit and Fort Polk.

"They've trained and are prepared to meet any challenge they may face during the deployment," he said.

Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, echoed Bennett's comments.

"These Soldiers going into Kosovo are well trained," Frank said. "The 32nd has had an incredible training stretch over the past year. They've gone to JRTC, NTC (National Training Center, Fort Irwin, California) and now the same crew is headed to Kosovo."

Frank said he was proud of the Soldiers standing in the formation.

"It means so much to our Soldiers out there to know we have a unit like the 32nd to provide medical support anywhere in the world," he said. "The Soldiers in Kosovo have no concerns having this 32nd team in there providing their medical coverage."

Felix Ayala, along with his children Felix Jr. and Noah, came to support his wife and children's mother, Sgt. Aexodus Ayala.

"This the first time we've been separated due

to a deployment," Ayala, himself an Army veteran, said. "I'm a little worried. I want her to be vigilant and aware of surroundings, and also use the time to grow personally and professionally."

Ayala said the couple met in the military. He said their two children will remind him constantly of his wife.

"It's going to be rough, but she's depending on me to make sure her children are safe," he said.

Maj. Caitlin Ebbets is the commander of the detachment headed to Kosovo. Her mom, Janise Conway, made the trip from her home in Colorado to see her daughter off.

"I'm happy for her to be able to go and be in command, but there's always that little nervousness or fear about what could happen," Conway said. "I'll keep her in my prayers and hope she is successful."

Conway said it's scary seeing her child deploy. "My whole life has been about taking care of her, and providing her with what she needs," she said. "Even now, I live in Colorado but I made the drive down to see her off and let her know her family loves and supports her. I'm proud of her. I get emotional talking about it."

As for her daughter, Ebbets said she has no concerns about the Soldiers she's leading.

"We have very good team of Soldiers who are proficient in their tasks," she said. "The next three weeks we'll be training with the rest of the team that will be in Kosovo. It should be pretty smooth when we get to Kosovo. We've got a lot of experienced Soldiers who will help each other."

Although she's told her mom not to worry,



CHUCK CANNON / GUARDIAN

Soldiers from Fort Polk's 32nd Hospital Center attend a ceremony Feb. 13 bidding them farewell as they prepare to deploy to Kosovo.

Ebbets said she's realistic.

"It's pretty special she came down to see me off," she said. "I know she will worry, but I'll do what I can to alleviate those fears."

Medics battle mud, rain, cold to earn coveted EFMB

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — Ninety-three Soldiers from 46 installations across the U.S. Army set out on Feb. 3 to earn the Expert Field Medical Badge at Fort Polk.

When the mud, rain and cold had settled, 16 Soldiers had survived two grueling weeks that pushed them to the brink of their physical and mental stamina and received the coveted badge — and the title of expert field medic.

A ceremony was held Feb. 14 — following the course's 12-mile road march — on Fort Polk's Honor Field to recognize the Soldiers' achievement. Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, and retired Command Sgt. Maj. Kevin B. Stuart, were guest speakers.

Frank spoke about how important the EFMB was to not only those who earned the badge, but also those who were treated by medics with an EFMB.

"The confidence fellow Soldiers have in a badge holder, you can't put a weight on," Frank said. "Soldiers who are hurt in combat look for a medic wearing the EFMB. When they find them, they won't let them go. They want them in their squad, in their platoon, in their company. It happens on every battlefield American Soldiers have been on. They're looking for that mark of the professional — the EFMB."

Frank said the EFMB signals to other Soldiers that the wearer is a lifesaver.



CHUCK CANNON / GUARDIAN

Graduates of the Expert Field Medical Badge course held Feb. 3-14 at Fort Polk await their badges at Fort Polk's Honor Field Feb; 14.

"It inspires Soldiers in the formations and it allows them to continue the fight," he said. "It's even more important now that we've transitioned from counterinsurgency operations into large-scale combat operations."

Frank said he recently received a note from a Soldier who had been treated at Bayne-Jones Army Community Hospital on Fort Polk that contained the combat medic creed.

"Combat medics never stand taller than when they kneel to treat the wounded," Frank read. "That's powerful. Our graduates today have never stood taller."

Stuart, who received an EFMB in 1982 at Fort Polk, said the graduates had spent a lot of time,

energy and effort to earn the badge. He then related his experience as a young Soldier testing for the EFMB and how it helped encourage him in his career.

"It inspired me to be the best Soldier I could be," Stuart said. "These Soldiers in front of you today did their best and as a result, earned this badge."

Stuart told the Soldiers, "You've proven to yourself and others that hard work and preparation makes a difference. Cherish this moment of success."

The EFMB was established in June 1965 as a

Please see **EFMB**, page 6

Department of the Army special skill award recognizing exceptional competence and outstanding performance by field medical personnel. Made of oxidized silver, the badge consists of a litter, placed horizontally, behind a caduceus with the cross of the Geneva Convention. Guidance for conducting EFMB testing is governed by the Army Medical Department Center and School in Fort Sam Houston, Texas.

During the past 57 years, more than 100,000 Soldiers have attempted to earn the badge. Currently, less than 3% have earned the EFMB.

The badge has changed little since its inception, but in 2008 the test was transformed into a testing event that more closely mirrors what medics are required to do in a contemporary operational environment.

Currently, Soldiers are tested in the following areas:

- Tactical combat casualty care
- Medical evacuation
- Tactical communications
- Warrior skills
- Land navigation, both day and night

- Written examination
- 12-mile foot march

The following Soldiers earned their EFMB:

• Sgt. Henry Gross, Brooke Army Medical Center, San Antonio, Texas, highest score on the written test and

zero no-gos

• Staff Sgt. Aaron Angula, Brooke Army Medical Center, zero no-gos

• Spc. Pascal Anderson, Brooke Army Medical Center, fastest time in road march, 2:12

• Staff Sgt. Ryan Campbell, 418th Medical Detachment, Fort Carson, Colorado

• 2nd Lt. Cory Harunkiewicz, 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, Fort Polk

• Pfc. Jacob Scott, 2nd Bn, 30th Inf Reg

• Sgt. Jory Huie, 2nd Battalion, 4th Infantry Regiment, 3rd BCT, 10th Mtn Div, Fort Polk

• Capt. Thomas Gilbreath, 32nd Hospital Center, Fort Polk

• 1st Lt. Isydra Lujan, 32nd HC

• Sgt. Jose Diaz, 32nd HC

• Spc. Nelson Mercado, 32nd HC

• Spc. Rebekah Gippert, 3rd Battalion, 509th Infantry Regiment, Joint Base Elmendorf-Richardson, Alaska

• Capt. Luis Powsang, 41st Medical Detachment, Fort Gordon, Georgia

• Capt. Veronica Vasquez, Operations Group, Fort Polk

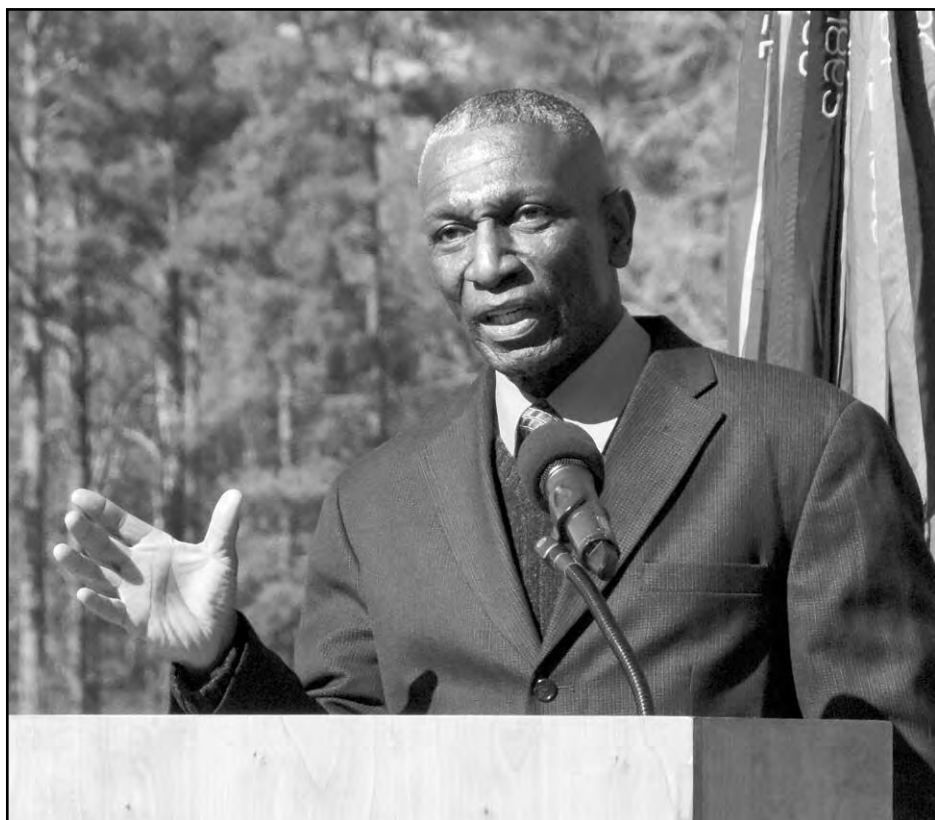
• Sgt. Cesar Guerrero, Medical Department Activity, Fort Jackson, South Carolina

• Spc. Brandon Clark, Medical Department Activity, Fort Sill, Oklahoma



CHUCK CANNON / GUARDIAN

Mark Anderson (center) pins the Expert Field Medical Badge on his son, Pfc. Pascal Anderson, Brooke Army Medical Center, San Antonio, Texas, as Brig. Gen. Patrick D. Frank (left), commander, Joint Readiness Training Center and Fort Polk, looks on following an EFMB graduation ceremony Feb. 14 at Fort Polk's Honor Field. Anderson posted the fastest time in the 12-mile foot march, the culmination of the week-long test.



Above: Retired Command Sgt. Maj. Kevin Stuart speaks to graduates of the Expert Field Medical Badge course on Fort Polk's Honor Field Feb. 14.

Right: Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, congratulates 1st Lt. Isydra Lujan, 32nd Hospital Center, on earning the EFMB Feb. 14.



G-Men kick off four-day weekend with 'Geronimo Fest'

By Capt. MATTHEW SULLIVAN

1st Bn (Abn), 509th Inf Reg PAO

Editor's note: The Guardian's T.C. Bradford contributed to this story.

FORT POLK, La. — You are the world's most feared opposing force, the 1st Battalion (Airborne), 509th Infantry Regiment, at the nation's premier training center, the Joint Readiness Training Center and Fort Polk.

Your typical routine includes chasing rotational units through the woods of West Central Louisiana trying your best to make them "bleed" and helping them hone their war-fighting skills. That takes two weeks out of every month and for the other two weeks you are resetting and preparing for the next battle.

The JRTC and Fort Polk normally hosts 10 rotations per year, but only nine this year, with no rotation scheduled for the months of February and March. So, what do you do when a sudden hole opens in your schedule?

You throw a party, of course, and that's just what the Geronimos did on Feb. 13, kicking off a rare four-day weekend in celebration of President's Day.

"Geronimo Fest" was a day full of exciting activities for paratroopers and the Families of Geronimo. Representatives from Army Community Service, the Fort Polk Fire Department, and other agencies also participated.

Families spent the day participating in events including a blank-fire range for machine guns, parachute rig display, scavenger hunts, a fire truck display, a camo face paint station, and more.

Lt. Col. Henry Moltz, 509th commander, said the day was meant as a time to reset, relax and get the Families together to get a glimpse of what their Soldier does on a day-to-day basis. "It's a quality of life event for us. Quality of life starts in your unit," he said. "Events like this build bonds between Soldiers that may not see much of each other while doing their job. It also shows our Families how much they are appreciated."

Geronimo is a unique unit. In traditional units, Soldiers train together to learn to fight as a team. Moltz said that is not the case for a Soldier assigned to the 1/509th. "For two weeks of every month we are in the field. If you are taking part in the rotational training, Soldiers may not even see their company area because they are on North Fort Polk or in the box," he said. "It makes it hard to get to know other people assigned to the unit. Events like this get everyone together and allow us to get to know each other and build camaraderie."

It was also a time for Family members to have some fun with their Soldiers and friends. "It's great to be able to see what he does on a daily basis, get to know more people in the unit and it's nice to spend quality time during a weekday," said Maryuri Lee, spouse of Sgt. Talon Lee and Department of Defense civilian contractor.

While it was a well-deserved break from the usual work schedule, the true purpose of events like Geronimo Fest stems from a greater effort across Fort Polk and the Army. Gen. James McConville, the 40th Chief of Staff of the United States Army, has stated his number one priority is people. Quality of life events like this are more successful when the whole team gets involved and Geronimo Fest was no exception.



Ashley Paren, spouse of Staff Sgt Dino Paren, takes a turn behind the M-240 machine gun during Geronimo Fest Feb. 13. When asked her thoughts, Paren says, "It was so much fun!"

Pfc. James Davis thinks Geronimo is doing it right. "Events like this bring Soldiers and Families together to become more of a family than just a unit," he said. "It's great to get to know the people you work with rather than just the rank they hold."

One of the most popular events was the Junior Expert Infantryman Badge station, where family members could earn and proudly display their junior EIB. With the roar of spouses and children shooting machine guns just across the street, the event concluded with a "pie-in-the-face" event, where paratroopers got to pie their leaders which was a popular event for children and Soldiers alike.

Kim Moltz, spouse of the commander, was pleased with the way the day played out. "I'm very impressed with the way our Soldiers and Families came together to make this a successful event," she said.

After talking to attendees, the consensus was that the event was a total success. But in the Army, Soldiers are always looking ahead at what the next mission will entail and the 1/509th has a lot of difficult training ahead.

Soon Geronimo will be back at work. During the downtime leading up to the next rotation, the unit has a busy schedule ahead of them. Taking advantage of the atypical rotational break, paratroopers will prepare to compete in the arduous certification process to earn their Expert Infantryman, Expert Soldier, and Expert Field Medical Badges.



Capt. Michael Glass shows daughter Emilia the proper technique for manning a tank-mounted machine gun during the 1st Battalion (Airborne), 509th Infantry Regiment's Geronimo Fest Feb. 13.

Moltz said days like this give the unit a boost of healthy energy. "Soldiers need to ask themselves, 'Do I want to do hang out here and do something positive and build stronger relationships or do I want to sit in the barracks or my home watching T.V.?', he said. "There is no alcohol at this event. There is no need for it. Blowing off steam, for us, is about building positive relationships with other people ... other human beings ... and that's what we're doing here today."

DES: Register weapons, no MC cuts

DES

FORT POLK, La. — The Fort Polk Directorate of Emergency Services wants to make visitors and residents of the installation aware that the wearing of motorcycle cuts is prohibited on Fort Polk.

Cuts are insignia on outer wear that include, but are not limited to rockers that identify club names and territories; club logos plus motorcycle club or rider club patches; a "1%" signifying outlaw intent; office or rank held within a club; or a side patch that often contains a club saying.

Soldiers and civilians may be cited for failure to follow the guidelines governing motorcycle cuts in Fort Polk Regulation 190-5, Chapter 1-3.

Visitors and residents of Fort Polk are also reminded of the rules concerning privately owned firearms on Fort Polk.

Privately owned firearms and ammunition are prohibited on Fort Polk. This includes possession, carrying, transportation, use or storage by any person while on the Fort Polk military reser-

vation and Toledo Bend Recreation Site except as specifically authorized by an approved weapons registration. Concealed carry is prohibited.

All personnel residing on the installation have five business days from the time of arrival or acquisition of the firearm to register it at the Visitors Control Center.

Visitors and guest of Fort Polk must register their firearms prior to entering the installation regardless of the reason for access.

Exchange customers that purchase a firearm must fill out FP Form 563 at the time of sale. This form is proof of registration for five days, after which the buyer must either remove the weapon from the

installation or formally register it with the Visitors Control Center.

Active-duty military and Family members must complete FP Form 563, have their company commander approve the form and then turn it in to the visitors control center to com-

plete the registration process.

Department of the Army civilians, civilians and non-residents must complete FP Form 563 and turn it in to the visitors control center.

The following are prohibited from registering firearms on Fort Polk:

- A person convicted of a felony
- A person convicted of a crime covered by the Lautenberg Amendment to the Federal Gun Control Act of 1968, as amended in 1996.
- A person who is a fugitive from justice.
- A person convicted for possession, use or sale of drugs (includes Article 15)
- A person who is presently declared as mentally incompetent
- A civilian or Family member under the age of 18

For more information contact Fort Polk Police Operations at 531-2256.



Census questionnaires to be mailed March 12-20

GUARDIAN STAFF

FORT POLK, La. — From March 12-20, invitations to participate in the 2020 Census will start arriving in households across the country.

"The Census Bureau is ready for the nation to respond next month," said Census Bureau Director Steven Dillingham. "Millions of Americans are applying for 2020 Census jobs, more than 270,000 local and national organizations are engaged, and in less than 30 days the majority of U.S. households will receive an invitation to respond to help ensure that every person in the U.S. is counted."

Dillingham said the 2020 Census is on mission, on schedule, and on budget to promote an accurate count. He added response is important because statistics from the census are used in distributing hundreds of billions of dollars in funding for school lunches, hospitals, roads and much more.

"The invitations will remind respondents to include everyone living in the household, whether they are related or not," he said. "This includes young children. Your response will impact communities for the next decade."

The Census Bureau has successfully tested its data collection systems, Dillingham said, and has built backup systems to support resilient operations, and is ready to receive responses from all around the country.

The invitation will include instructions on how to respond to the 2020 Census online or by phone. By April 1, most households will have received an invitation delivered either by mail or by a census taker.

In areas of the country that are less likely to re-

spond online, a paper questionnaire will be included in the initial mailing to households. Reminder mailings will be sent to households that do not respond, and in the fourth mailing every household that has not yet responded will receive a paper questionnaire.

Once households receive invitations, they are asked to respond to the 2020 Census by using the provided Census ID. If a household is unable to enter the Census ID, people can still respond by providing an address. Whether people respond online, by phone or by mail, it is important to respond right away.

Below is a timeline of how and when the Census Bureau will invite households to complete the 2020 Census questionnaire:

- March 12-20: Initial invitations to respond online and by phone will be delivered by the U.S. Postal Service. Areas that are less likely to respond online will receive a paper questionnaire along with the invitation to respond online or over the phone.
- March 16-24: Reminder letters will be delivered.
- March 26-April 3: Reminder postcards will be delivered to households that have not responded.
- April 8-16: Reminder letters and paper questionnaires will be delivered to remaining households that have not responded.

• April 20-27: Final reminder postcards will be delivered to households that have not yet responded before census takers follow up in person. If a household does not respond to any of the invitations, a census taker will follow up in person sometime between May 13 and July 31. A

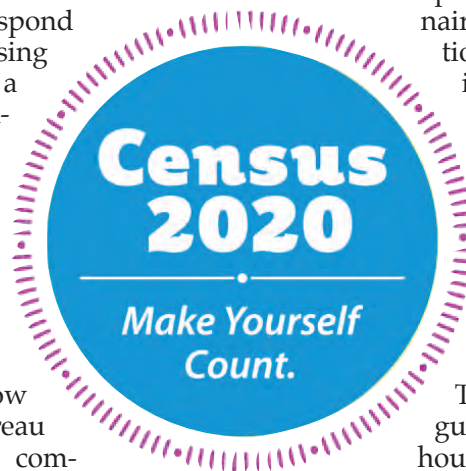
sample of the 2020 Census paper questionnaire and preview of the online questionnaire is available, along with more information about when most people will receive their invitations in the mail, at www.2020census.gov.

The 2020 Census questionnaire is available online and by phone in English and 12 additional languages: Spanish, Chinese, Vietnamese, Korean, Russian, Arabic, Tagalog, Polish, French, Haitian Creole, Portuguese and Japanese. These 13 languages cover the language needs of more than 99% of U.S. households.

To help ensure a complete count of everyone, the Census Bureau will also provide video language guides, print language guides and language glossaries in 59 non-English languages, including American Sign Language, Braille and large print.

The U.S. Constitution mandates a census of the population every 10 years. Census statistics help determine the number of seats each state holds in the U.S. House of Representatives and how billions of dollars in federal funds are allocated to state and local communities for the next 10 years.

For more information about the 2020 Census, visit 2020census.gov.



Community

Spouse project brings art, empathy to Fort Polk spouses

By **ANGIE THORNE**
Guardian staff writer

FORT POLK, La. — Military spouses face challenges. These home-based warriors carry on when their significant other is in the field or deployed for long months at a time. They strive to be as strong as their Soldiers while bearing the burdens of parenting, budgets, automobile repairs, plumbing problems and more so their partner downrange doesn't have to worry about what's happening at home and can focus on the mission. It takes a toll, one that sometimes isn't recognized, even by the spouses themselves.

Amy Uptgraft, a veteran Army spouse, was one of those women. After a fifth deployment, as she juggled a home and children, she said she bore resentment, anger and frustration which led to guilt for having those feelings.

"It was like a hamster wheel of deployment. He was home and then gone again. It felt like we could never get off the wheel," said Uptgraft. "I would ask myself, 'when is this going to stop?' The answer is no one knows."

She realized she needed help to sort through her emotions and sought the aid of a therapist. As part of her healing process, she was told to keep a journal. With a degree from Purdue University with a Bachelor of Arts in theater performance, Uptgraft took what she wrote and decided to transform it into a play.

"The play became my therapy. It absolutely healed me," she said.

Uptgraft interviewed spouses from every conflict since World War II and created a play, with the help of Gregory Stieber, a theatrical director, producer and actor.

"We took elements from those stories, put a band in place and once we added an audience I think we knew we had something really special," she said. "I want to think we did these spouses justice in sharing their stories."

Uptgraft said she hoped the play would help other spouses who were dealing with the same challenges and issues she had struggled to overcome.

"Sometimes you just need to be able to say, 'This is hard.' I want spouses to feel like their stories are being heard. While we are smiling, wearing our shiny American flag pins, many of us are cracking from the inside out," she said.

The play and Uptgraft's connections to other spouses grew into a grassroots organization called The Veteran's Spouse Project (VSP) — a nonprofit organization that tells the stories of military spouses across generations through theater and expressive arts. VSP programs offer participants the opportunity to share, create, listen and connect. The project exists to help bridge the civilian and military gaps within communities by deepening the understanding of what military families endure.

The project has a five-person staff of military spouses.

They all met while stationed in Joint Base Elmendorf-Richardson, Alaska where they banded together to produce the play and creative workshops. VSP premiered "I Will Wait" and the "Made For You" workshops in May of 2018.

The staff is:

- Amy Uptgraft — artistic director and founder of The Veteran's Spouse Project/playwright

- Wendy Caldwell — expressive arts director
- Lea Johnson — managing director
- Angela Caruso — marketing director
- Kristie Rigdon — accountant

Caldwell said it's a special experience to be a military spouse, but many feel isolated.

"We might feel like we don't want to say anything about what we are going through. I think this project brings front and center the fact that we need to support each other," she said. "It's OK to have negative feelings about a deployment or the challenges of being a military spouse."

Johnson said they wanted to see what happened if they showed a play and then went into an expressive arts experience to help manage stress and deal with the emotions from whatever hardships they have experienced.

"It was incredible to see these women discover their strengths that they had perhaps never ac-



knowledge to themselves. I loved watching them share that experience together in the workshops, but it was the reading of the play that really opened them up as military spouses," she said. "The play is true and raw and can be hard to watch, but the workshops help deal with the emotions it evokes in a healthy way."

Johnson said the feedback they got was incredible.

"Spouses thanked us for saying the things that they never felt they could and the civilians said they were blown away because it brought to light issues they had never thought about," she said.

Johnson said it was also interesting to see the reaction of the Soldiers watching the reading. She said the reading brings to light the reality of what their spouses endure and gives them a totally different perspective.

"One brigade commander told me he's never allowed himself to think about what it actually means to wait," she said. "He was looking at his wife at the time and I thought how powerful and what restoration that must have brought to their relationship."

Once their husbands redeployed, Johnson said the permanent change of station season hit and the project members were scattered across the United States.

"We have managed to keep the project going. We now have a project team member still in Alaska, one in Maryland, Tennessee, Louisiana and Michigan. We are still incorporated in Alaska, but we don't really have a home office," said Johnson.

After her family settled at Fort Polk, Johnson said she realized she wanted to bring the Veteran's Spouse Project here because she felt the spouses could use it, but also because she realized the people in the surrounding area have tender hearts for the military community.

"They are so supportive on and off post," she said.

Johnson said she thinks Fort Polk's Directorate of Family Morale, Welfare and Recreation is knocking it out of the ball park when it comes to providing events and fun things for Soldiers and Families to do.

"It's more robust than almost anywhere else I've been. But how amazing is it for us to be able to come in and organize these workshops to offer another outlet? You have workouts, runs and events, but you don't have as many opportunities in the artistic sector. It's exciting for us to add

Please see **Spouse**, page 10

Briefs

School lunch menu

The following school lunch menu is for Vernon Parish schools for Wednesday through Feb. 28. Meals are served with salad bar and choice of milk:

Wednesday: Pork roast with gravy, whole grain rice, sweet peas, fruit, sherbet, whole wheat roll.

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

Feb. 28: Cheese nachos, corn on the cob, ranch style beans, apple wedges.

Father, daughters time

Fort Polk's 41st Transportation Company Soldier and Family Readiness Group hosts a Father/Daughter Dance today from 5-8 p.m. at Warrior Gym. Cost is \$15 per couple (\$5 for each additional child). Refreshments will be served. Tickets can be purchased at 41st Trans Co. For more information email 41stsfrg@gmail.com or call (318) 422-1510.

Roaring 20s

The Fort Polk Spouses' Club hosts the "Roaring 20s" today at the Warrior Center. Doors open at 6:45 p.m., and cost is \$20 online or \$25 at the door. Dress is 20s attire or New Orleans casual. Fun, games and entertainment will fill the evening, as well as light and heavy hors d'oeuvres. For more information call (910) 382-1747 or email fp-scp-hilanthropy@gmail.com.

Listen to your heart in February with Total Force Fitness

HEALTH.MIL

WASHINGTON — Blood runs through every service member defending the country, every civilian supporting their mission, and every Family member and friend who loves them. Having a medically ready force for the Department of Defense means paying attention to the organ that pumps this blood: The heart.

This is American Heart Month, which gives the Military Health System the chance to look at the heart and how to take care of it. Heart disease is the No. 1 cause of death among men and women in the United States, so good heart habits are key to quality of life.

"A healthy heart is important for military readiness and peak performance," said Patricia

Deuster, Ph.D., director of the Consortium for Health & Military Performance at the Uniformed Services University for Health Sciences.

DoD's Total Force Fitness framework supports heart health through focus on eight fitness domains. Habits in physical, medical, nutritional, and even financial fitness can affect the heart.

Obesity, diabetes, smoking, and high blood pressure are common concerns for the military. They are also among the risk factors for heart disease. Service members and their families are advised to look at current lifestyle and use the Total Force Fitness framework to build healthy habits.

"Certain things you can't change, like your age, sex, or family history," Deuster said. "But

many risk factors can be changed, so paying attention to them can improve your chances of keeping your heart healthy."

Older people are more likely to have heart attacks and blocked arteries. However, Deuster says that many habits people have as children and young adults can affect heart health as they get older.

"Children will mimic adults either by example or out of necessity," Deuster said. "Adults, parents, and leaders need to set the example for children, young adults, and service members."

Focus on Total Force Fitness can show how diet, exercise, and managing stress affect heart health. People who already have heart disease are more likely to develop other health problems. Deuster suggests starting healthy habits early.

"The sooner in life you do so, the sooner you will be investing in your future heart health," she said.

Spouse

Continued from page 9

a supportive balance to what is already offered. That's what we've seen at each location we have presented the production. The arts are definitely under represented in the military world," she said.

Johnson said VSP produced "I Will Wait" and did two more workshops in Columbus, Georgia in May of 2019. By November 2019, she said she knew the next stop for their programs was Fort Polk.

The project hosts, "I Will Wait," a play by Amy Uptgraft and Gregory Stieber, March 11 at 6:30 p.m. The event will take place at Celebrations, 108 N. Third St., Leesville. The play is one performance only and free to the public. There is a suggested ticket donation of \$10 per person.

The reading of "I Will Wait," tells the story of sending a loved one to war using real life experiences combined with original music. The story begins in 1945 at the end of World War II and ends with spouses caught in the current cycle of war and deployment.

The workshops following the play include "What Anchors You?" (March 13) and "What's Your Spouse Story?" (March 14).

The workshops were completely filled within 10 days.

"We have always had a waiting list, but we have never filled the workshops up this fast. More than 40 spouses have signed up," said Johnson.

The workshops were supported by a grant from the Fort Polk Thrift Boutique.

If enough people sign up on the wait list, Johnson said it's possible they would try to accommodate those people by opening up a third workshop the same weekend as the other two take place.

If you are interested in signing up on the wait list visit www.veteransspouseproject.org, look under events and click on event wait lists.

Johnson said though the workshops are currently full, she would still encourage people to attend the reading.

"Unlike the workshops, we can accommodate as many people as would like to attend," she said.

Uptgraft, Rigdon, Caldwell and Johnson will attend the Fort Polk presentation and workshops.



Amy Uptgraft and Gregory Stieber's
I WILL WAIT
For every one gone, someone waits...

March 11, 6:30 p.m.

**Presented at Celebrations,
108 North Third St.,
Leesville**

**Admission is free.
There is a suggested
ticket donation of \$10.**

**For ticket information
visit www.veteranspouse-project.org.**

VETERAN'S SPOUSE PROJECT

"Wendy facilitates the workshops, she is a licensed therapist with additional licensure in Expressive Arts Therapy. Kristie assists her during these workshops and handles the admin during program weekends. Amy directs the reading," said Johnson.

Johnson said as each member of the project team continues to move on in their military journey that they would love for the project to continue to grow and thrive.

"It would be our dream to leave our footprint in each location that has produced the play and had workshops. That's a long range goal that we

haven't figured out yet, but we hope will eventually happen," she said.

Uptgraft said she would love to see "I Will Wait" in other communities across the country and continue to share the story of military spouses.

For more information or to reserve tickets for the play visit www.veteranspouseproject.org.

The project continues to gather the stories of military spouses.

If you would like to share your story visit website or email Amy Uptgraft at amyuptgraft@iwillwaitvsp.com.

ACS date night allows couples evening out, vow renewal

By **CHUCK CANNON**

Command information officer

FORT POLK, La. — More than 25 couples gathered in the Fort Polk Army Community Service ballroom to renew their marriage vows on Feb. 14 — Valentines Day.

The date night event, hosted by ACS' Family Advocacy Program, included dining, games, dancing, door prizes and free childcare, in addition to the vow renewal.

Kristina England, FAP manager, said date nights are held quarterly.

"We wanted to do a vow renewal around Valentines Day," she said. "We have such a high-tempo at Fort Polk, so we wanted to give Soldiers and their spouses some time to themselves to recommit and renew."

England said date night events allow Soldiers and their spouses to take a break from daily life and tell each other how much they are loved and appreciated. "They have a night out without the cost — it's free, including childcare," she said. "It allows them to focus on each other. We reemphasize the importance of dating your spouse."

Fort Polk Garrison Commander Col. Ryan K. Roseberry said date night events are great for Soldiers and their Families because they're free.

"This is something we can do for our Families that is very low cost," Roseberry said. "These are quality of life events we should be doing for our Soldiers and their Families. This is what the garrison does to take care of Families."

Chap. (Capt.) Travis Dalsis, 46th Engineer Battalion, led the vow renewal portion of the evening. He began with a lemon, salt and honey object lesson, that used the spices as examples of what couple share. Afterward, he had the couples form a horseshoe, face each other and renew their vows.

Before playing games and hitting the dance

Please see **Vows**, page 15

Clockwise, from top right: Couples participate in a mixer prior to Date Night at Fort Polk's Army Community Service; Chap. (Capt.) Travis Dalsis, 46th Engineer Battalion, speaks to couples; a couple shares a taste of honey; and two couples are focused on Dalsis' words.



CHUCK CANNON / GUARDIAN



Get out, experience all Fort Polk, DFMWR offers

DFMWR

FORT POLK, La. — Bored? Don't just sit there staring at the wall. Get out and take advantage of some, or all, of Fort Polk's Family Morale, Welfare and Recreation programs and upcoming events.

You don't want to miss your chance to experience the fun to be had over the next few months.

Laser Tag

The Warrior Hills Golf Course brings you Laser Tag on the driving range. Test your tactical skills with your friends and family today from 5:30-8 p.m. Sessions are \$5 per eight minute session or \$12 for three sessions and all ages are welcome. Refreshments are available on the deck while you wait. For more information call (337) 531-4661.

Strongest Youth Competition

Does your child love to compete and show their strength? If so, sign them up for the Child and Youth Services Strongest Youth Competition held March 21 at 10 a.m. at Perez Field. Each age division competes for one youth to prove themselves the strongest of the group through a series of challenges.

Challenges include events such as a tire flip, flexed arm hang, log toss and more. Prizes are awarded to the champion of each age division and the runner up of the division, not per event.

This event is free and open to the public. Registration begins the day of the event at 9 a.m. at Perez Field.

For more information, call (337) 531-6004.

Movie Night

The return of Movie Night is quickly approaching. Join the Fort Polk community at Headquarters Field March 28 for another great outdoor movie featuring "Frozen 2."

There will be free popcorn, candy, hot dogs, nachos, drinks and the signature MWR light up bracelets.

Concessions open at 6:30 p.m. and the movie begins at 7:30 p.m. Be there early to grab your

goodies and get a great seat.

Save the date for FreedomFest 2020!

The Joint Readiness Training Center and Fort Polk's FreedomFest will be held July 18. Country music superstar Toby Keith will headline the event, which will include fireworks, static displays, salute to the nation, food vendors and children's activities.

Amazing Race

Join in the fun as the Joint Readiness Training Center and Fort Polk stages its version of the Amazing Race. Participants will race around South Fort Polk and perform activities for clues to the next destination. Challenges include physical fitness and critical thinking activities. Register at the Allen Memorial Library and/or the Home of Heroes Recreation Center. For more information call 531-2665.

Warrior Store

Don't forget to check out the Warrior Store. You'll find everything from Fort Polk hoodies, shirts and glassware to beautiful home decor. The boutique atmosphere offers something for everyone and new items are added monthly. The Warrior Store is open seven days a week, Thursday through Tuesday from 8 a.m.-5 p.m. and Wednesdays from 10 a.m.-5 p.m.

Warrior Lanes/ Anvil Bar

As many of you know, the Warrior Lanes Bowling Center is still closed for repairs. However, the Anvil Bar is back in business.

The bar offers a variety of Louisiana themed specialty drinks for you to enjoy while you watch your favorite sports on one of the many big screen TVs.


The Anvil often hosts UFC Fights and other championship sporting events with no cover charge. The Anvil Bar is open Monday through Thursday from 4:30-10 p.m., Friday 4:30 p.m.- 1 a.m., Saturday from 11-1 a.m. and Sunday from 11 a.m.-10 p.m.

Follow the Anvil Bar on Facebook to keep up with the latest events happening at the bar.

For more information follow MWR on Facebook, Instagram and Twitter, or visit www.polk.armymwr.com.



WARRIOR HILLS GOLF COURSE
LASER TAG
ON THE DRIVING RANGE
JRTC & FORT POLK
Warrior Hills GOLF COURSE
February 21 • 5:30 - 8:00 pm
Warrior Hills Golf Course
\$5: 8-MINUTE SESSION
OR
\$12: 3 SESSIONS
OPEN TO ALL AGES
Refreshments Available on the Deck
Call 337-531-4661 for More Information



U.S. ARMY MWR
FEBRUARY SPECIAL
MONDAYS, TUESDAYS, & THURSDAYS
JRTC & FORT POLK
Warrior Hills GOLF COURSE
1321 CORPS RD BLDG 352
18 HOLES AND A GOLF CART
\$25
337-531-4661
FACEBOOK: FORT POLK FAMILY AND MWR
WEB: POLK.ARMYMWR.COM

Make note of upcoming Main Post Exchange events

MAIN POST EXCHANGE

FORT POLK, La. — The Fort Polk Exchange offers the following activities and events for Soldiers and their Families:

- Kids' Mardi Gras Mask Event: 10 a.m.-1 p.m., Saturday. Join in the celebration of Mardi Gras 2020 at the Fort Polk Main Exchange. Kids will get to enjoy making their own mask, taking fun photos and other Mardi Gras activities.

- Pokemon Day at Fort Polk GameStop: Thursday, kids event: 3-6 p.m., adult event: 6-8 p.m. Visit GameStop inside the Exchange for Pokémon card battling and trading event.

- Community Health Fair: 10 a.m.-2 p.m., Feb. 29. The Main Exchange partners with Bayne-Jones Army Community Hospital for a health fair.

Visit more than 20 health booths, exercise equipment demonstrations, free samples, discounts at the Main Exchange and activities for the kids.

The Exchange has scheduled the following movies for Bayou Theater:

- Today — "Gretel & Hansel," rated PG-13, 6 p.m.

- Saturday — "Little Women," rated PG, 3 p.m., and "Like a Boss," rated R, 6 p.m.

- Sunday — "Spies in Disguise," rated PG, 3 p.m., and "The Rhythm Section," rated R, 6 p.m.

- Thursday — "The Last Full Measure," rated R, 6 p.m.

- Feb. 28 — "The Rhythm Section," rated R, 6 p.m.

- Feb. 29 — "Spies in Disguise," rated PG, 3 p.m., "The Turning," rated PG-13, 6 p.m.

- March 1 — "Just Mercy," rated PG-13, 3 p.m., "The Gentlemen," rated R, 6 p.m.

Ticket prices are as follows: First run showing, adults \$7.25, children \$5.75; regular showing, adults \$6.50, children \$4.25; regular 3D, adults \$8.50, children, \$6.25. Bayou Theater is located at 7830 Mississippi Ave., bldg 930.

The Army and Air Force Exchange Service at

Fort Polk provides Soldiers and the military community with the tools needed to stay ready and resilient in the new year.

Military shoppers can find the latest athletic apparel and shoes, fitness trackers and workout equipment — everything they need to live a BE FIT lifestyle — at the Fort Polk Exchange and at ShopMyExchange.com.

As part of its efforts to help Soldiers and their Family members BE FIT, Fort Polk Exchange restaurants offers better-for-you meals and snacks that support readiness and resiliency.

Online nutritional guides for Fort Polk Exchange restaurants are available at www.shopmyexchange.com/be-fit/nutrition.

Since Jan. 1, disabled Veterans, Purple Heart recipients, former prisoners of war and certain caregivers were granted in-store shopping access with the Exchange. Honorably discharged Veterans can shop online through their earned online shopping benefit. For more information, visit ShopMyExchange.com/vets.

AMC, IMCOM goal to make every installation 'Number One Choice'

By JOSHUA FORD
IMCOM

FORT SAM HOUSTON, Texas — When U.S. Army Installation Management Command became a subordinate command to U.S. Army Materiel Command in March 2019, AMC nearly doubled its size, bringing in more than 75 installations and growing its workforce to more than 190,000 Soldiers and civilians. This expanded the four-star command's mission focus to include delivering critical base support and quality of life services that enable readiness on Army installations around the globe.

Nearly one year after this merger, Gen. Gus Perna, commanding general, U.S. Army Materiel Command, visited San Antonio for his third

quarterly update with IMCOM leadership at IMCOM Headquarters, Feb. 18.

The topics discussed pointed at making Army installations a place every Soldier and Family would want to live and work.

"It's our job to determine what it's going to take to make every installation a Soldier's and Family's number one choice," said Perna during the update. "If we operationalize this as our mindset, it will be the key that keeps our Soldiers in our Army. We need to lead this change."

Since the last quarterly update in November, IMCOM has continued to improve quality of life for Soldiers and Families in four priority

Please see IMCOM, page 15



JOSHUA FORD / IMCOM

General Gus Perna (center), commanding general, U.S. Army Materiel Command, receives his second quarterly update from U.S. Army Installation Management Command and Lt. Gen Douglas Gabram (left of Perna), commanding general, IMCOM, Feb. 18 at IMCOM Headquarters at Fort Sam Houston. The theme of the guidance given includes improving the quality of life for Soldiers and Families at every Army installation. "It's our job to determine what it's going to take to make every installation a Soldier's and Family's number one choice," says Perna. "If we operationalize this as our mindset, it will be the key that keeps our Soldiers in our Army. We need to lead this change."

Punishment meted out for violations

OSJA

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 or possession of controlled substances, fraternization, inappropriate relationships and domestic violence. Below are recent examples of adverse legal actions for units within the Fort Polk jurisdiction.

- A sergeant, assigned to 1st Battalion, 5th Aviation Regiment, was issued a General Officer Memorandum of Reprimand for driving under the influence of alcohol and providing a breath sample that indicated a breath alcohol content of .149%.

- A sergeant, assigned to 519th Military Police Battalion, was administratively separated under Chapter 14-12c(2) with a General (Under Honorable Conditions) discharge for testing positive for tetrahydrocannabinol (THC) on a unit wide urinalysis. Generally, this characterization of service results in the loss of a service member's Post 9/11 educational benefits.

- A specialist, assigned to 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division, was issued a General Officer Memorandum of Reprimand for driving under the influence of alcohol and providing a breath sample that indicated a breath alcohol content of .135%.

- A private first class, assigned to 519th MP Bn, was administratively separated under Chapter 14-12b with a General (Under Honorable Conditions) discharge for making a false official statement, being derelict in the performance of his duties, and failing to report to his appointed place of duty.

Generally, this characterization of service results in the loss of a service member's Post 9/11 educational benefits.

- A private first class, assigned to 5th Battalion, 25th Field Artillery Regiment, 3rd BCT, 10th Mtn Div, was issued a General Officer Memorandum of Reprimand for driving under the influence of alcohol after failing a standardized field sobriety test and refusing to take a lawfully requested blood or breath test to check for impairment.

- A private, assigned to 519th MP Bn, was administratively separated under Chapter 14-12b with a General (Under Honorable Conditions) discharge, for engaging in extramarital sexual conduct, failing to report to his appointed place of duty, and wrongfully operating a motorcycle without proper endorsement.

Generally, this characterization of service results in the loss of a service member's Post 9/11 educational benefits.

2020 MARDI GRAS
JAN 5 - FEB 25
CATCH THE FUN!

CALENDAR OF EVENTS:

- FEB 14: Pineville Night of Lights Parade
- FEB 15: Mardi Gras Golf Cart & Pet Parade
- FEB 15: Town of Woodworth Mardi Gras Parade
- FEB 16: Town of Ball Mardi Gras Parade
- FEB 19: LSUA Mardi Gras Parade
- FEB 21: Classic Cars & College Cheerleaders Parade
- FEB 21: Taste of Mardi Gras
- FEB 22: Party Gras
- FEB 22: Mardi Gras Party at the Zoo
- FEB 22: AMGA 24th Annual Children's Parade
- FEB 23: Alcohol/Tobacco Free Parade Zone
- FEB 23: AMGA 27th Annual Krewe's Parade
- FEB 23: Finale Royale
- FEB 25: Tunk's Mardi Gras Boat Parade

Logos: Pineville Louisiana, Alexandria Pineville Louisiana, Convention & Visitors Bureau, MardiGrasCenla.com, 318-442-9546

Applications accepted for annual LDWF youth turkey hunt

By **AMY C. BRENNAN**

DPW-ENRMD, Conservation Branch

FORT POLK, La. — Most people associate turkeys with the cool, colorful fall season. But if you're a turkey hunter, you know that spring is the best time to bag a bird.

The Louisiana Department of Wildlife and Fisheries has announced lottery applications for military dependents for the annual Fort Polk Youth Turkey Hunt. The hunt is scheduled for March 28.

Ten lottery slots are available for active-duty military dependent youths between the ages of 10 and 17 on the day of the hunt. The form must be filled out by an active-duty military parent or legal guardian assigned to Fort Polk. If the active-duty service member is deployed, spouses

may sign up their youth.

Applications must be submitted individually for one youth per form. Multiple applications will result in disqualification. Selection will be conducted through a random lottery drawing administered by the LDWF in mid-March. Applications must be submitted no later than March 7. Successful applicants will be notified by mail. Instructions for completing and submitting the form are within the application, which can be found at home.army.mil/polk, then click on "here" in the information on the hunt located in the white box.

Members of the Louisiana Chapter of the National Wild Turkey Federation will guide participants selected for the turkey hunt. One additional adult may accompany the youth and guide, but may not hunt. Youths 16 to 17 years of age



must comply with Louisiana's hunting license requirements. There is no charge to participate. For more information, please contact the Fort Polk Game Enforcement Office at 531-5222 or LDWF at (337) 208-2208.

Don't miss last chance to apply for DeCA scholarships

DECA

FORT POLK, La. — The Monday deadline to apply to the Scholarships for Military Children program, administered by the nonprofit Fisher House Foundation, is quickly approaching.

A total of 500 scholarship grants, each for \$2,000, will be awarded for school year 2020-21. There will be at least one recipient selected at every

commissary location where qualified applications are received, and additional recipients will be selected based on a prorated basis, so more applicants will be selected from those commissaries with larger numbers of applicants.

Rules and requirements for the program, as well as links to frequently asked questions and the application, are available at MilitaryScholar.org. Eligibility for the

program is determined using the Defense Enrollment Eligibility Reporting System (DEERS) database.

Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military dependent ID card. The applicant must also be planning to attend or already be attending an accredited college or university full time, or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants who are awarded a full scholarship to attend a college or university or receive an appointment to one of the military academies or affiliated preparatory schools are not eligible to receive funds from this program.

A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees and other expenses.

Among the requirements of the application process is providing a short essay. This year's question is designed to provoke a thoughtful response: "Imagine you could interview any person, living or deceased. This person must now be making, or has in the past made, a positive contribution to society. Who would you choose and why have you selected this person?"

If students have questions about the scholarship program application, they should call Scholarship Managers at (856) 616-9311 or email them at militaryscholar@scholarshipmanagers.com.

The choice is simple.

Central Michigan University has dedicated 50 years to bringing quality degree programs to installations from the Atlantic to Hawaii.

Our faculty are mentors and our staff are guides, both working with you to make sure you graduate with a first-class education that advances your military career and transitions to civilian life.

At CMU, you'll find respect and a community of support.

Start your degree today
at Fort Polk and online.

- ★ 337-537-5713
- ★ Fort.Polk@cmich.edu
- ★ cmich.edu/FortPolk

Central Michigan University is currently licensed by the Board of Regents of the State of Louisiana. Licenses are renewed by the State Board of Regents every two years. Licensed institutions have met minimal operational standards set forth by the state, but licensure does not constitute accreditation, guarantee the transferability of credit, nor signify that programs are certifiable by any professional agency or organization. Central Michigan University is accredited by the Higher Learning Commission (www.hlcommission.org), a regional accreditation agency recognized by the U.S. Department of Education. CMU, an AA/EQ institution, strongly and actively strives to increase diversity and provide equal opportunity for all individuals, irrespective of gender identity or sexual orientation and including but not limited to minorities, females, veterans and individuals with disabilities. (see <http://www.cmich.edu/ocrie>). 3897929-1/20



FOX'S
LODGE & MARINA

**30% MILITARY &
FIRST RESPONDERS
DISCOUNTS**

New Owners • Right on the Water
Gas Dock • None Ethanol

159 Foxs Lodge, Hemphill, TX 75948
409-579-3232

foxslodgeandmarina.com

Find us on 

Vows

Continued from page 11

floor, couples enjoyed a meal that consisted of breakfast food.

"Breakfast is considered the most important meal of the day," Dalsis said. "This signifies that your spouse is the most important person in your life."

For Josh and Melissa Galaise, it was the second year in a row to take advantage of the Valentines Day date night at ACS and renew their vows.

"We've been married almost seven years and had a good time at last year's event," Josh said. "I love it because we have five kids and they are not our problem tonight."

Melissa said the highlight of the evening was getting to say "I love you," all over again.

"I love it," she said.

Not all of the daters were veteran couples. Jonathan and Caroline Casmus were just married Dec. 27. They said they had so much fun getting married they decided to do it again.

"We're pretty crazy about each other," he said.



Clockwise, from left: Sharing a kiss; playing a version of the dating game; preparing for vow renewal; and dancing the evening away.

CHUCK CANNON / GUARDIAN

IMCOM

Continued from page 13

areas: Housing, child care, PCS moves and spouse employment.

IMCOM and AMC are also leading the integration and development of an Army wide facilities investment strategy that focuses on quality of life through 2030, applies funding to installations in support of modernization, and aligns responsibility, authority and resources to execute Army priorities.

The strategy will fix barracks (permanent party, training and transient housing), child development and youth centers on installations, and improve power projection at seven locations.

"We're setting new standards in execution

with these initiatives. It's about innovation and expanding the realm of possibilities," said Perna.

Lt. Gen. Douglas Gabram, who took command of IMCOM in January, told Perna and the other assembled leaders that IMCOM is doing these things to rebuild trust. He went on to add, "IMCOM is working these problems hard to move us out of the tactical quicksand and into deep operations where we can make positive strategic impacts that will sustain the trust we are rebuilding now."

In full agreement, Perna added, "garrison commanders need to focus on the things that will gain trust with our customers."

Gabram emphasized to the group the "power of the patch." This refers to the AMC patch, symbolizing the 190,000 teammates across the globe all working together to solve Army problems.

IMCOM and other commands within AMC are driving to the same end state, where every installation has the infrastructure, services, quality of life, training areas and power projection capabilities to make it a Soldier and their Family's number one choice to live.

"This is new muscle memory, and if we get it right, we can do anything," Perna said regarding the work IMCOM is doing to improve quality of life for Soldiers and Families. "Press!"

Lagniappe

Festivals

• Food festival

Check out the Louisiana Food and Music Festival Feb. 29 at the Origin Bank River Market, 316 South Grand St., Monroe.

The festival highlights the rich culture and talent in the area. The music, food, musicians, artisans and chefs who keep the area vibrant join as a community and celebrate the Louisiana culture. A variety of foods from around the world will be available. Enjoy a diverse range of activities and entertainment throughout the day, including shopping. Admission is free. For more information visit www.monroe-westmonroe.org.

• Black Heritage festival

The annual Black Heritage Festival takes place March 14 at the Lake Charles Civic Center, 900 Lakeshore Dr. The festival features live entertainment, mouthwatering food and great family fun. The focus is to bring together the cultures of Africa and Southwest Louisiana and highlight the best in the community by celebrating diversity, culture and education.

For more information call (337) 436-9588

Miscellaneous

• Garden forum

The fourth annual Beauregard Parish Master Gardener Spring Garden Forum takes place today from 8 a.m.-1:30 p.m. at the War Memorial Civic Center, 250 West Seventh St., DeRidder. Admission is free. Peruse plants and garden items for sale, sign up for door prizes and attend seminars

throughout the day with topics ranging from home composting, vegetable gardening, planning your landscaping and more. For more information call (337) 463-7006.

• Azalea trail

Enjoy the Lafayette Historic Azalea Trail, a winding drive through historic districts, downtown, the university and oil center and neighborhood garden districts with grand boulevards for about 25 miles of the city's urban core. The official bloom season begins Sunday and extends thru March, but the date of the Azalea Trail event takes place March 7 from 11 a.m.-3 p.m.

This cultural floral attraction is a breathtaking display of floral color and beauty that has attracted thousands of visitors over the years.

Trolley rides are available March 7 and 14 (Stops and details on the website). Trolley rides are held from 9 a.m.-noon and last an hour. They begin at the Alexandre Mouton House gardens, 1122 Lafayette St., at 9 a.m.

The azalea reception is held March 7 at the Vermilionville Living History Museum and Folk Life Park, 300 Fisher Road.

For more information visit www.azaleatrail.org.

• Mardi Gras parades

Don't miss your chance to attend a Mardi Gras parade.

Fort Polk Soldiers and Family members are sure to find one that's just right for them.

Leesville

• **Saturday** — Leesville Mardi Gras Parade takes place on Third

Street at 2 p.m.

For more information call (337) 238-0349.

Shreveport

• **Saturday** — Krewe of Gemini Parade takes place at 3:30 p.m.

• **Saturday** — Krewe of Highland Parade takes place in Shreveport-Bossier City at 2 p.m.

For more information visit www.shreveport-bossier.org/.

Alexandria

• **Today** — Classic Cars and College Cheerleaders parade takes place today and begins at 6:30 p.m.

• **Saturday** — Alexandria Mardi Gras Associates Children's Parade takes place in Alexandria at 10 a.m.

• **Sunday** — AMGA Krewe's Parade takes place in Alexandria at 2 p.m.

For more information visit <https://alexandriapinevillela.com/>.

Lake Charles

• **Tuesday** — Krewe of Krewe parade takes place at 5 p.m.

For more information visit www.visitlakecharles.org/swla-mardigras/events/parades/.

Lafayette

• **Monday** — Queen Evangeline's parade takes place in Lafayette at 6 p.m.

• **Tuesday** — King Gabriel's parade takes place at 10 a.m. and the Lafayette Mardi Gras parade takes place at 1 p.m.

For more information visit www.lafayettetravel.com/evants/festivals/mardi-gras/.

Eunice

• **Sunday** — Children's Mardi Gras parade takes place at 3 p.m.

• **Tuesday** — Mardi Gras parade takes place at 3 p.m.

Mamou

• **Tuesday** — Mamou Mardi Gras, downtown Mamou.

New Orleans

• **Saturday** — Krewe of Iris parade takes place in uptown New Orleans at 11 a.m. and the Krewe of Endymion parade takes place in mid-city New Orleans at 4:15 p.m.

• **Sunday** — Krewe of Bacchus parade takes place in uptown New Orleans at 5:15 p.m.

• **Monday** — Krewe of Orpheus parade takes place in uptown New Orleans at 6 p.m.

• **Tuesday** — Krewe of Rex parade takes place in uptown New Orleans at 10 a.m.

For more information visit www.mardigrasneworleans.com/parades/.

Clubs/groups

• Lose weight

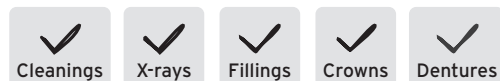
Join Take Off Pounds Sensibly (TOPS) every Thursday at the Vernon Parish Library meeting room. Weigh in is 5-5:50 p.m. For more information call (337) 208-0896.

• 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 February tournament takes place at Toledo Bend Lake Feb. 29. The entry fee is \$40. For more information visit www.fortpolkcommunitybassmasters.com.

Dental Insurance

Get the dental care you deserve with dental insurance from Physicians Mutual Insurance Company. It can help cover the services you're most likely to use -



- ◆ Preventive care starts right away
- ◆ Helps cover over 350 services
- ◆ Go to any dentist you want - but save more with one in our network
- ◆ No deductible, no annual maximum

Call today for all the details.
855-409-6083

Call now to get this **FREE**
Information Kit!
dental50plus.com/statewide



Product not available in all states. Includes the Participating Providers and Preventive Benefits Rider. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-888-799-4433 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250O); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN). Rider kinds B438/B439. 6154-0120



Physicians Mutual
Insurance for all of us.™

Premier Offshore CATERING, INC.

We are now accepting applications for experienced Offshore Day Cooks, Night Cooks, Bakers, Camp Boss, Galley and BR Hands. We offer a 28 & 14 rotating work schedule, and an excellent benefits package which includes Medical, Dental, Vision, Life, & AD&D Insurance. Starting salaries depending on level of offshore experience.

Apply at our website:
www.premieroffshorecatering.com

Equal Opportunity Employer

Call today to connect with a

SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.

There's no cost to you!

(855) 494-4381

! We're paid by our partner communities

GUN TRANSFERS
PREMIUM PAWN
246 Keyser Avenue, Natchitoches, LA
318-238-4050

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

FOR SALE

480 RUGER 7"bbl with scope and accessories \$800. CASH. Call 357208-5146.

TANNING BED FOR SALE, asking \$150. Please call 337-396-1832 for more information.

ONE WEEK VACATION PACKAGE TO ORLANDO FLORIDA for \$500. You will stay at a resort near Disney World Amusement Park. Call 337-396-1832 for more information.

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

REAL ESTATE

NOTICE: All real estate advertised in this newspa-

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

STATEWIDES

3-DAY SPRING PUBLIC AUCTION! Taking Consignment Now! Equipment, Trucks, Trailers, Farm Equipment, Etc....Deliver Monday-Friday 8am-4pm 13340 Florida Blvd., Livingston, Louisiana 70754 (225)686-2252 www.hendersonauctions.com Auctioneer J. Henderson 1160-20 (LA-SCAN)

REAL ESTATE AUCTION 285 acres Red River

Parish. Timberland-Hunting 120 acres 18-20 years plantation pine. 2/27/2020 10:30 A.M. Grand Bayou Resort Center Coushatta, Louisiana Dusty Taylor (318)245-8800 taylormadeauctions.com Lic. #836-20 (LA-SCAN)

PREMIER OFFSHORE CATERING WE are now accepting applications for experienced Offshore Day Cooks, Night Cooks, Bakers, Camp Boss, Galley and BR Hands. We offer a 28 & 14 rotating work schedule, and an excellent benefits package which includes Medical, Dental, Vision, Life & AD&D Insurance. Starting salaries depending on level of offshore experience. Apply at www.premieroffshorecatering.com (LA-SCAN)

HAVE 10K IN DEBT? Credit Cards. Medical Bills. Personal Loans. Be Debt Free in 24-48 Months. Call NATIONAL DEBT RELIEF! Know Your Op-

tions. Get a FREE debt relief quote; Call 1-844-290-9978 (LA-SCAN)

OVER \$10K IN DEBT? Be debt free in 24-48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-877-327-5302 (LA-SCAN)

PROBLEM CREDIT REPORT? LEXINGTON Law helps works to challenge inaccurate negative items including: identity theft, collections, late payments, liens and more from your credit report. Call for a free credit repair consultation: 1-877-804-2354. John C. Heath, Attorney at Law, PLLC, dba Lexington Law Firm (LA-SCAN)

SAVE YOUR HOME! ARE you behind paying your MORTGAGE? Denied a Loan Modification? Threatened with FORECLOSURE? Call the Homeowner's Relief Line now for HELP! 1-866-470-1641 (LA-SCAN)

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)

GET NFL SUNDAY TICKET FREE with DIRECTV Choice All In-

cluded 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)

SAVE BIG ON HOME INSURANCE! Compare 20 A-Rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 877-533-3917 (Monday-Friday 8am-8pm Central) (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 www.walkintubquote.com/LA (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)

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 Viasat today! 1-855-801-0860 (LA-SCAN)

STAY IN YOUR HOME longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including free toilet, and life time warranty on the tub and installation! Call 1-877-318-1753 or visit www.walkintubquote.com/LA (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)

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)



UPPER IOWA
UNIVERSITY

Admissions Counselor (part-time) – DeRidder, LA

Upper Iowa University Derider center seeks part-time Admissions Counselor. This position works independently to actively recruit students for Upper Iowa University by coordinating and making regular visits to businesses, military facilities, community organizations, and other institutions. Responsible for advising/assisting students with admissions, transfer credits, and financial aid. Responsible for assisting the Fort Polk Center Director with planning, developing, and executing a regional marketing plan. 20 hours per week. Bachelor's degree required, master's degree preferred. Interested applicants must submit a cover letter, resume, and contact information for three professional references. Review of applications will begin immediately and continue until the position is filled. To apply, visit <http://uiu.peopleadmin.com/postings/2203>. Employment is contingent upon successful completion of a background check. Upper Iowa University is an Equal Opportunity Employer.

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

MEDICAL-GRADE HEARING AIDS FOR LESS THAN \$200! FDA-Registered. Crisp, clear sound, state of the art features & no audiologist needed. Try it RISK FREE for 45 Days! Call 1-866-790-0710 (LA-SCAN)

****STOP STRUGGLING ON THE STAIRS**** Give your life a lift with ACORN STAIRLIFT! Call now for \$250 OFF your STAIRLIFT purchase and FREE DVD & brochure! 1-877-839-5197 (LA-SCAN)

VIAGRA AND CIALIS USERS! 50 Pills SPE-

CIAL \$99.00 FREE Shipping! 100% guaranteed. CALL NOW! 1-855-403-6345 (LA-SCAN)

BATHROOM RENOVATIONS EASY ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a FREE

in home consultation. 1-855-238-1870 (LA-SCAN)

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

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 1-844-811-7274 (LA-SCAN)

AT&T INTERNET STARTING AT \$40 per month with 12 month agreement. Includes 1 TB of data per month. Get More For Your High Speed Internet. Ask us how to bundle and SAVE! Geo 7 service restrictions apply. Call us today 1-866-369-1097 or visit www.more4yourthing.com/LA (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)

EARTHLINK HIGH SPEED INTERNET. As Low As \$14.95 per month (for the first 3 months) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today! 1-866-794-6858 (LA-SCAN)

GET DIRECTV! ONLY \$35 per month! 155 Channels of 1000's of Show and Movies On Demand (with Select All Included Package) PLUS Stream on Up FIVE SCREENS Simultaneously at no Additional Cost. Call DIRECTV 1-866-734-0452 (LA-SCAN)

HUGHESNET SATELLITE INTERNET FOR

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

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

DENTAL INSURANCE FROM PHYSICIANS Mutual Insurance Company. NOT just a discount plan, REAL coverage for (350) procedures. Call 1-855-268-0108 for details. www.dental50-plus.com/morning 6118-0219 (LA-SCAN)

FDA-REGISTERED HEARING AIDS. 100% Risk Free! 45-Day Home Trial. Comfort Fit. Crisp Clear Sound. If you decide to keep it, PAY ONLY \$299 per hearing aid. FREE Shipping! Call Hearing Help Express 1-855-993-5744 (LA-SCAN) Mobile Help, America's Premier Mobile Medical Alert System. Whether you're home or away. For safety and peace of mind. NO LONG TERM CONTRACTS! Free Brochure! Call Today! 1-855-411-0949 (LA-SCAN)

PORTABLE OXYGEN CONCENTRATOR MAY Be Covered by Medicare! Reclaim Independence and mobility with the compact design and long lasting battery of Inogen One. For a FREE information kit call 1-855-636-1667 (LA-SCAN)

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE with no obligation. Call 1-855-419-3231 TODAY! (LA-SCAN)

BECOME A PUBLISHED AUTHOR! Pub-

lication sold at all major secular & specialty Christian bookstores. Call Christian Faith Publishing for your FREE author submission kit. 1-877-497-3255 (LA-SCAN)

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

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

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

VIAGRA AND CIALIS USERS! Cut your drug costs! SAVE \$Money! 50 Pills for \$99. FREE Shipping! 100% Guaranteed and Discreet. Call 1-866-565-8358 (LA-SCAN)

VISIT THE ORLANDO THEME Parks and Enjoy Daytona Beach Florida! 7 Days and 6 Nights Only \$298. 1 Week Hertz, Enterprise or Alamo Car Rental Included! Call 1-855-942-1383 Now! (LA-SCAN)

3-DAY SPRING PUBLIC AUCTION! Taking Consignment Now! Equipment, Trucks, Trailers, Farm Equipment, Etc....Deliver Monday-Friday 8am-4pm 13340 Florida Blvd., Livingston, Louisiana 70754 (225)686-2252 www.hendersonauctions.com Auctioneer J. Henderson 1160-20 (LA-SCAN)

REAL ESTATE AUCTION 285 acres Red River Parish. Timberland-Hunting 120 acres 18-20 years plantation pine. 2/27/2020 10:30 A.M. Grand Bayou Resort Center Coushatta, Louisiana Dusty Taylor (318)245-8800 taylor-



Stay in Louisiana this weekend and explore our State Parks. Visit LouisianaStaycation.com to rediscover your state.

FEATURING: CHEMIN-A-HAUT STATE PARK

LOUISIANA
Feed Your Soul.

madeauctions.com Lic.
#836-20 (LA-SCAN)

PREMIER OFFSHORE CATERING WE are now accepting applications for experienced Offshore Day Cooks, Night Cooks, Bakers, Camp Boss, Galley and BR Hands. We offer a 28 & 14 rotating work schedule, and an excellent benefits package which includes Medical, Dental, Vision, Life & AD&D Insurance. Starting salaries depending on level of offshore experience. Apply at www.premieroffshorecatering.com (LA-SCAN)

HAVE 10K IN DEBT? Credit Cards. Medical Bills. Personal Loans. Be Debt Free in 24-48 Months. Call NATIONAL DEBT RELIEF! Know Your Options. Get a FREE debt relief quote; Call 1-844-290-9978 (LA-SCAN)

OVER \$10K IN DEBT? Be debt free in 24-48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-877-327-5302 (LA-SCAN)

PROBLEM CREDIT REPORT? LEXINGTON Law helps works to challenge inaccurate negative items including: identity theft, collections, late payments, liens and more from your credit report. Call for a free credit repair consultation: 1-877-804-2354. John C. Heath, Attorney at Law, PLLC, dba Lexington Law Firm (LA-SCAN)

SAVE YOUR HOME! ARE you behind paying your MORTGAGE? Denied a Loan Modification? Threatened with FORECLOSURE? Call the Homeowner's Relief Line now for HELP! 1-866-470-1641 (LA-SCAN)

DIRECTV SATELLITE TV SERVICE at \$59.99 per month! 1 YEAR PRICE

REPAIRS, REMODELING & PAINTING

Residential or Commercial
Small jobs welcomed.
When your time is tight,
call on us!

**MORRIS TEAM
REALTY LLC
337-239-3885
or 337-424-9522**

LOCK! 155+ Channels available. Call NOW to get the MOST SPORTS on TV! 1-888-498-4312 (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)

SAVE BIG ON HOME INSURANCE! Compare 20 A-Rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 877-533-3917 (Monday-Friday 8am-8pm Central) (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 www.walkintubquote.com/LA (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)

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)

STAY IN YOUR HOME longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including free toilet, and life time warranty on the tub and installation! Call 1-877-318-1753 or visit www.walkintubquote.com/LA (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)

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)

MEDICAL-GRADE HEARING AIDS FOR LESS THAN \$200! FDA-Registered. Crisp, clear sound, state of the art features & no audiologist needed. Try it RISK FREE for 45 Days! Call 1-866-790-0710 (LA-SCAN)

****STOP STRUGGLING ON THE STAIRS**** Give your life a lift with ACORN STAIRLIFT! Call now for \$250 OFF your STAIR-LIFT purchase and FREE DVD & brochure! 1-877-839-5197 (LA-SCAN)

VIAGRA AND CIALIS USERS! 50 Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. CALL NOW! 1-855-403-6345 (LA-SCAN)

BATHROOM RENOVATIONS EASY ONE DAY updates! We specialize in safe bathing. Grab bars, no

MARY KAY
**FREE.*
FUN. FABULOUS!**

Get your girlfriends together and let's play with makeup. You can earn **FREE*** products for playing hostess. Plus, I'll give the group customized product recommendations so everyone can look fabulous. It's girl time!

Contact me to get started.

*Available through participating Independent Beauty Consultants only and with \$200 in retail sales.
Chrisalyn thurman
Independent Beauty Consultant
www.marykay.com/cfaith
6787610485

CAN SHIP DEPLOYMENT!



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

slip flooring & seated showers. Call for a FREE in home consultation. 1-855-238-1870 (LA-SCAN)

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

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 1-844-811-7274 (LA-SCAN)

AT&T INTERNET STARTING AT \$40 per month with 12 month agreement. Includes 1 TB of data per month. Get More For Your High Speed Internet. Ask us how to bundle and SAVE! Geo 7 service restrictions apply. Call us today 1-866-369-1097 or visit www.more4yourthing.com/LA (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)

EARTHLINK HIGH SPEED INTERNET. As Low As \$14.95 per month (for the first 3 months) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today! 1-866-794-6858 (LA-SCAN)

GET DIRECTV! ONLY \$35 per month! 155 Channels of 1000's of Show and Movies On Demand (with

NOW LEASING RAILWAY OFFICE/RETAIL SUITES



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

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

Also Available:

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

Units may be combined Six Month and Up Lease Terms 337-239-3885

Morris Team Realty, LLC

Select All Included Package) PLUS Stream on Up FIVE SCREENS Simultaneously at no Additional Cost. Call DIRECTV 1-866-734-0452 (LA-SCAN)

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

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

EXTENDED STAY

Fully furnished, Jacuzzi, TV cable & internet, quiet location.

UNFURNISHED HOUSES & APARTMENTS for lease.

OFFICE & RETAIL UNITS for lease.

**MORRIS TEAM REALTY LLC
337-239-3885**

HUNTING & FISHING LICENSE ARCHERY PRO-SHOP

STARTING AT:

\$340

QUALIFIED PERSONNEL AT SPECIAL PRICES!
AR & AK ACCESSORIES FFL TRANSFERS

**P: (337)537-1756 1074 ENTRANCE RD.
F: (337)537-2579 LEESVILLE, LA 71446
WWW.STARGUNANDARCHERY.COM**



FINANCING AVAILABLE!



ARCHERY PRO SHOP





BOOST YOUR BUSINESS

**ADVERTISING PACKAGE DEALS FOR ALL BUSINESSES
LARGE OR SMALL**

Get 200.00 OFF YOUR Advertising Package!

Call today to find out how!

Don't have an ad design? **THAT'S OKAY.**

Our FREE design service can help **YOU** create a new ad and give you direction to help **YOU** *get customers through your doors!*

EXPAND YOUR REACH!

We offer group discounts when placing ads in our partner papers!

Sabine Index, Natchitoches Times, Mansfield Enterprise, Colfax Chronicle, Winn Parish Enterprise, Bienville Democrat, and now offering entire North Louisiana coverage in the Piney Woods Journal!



CALL THERESA
FOR YOUR ADVERTISING NEEDS,
IN THE **FORT POLK GUARDIAN**

CALL TODAY! 337-404-7242