



# Fort Polk Guardian

[www.jrtc-polk.army.mil](http://www.jrtc-polk.army.mil)

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## Forging warrior spirit for quarter-century

# JRTC, Ops Group mark 25 years at Fort Polk

By JEAN DUBIEL

Guardian staff writer

FORT POLK, La. — An historic event changed the face of Fort Polk March 12, 1993 — the post became the new home of the Joint Readiness Training Center, a move that resulted from the Defense Department's Base Realignment and Closure Act of 1991.

The date marks the official beginning of duties for the JRTC headquarters at Fort Polk after moving from Fort Chaffee, Arkansas. The JRTC command sergeant major at the time, Command Sgt. Maj. Jack Hardwick, had an enormous responsibility in ensuring all the pieces of the command made it to Fort Polk — a daunting yet successful mission.

"We made it with no accidents and no equipment lost," Hardwick said.

Hardwick was the guest speaker at the 25-year JRTC and Operations Group anniversary event held at North Fort March 12. He and four others who played key roles on bringing the JRTC to Fort Polk served as honored guests for the event.

Hardwick recapped his recollection of events as they occurred 25 years ago.

"The unit made a successful move, and I say successful because of our accountability for things at Little Rock Air Force Base (where many of the Families were living at the time) as well as Fort Chaffee," he said. "Our first official rotation was in September (1993) with 82nd (Airborne Division). If you look at the Warrior Wall (a monument that stands in the training area), it (the 82nd logo) is still painted there. It was the very first one. We came up with that (wall) idea, which is similar to what the (National Training Center in California) does, and the (structure) was used during basic training and (advanced individual training) as a bunker from which they adjusted artillery fire. We sanded it down and let (rotational units) paint on it."

Hardwick said live fires were not conducted at Peason Ridge at that time but rather in the North



OPERATIONS GROUP

*Soldiers with the 2nd Brigade Combat Team, 101st Airborne Division, a rotational unit training at the Joint Readiness Training Center, keep watch during an exercise March 13. The JRTC moved to Fort Polk March 12, 1993 and Operations Group marked the occasion with a commemoration March 12.*

Fort training area. That required a greater involvement of observer/coaches.

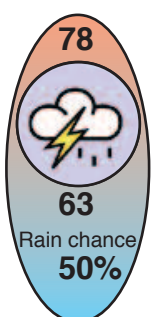
"At that time, you had squad O/Cs. That means they walked with each squad — there was no riding around in anything. If a squad went out on an ambush at 0-dark thirty, the O/C went

with them," he said. "Everywhere a Blue Force went, an O/C went right along with them."

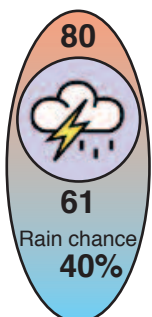
Today's training may involve more technology and certainly more Soldiers, said Hardwick, go-

Please see **25 years**, page 5

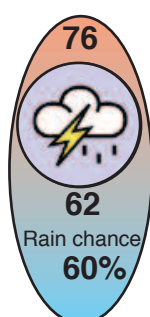
## Weekend weather



Today



Saturday



Sunday

## Inside the Guardian

**Polk, Leesville pact .... 3    Thrift shop honors ..... 8**

**Celebrating women .... 6    Champs crowned ..... 12**

**Chapel relocation ..... 7    Kids at play ..... 14**



# Viewpoint

## Fort Polk's Focus: Excellent customer service

Each week in 2018, Guardian staff visits different Fort Polk facilities and service providers to ask members of the community about their experiences with and opin-

ions about customer service, alternating between the views of the customer and the provider. Questions will change monthly.

### How do you provide excellent customer service?

Fort Polk's Commissary, 7445 La. Hwy 467, bldg 601, serves the Soldiers and Families of the Fort Polk community with a wide variety in its produce, meat and grocery departments, an international delicatessen and bakery, sushi to-go and rotisserie chicken sections. Sarah Hoskie, Fort Polk Commissary officer, says they also offer great customer service. "Our goal is to keep the customer happy

by making them feel important and cared about. This can be attained by keeping the shelves well stocked, giving them what they ask for and doing it with a smile," says Hoskie. Commissary hours of operation are Tuesday through Friday from 9:30 a.m.-8 p.m., Saturday from 9 a.m.-8 p.m. and Sundays from 10 a.m.-6 p.m. For more information call 537-1001 or visit [www.commissaries.com](http://www.commissaries.com).



ANGIE THORNE/GUARDIAN



## Guardian

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## Briefs

### Town hall slated

Col. Jarrett Thomas II, Fort Polk garrison commander, hosts a town hall meeting March 27 at 5:30 p.m. at Showboat Theatre. The topic is Fort Polk's infrastructure, of interest to anyone who lives or works on the installation. The event will also be live streamed on Facebook. For more information call 531-1392.

### SHARP run

Throughout the Army, April is designated as Sexual Assault Awareness and Prevention Month. In honor of the designation, the Joint Readiness Training Center and Fort Polk hosts a Torch Run, April 3. Activities begin at 6 a.m. at Headquarters Field in front of bldg. 350.

Please note the following road closure and traffic control points during the run.

- Louisiana Avenue is closed in the vicinity of Georgia and Alabama avenues.
- A traffic control point will be located at Third Street and Alabama and Mississippi Avenue between Corps Road and Ninth Street. Motorists are strongly urged to avoid these areas.

Activities in support of sexual assault awareness and prevention will be held throughout the month. Watch the Guardian and the JRTC and Fort Polk Facebook page for more.

### 115th CSH CoC

The 115th Combat Support Hospital says farewell to outgoing commander Col. David W. Wolken and welcomes incoming commander Col. Lee A. Burnett during a change of command ceremony March 29 at 10 a.m. on Engineer Field on Fort Polk. Everyone is invited. For more information call 531-6520.

### Easter services

Glory Chapel, 1168 Glory Loop, hosts two Easter events:

- The Stations of the Cross, March 29 at 11:45 a.m. Join the Protestant community as members follow the Via Dolorosa. Call (417) 718-6272 for more information.
- Easter Sunrise Service, April 1, 7 a.m. Breakfast will follow service. Call 531-2669 for more information.

### SFL-TAP

The Soldier For Life-Transition Assistance Program, located in bldg 4275, 7438 California Ave. at Polk Army Airfield, hosts events for Soldiers 24 months from retirement or 18 months from ETS.

Upcoming employer days include:

Please see **Briefs**, page 7

## Fort Polk, Leesville sign agreement

By KIM REISCHLING

Information strategies officer

FORT POLK, La. — Army readiness is of paramount importance, despite dwindling resources: Money, services, facilities, infrastructure.

That's why the fiscal year 2013 defense authorization bill authorized military installations and their host communities to enter into intergovernmental support agreements (IGSAs) for base support services. An IGSA is part of the Public-Public Partnership program, which allows the Army to solicit partnership proposals from the field and benchmark existing partnerships.

One such agreement between the Fort Polk garrison and the City of Leesville Public Works Department was signed March 8 by Col. Jarrett Thomas II, Fort Polk's garrison commander, and Leesville Mayor Rick Allen, an agreement that will bolster the already solid bonds that exist between the city and installation.

The initiative, a contract worth about \$2.6 million dollars, took months of legwork between Fort Polk's Directorate of Public Works and the City of Leesville, said Nathan Jernigan, chief, Operations and Maintenance Division, Fort Polk DPW. The contract allows for grass-cutting services on Fort Polk to be provided by the City of Leesville, a move that will save the government both money and human resources.

The contract, said Thomas, is a testament to the support Leesville offers to the Fort Polk community. "I've been serving the Army for 22 years, and I've never met community members more supportive of what the Army — Fort Polk — is trying to do."

About 50 city employees will cut grass inside Fort Polk, maintaining about 5,000 acres, said Allen. "The venture is separate from the city's Public Works Department. They will report directly to the city administrator," he said.

The IGSA is about much more than profit, said Allen. "This is about supporting Fort Polk as no one else has done."

Also on hand for the event was Mike Reese, president of Fort Polk Progress, a regional organization that takes a proactive stance about force



Leesville Mayor Rick Allen (left) and Col. Jarrett Thomas II, Fort Polk garrison commander, sign an intergovernmental support agreement for grass-cutting services March 8.

structure decisions at the Joint Readiness Training Center and Fort Polk. The group has been instrumental in marketing the installation as the most cost-effective place to provide Soldiers with the best training and quality of life possible. Polk Progress also spearheads the Education Initiative, which focuses on excellence in education for military students.

"With this agreement, Soldiers can focus on the mission instead of mowing grass," Reese said. And it gives Leesville an opportunity for a new revenue stream, which in turn will be reinvested in the city.

The intergovernmental support agreement, said Reese, allows Fort Polk to operate more efficiently. It's a building block, he said, "to secure the missions of the JRTC and Fort Polk, both today's and tomorrow's."

The importance of the agreement, the first of more to come, can't be stressed enough, said Thomas.

"Not only does this strengthen the partnership between our communities, but it positively impacts Soldier readiness, and there's nothing more important. By signing this agreement, we get our Soldiers off cutting grass and back to their units. That's where they need to be to prepare themselves and train others to fight our nation's wars," he said.

## Motorists can expect delays through March

DPW

FORT POLK, La. — Upcoming roadwork is slated on Fort Polk in the coming days. Work includes:

- Railroad track renovations are expected to be complete by April 30. Work includes drainage repairs, railroad tie replacements, subgrade repairs and the repair of grade crossings. Work has been scheduled for minimal impact to motorists and pedestrians. The work requires some road closures, detours and flagging operations. The Exchange Road grade crossing is slated for Saturday, Sunday and March 24-29. The road will remain open Saturday and Sunday with one lane of traffic. The road will be closed to thru traffic March 24-29. Motorists are required to use alternate routes with Third Street designated for mo-

torists not familiar with Fort Polk.

Pedestrians using the fitness trail should exercise caution near the site and the trail will be closed to north bound traffic at Exchange Road.

- Construction is taking place at Bonner Lake Spillway. Work is expected to be complete by July 22. Work includes regrading slopes and replacing riprap. The fitness trail is closed from Monday through March 30. The public will encounter barricades and closure signs at all entrances to the trail from Exchange Road north to Bonner Lake Recreation Area. No detours are available. For safety, fitness trail users are urged to stay out of the barricaded work area. Large construction equipment will be on site Monday through Friday from 7 a.m.-5 p.m.

For more information on both projects call 531-6186.



## U.S. Special Forces bring elite training to South America

By Staff Sgt. OSVALDO EQUITE

Army News Service

PANAMA CITY, Panama — Within minutes, an elite multinational security force team managed to close with and overwhelm armed groups hiding along Panama's Caribbean shores and remote jungle locations.

The team's mission success however, would depend on the next hundred or so split-second decisions made — under fire and stress — between team members that had only met weeks before.

Still, the team freed all simulated hostages, while successfully culminating a month-long training exchange between U.S. Special Operations Forces and Panamanian security counterparts held Jan. 5-Feb. 6 throughout Panama.

"The Joint Combined Exchange Training improved the readiness of assigned quick reaction forces with Special Operations Command South by developing capabilities needed when responding to a crisis alongside partner nation security forces," said Lt. Col. Marcus Hunter, Special Operations liaison officer with U.S. Special Operations Command, in Panama City, Panama.

Participating U.S. Special Operations Forces units improved their overall competencies in marksmanship, small unit tactics training, air and maritime operations, communications and sustained interoperability with counterparts by exchanging techniques, tactics, and procedures — while enhancing service members' language proficiency in Spanish.

Special Operations Command South integrated U.S. Special Operations Forces units from the Air Force, Army and Navy to train alongside elite Panamanian counterterrorism units in coordination with the U.S. Embassy in Panama City and Panamanian security forces.

Although U.S. Special Operations Forces train regularly at their home station, for units in preparation for contingencies in the Americas, Joint Combined Exchange Trainings provide training opportunities not easily replicated state-side.

"Every day was about learning something new, even if it was just a small interaction with our counterparts in Spanish," said Tech. Sgt. Gordon Boyer, a radio frequency transmission specialist with the 6th Special Operations Squadron, Hurlburt Field, Florida.

For weeks, Boyer, responsible for maintenance and repair of communications equipment, relied on his proficiency in Spanish to work side-by-side with his counterparts on a daily basis.

"We dove into the manuals for hours, figuring things out together," said Boyer, recalling an instance where he enabled communications between Panamanian air support, U.S. and partner nation ground forces.

"We figured out the best way for us to accomplish our missions every day using what we had and speaking with the little we both knew," he said, noting that the interactions really tested his Spanish and his counterpart's English.

Like Boyer, Spanish is a second language for the majority of the American exercise participants. Only a third of the service members who

*A U.S. Army Special Forces Soldier explains range procedures to Panamanian counterterrorism security forces Jan. 30 during joint combined marksmanship training in Panama City, Panama. Marksmanship training is necessary before combined forces conduct interoperability training.*



Staff Sgt. OSVALDO EQUITE / ARMY NEWS SERVICE

took part in the training were fluent, with the rest having a minimal working proficiency in the language.

"That's why training like this is so important. We get a full language and cultural immersion we wouldn't get back home," said a senior Special Forces weapons sergeant with the 7th Special Forces Group (Airborne), out of Eglin Air Force Base, Florida, who for security reasons spoke on condition of anonymity.

The first time many junior service members gain valuable experiences in leadership, mentorship, instruction and advisory roles is also during joint combined training.

"The first opportunity I had being a team leader was during a previous JCET, where I was responsible for leading a group of partner nation members as we conducted training," said the Special Forces sergeant, who has deployed eight times, with this trip being his first to Panama.

"It was during a prior JCET that I was also put in charge as a ground convoy commander for the first time.

"With little prior experience in such a position I put together a plan, thought of all the obstacles we might come across, and began to develop contingencies for a two-hour movement. The contingencies included coordination with an air element."

Additionally, U.S. Special Operations Forces tackle logistics, communications, and transportation hurdles on a daily basis during joint combined training that begins as soon as they arrive in country.

"That's another benefit to this training, working through and finding solutions to the day-to-day real-world problems that you do not encounter back home," said the Special Forces sergeant.

Aside from boosting U.S. force's response capabilities in the Americas, the exchange training also strengthened working relationships and built trust between the elite forces. This not only

saves valuable time in being able to make split-second decisions during training, but also when working together in the event of a crisis.

"These relationships and trust can help reduce the scope and duration of a crisis and increase the likelihood our partners can respond to crises on their own," said Adm. Kurt W. Tidd, commander, U.S. Southern Command, before a Senate Armed Services Committee last year.

Similarly, the most rewarding aspect of the training for many of the exchange participants was building professional relationships needed if they are one day called to work alongside each other.

"Our mission is to execute high-risk operations in urban areas and to intervene against sabotage against the canal," said Capt. Javier Bethancourt, deputy operations officer with Panama's National Police counterterrorism unit, known in its Spanish acronym as the UFEC.

Without these working relationships and training, it would be difficult for the multinational forces to work together, said the operations officer.

"So building these relationships is important, especially if it comes to protecting the canal," he said.

"We build a relationship with these guys because they are the best and they might stay in the same unit for years," said the U.S. Special Operations Forces weapons sergeant. "This makes integration easier, knowing that we speak the same language when it comes to tactics and techniques."

"At the end of the day, the ultimate outcome for us is to build and maintain steady relationships that prepare us for any type of crisis we are tasked to respond to."

Other participating units included Panama's National Police Rural and Maritime Anti-Drug Unit, known as the UTOA, and elements from the National Aero Naval Service, known as SENAN, in their Spanish acronyms.



# 25 years

Continued from page 1

ing from a few hundred to thousands of players on the field. But the quality of training remains high, he said. Hardwick still works for the JRTC, getting the personnel and equipment that have been deemed “injured, killed or out of commission” during a rotation back into the training scenario.

Other special guests for the 25th anniversary were Joe Saverino, Mark Gallashaw, Lee Littleton and Randi Kaul. Saverino was a platoon sergeant in Bravo Company, 509th Infantry Regiment, which played the role of the opposing force as they still do.

“It took a little while before we could do the rotations because there were a lot of moving pieces that had to be put in place,” he said. “Once we were stood up, we had to start getting everything prepared to actually execute the rotations.”

The move to Fort Polk saved the unit a lot of travel time, according to Saverino, because when they were in Arkansas, the 509th was stationed at Little Rock Air Force Base and had to travel roughly 160 miles to reach Fort Chaffee for the rotations. At Fort Polk, the training area, family housing and the unit base of operations are in one location. “It was a lot easier to do rotations down here,” he said.

The biggest difference in the rotations of 25 years ago compared to today is the number of personnel, said Saverino.

“It was much smaller back then, roughly a battalion-size element (300-1,000 Soldiers) going through the rotations and now it’s a brigade-plus (up to 5,000 Soldiers) going through, not to mention the 509th has also grown since moving down here. Everything has grown bigger and more complex.”

Saverino currently works for the contractor Cubic as a safety specialist.

Gallashaw served as the nuclear, biological and chemical officer for the 509th in 1993. His job was to replicate chemical attacks and weapons caches for rotational units to find and destroy. He also flew over the units to replicate chemical attacks from helicopters.

“Once I moved to Fort Polk, I switched from the 509th to Operations Groups and became the chemical O/C, then I went into the Joint Operations Center to work as the chemical officer at division level,” said Gallashaw. “What we did (for the rotation units) was generate hazard messages, communicate wind speeds and directions, and use intelligence to predict chemical attacks. The (Soldiers) would then have to put on their full protection gear (if that threat was presented).”

The biggest difference he’s seen in the field over 25 years is the advancement of technology, he said.

“We went from grease and alcohol pens on plastic overlays and manually drawing on maps to everything being computer-generated now. To me, technology is one of the biggest things JRTC brings to the playing field for our Soldiers,” said Gallashaw. “Depending on the scenario, JRTC can retool to match the conditions our Soldiers will face when they deploy. That has saved lives, especially in places like Afghanistan and Iraq.”

Kaul’s role moving JRTC to Fort Polk involved “instrumentation” — that means electronically tracking every Soldier and piece of equipment in the battle space (through MILES gear) and in-



**Special guests (from left) Mark Gallashaw, Jack Hardwick, Lee Littleton, Joe Saverino and Randi Kaul stand with Col. David S. Doyle, commander of Operations Group, during the 25th anniversary commemoration of the Joint Readiness Training Center's arrival at Fort Polk March 12.**

stalling video and recording systems in the training area. It also means offering those assets in after action review products, giving the rotational unit a play-by-play record of what Soldiers did, and when, during each exercise.

“I was an assistant project director (in Arkansas) and when (the command) talked about moving JRTC to Fort Polk, they were talking about a new program called ‘Military Operations on Urbanized Terrain (MOUT).’ They asked me to lead that project at Fort Polk. This was a largely unknown (concept) until we went into Somalia and Mogadishu. That changed the game,” said Kaul.

She said there was little to no training available to prepare units going into those kinds of environments, so she put in the instrumentation at Shugart-Gordon, JRTC’s MOUT training site, as well as Word Compound and Self Airfield.

“Cameras, microphones, speakers, battlefield effects, the command and control station at the (after action review) theater — we emplaced this instrumentation system for all that, and it became the Army’s premier MOUT site,” she said. Kaul said she spent about four months at JRTC learning all she could about what the rotating units needed so she could put together a tailored instrumentation package for the JRTC. She still takes care of the instrumentation systems at Fort Polk, and provides upgrades as needed.

Littleton was assigned to the Fire Support cell back in 1993.

“We were in charge of replicating radar dispatching the firemarkers (pyrotechnic effects, generally moving around on four-wheelers), replicating the right number of rounds as was called into us,” said Littleton. “The big change I’ve seen is in the technology. Back then, we didn’t have a good way to replicate the radar piece, because if there is nothing flying through the air,

there is nothing for the radar to catch, so we had to replicate that.”

A computer program was developed, said Littleton, and now it’s all done digitally and “it’s a lot better!” Littleton still works with Ops Group, under the Raytheon contractor. He said he was honored to be part of the day’s festivities.

“It’s nice to have been a part of this (organization) for so long. I was a green-suiter back then, and then I retired and stayed here. I’ve always liked being around Soldiers and troops — it’s just come naturally to me.”

Col. David S. Doyle, current commander of Operation Groups, said the JRTC and Operations Group has a rich shared heritage, and it was important to acknowledge the beginning of that service on the actual date, March 12.

“We pulled everyone together today to remind them of why we do what we do and why we’re here,” said Doyle. “Fort Polk is a great home for the Operations Group and JRTC. The community takes great care of us, the swamps and forests of the training area are absolutely perfect for what we are trying to do, and we are very fortunate to be here.”

Brig. Gen. Patrick Frank, commanding general, JRTC and Fort Polk, also attended the event. He said it was important for him to talk to the first command sergeant major of Operations Group (Hardwick) and to see the then-Chief of Staff of the Army, Gen. Gordon P. Sullivan (through a video shown at the event’s start) talk about the impact he felt JRTC would make on the Army 25 years ago.

“We continue to see that today,” said Frank. “Our O/Cs assist (rotational unit) leadership in preparing to send those units into combat or into theater, and ensure they are ready. We have that same mission today, a critical mission for the Army and for the nation.”



# Celebrating women who fought for right to protect their country

GUARDIAN STAFF

FORT POLK, La. — March is commemorated as Women's History Month, so it's fitting to shine a spotlight on the many accomplishments of women in the military.

Women in today's military have been tenacious in building on the accomplishments of those that came before them as they break barriers on their march to conquer historic firsts. But those glass ceilings weren't broken overnight. It took hundreds of years to go from women serving in what was deemed traditional roles to earning the chance to become warriors in their own right.

As early as the Revolutionary War, women made contributions to the fight. They served as laundresses, seamstresses, cooks, administrators and nurses. Those were roles that were considered acceptable for women if they wanted to help support the war effort.

That doesn't mean there weren't women who wanted to do more than cook. In fact, occasionally women would fight next to their husbands or disguise themselves as men to take a more combative role in battles during both the Revolutionary and Civil wars. The women who chose to serve and fight suffered the same indignities of war as their male counterparts. It's estimated that more than 400 women disguised themselves as men to fight in the Civil War.

Some women were also known to secretly enlist and serve in the untraditional roles of spies and smugglers.

By the early 1900s, the Army and Navy officially created the Nurse Corps to make service for women during wars official. As with any conflict, when women found themselves in harms way there could be dire consequences. During World War I, more than 35,000 women served and 400 nurses and support staff were killed in action.

It's thought their contributions during the war may have helped turn the tide to pass the 19th Amendment in Congress June 4, 1919 and ratified on Aug. 18, 1920, which granted women the right to vote.

World War II saw roles expand again as about 400,000 women served in noncombat roles that included jobs such as mechanics, pilots, clerks, nurses, ambulance drivers and field intelligence. The creation of the Women's Army Auxiliary Corps and Women Airforce Service Pilots changed the role of women in war. Women were able to fill a variety of Army jobs "to free a man to fight."

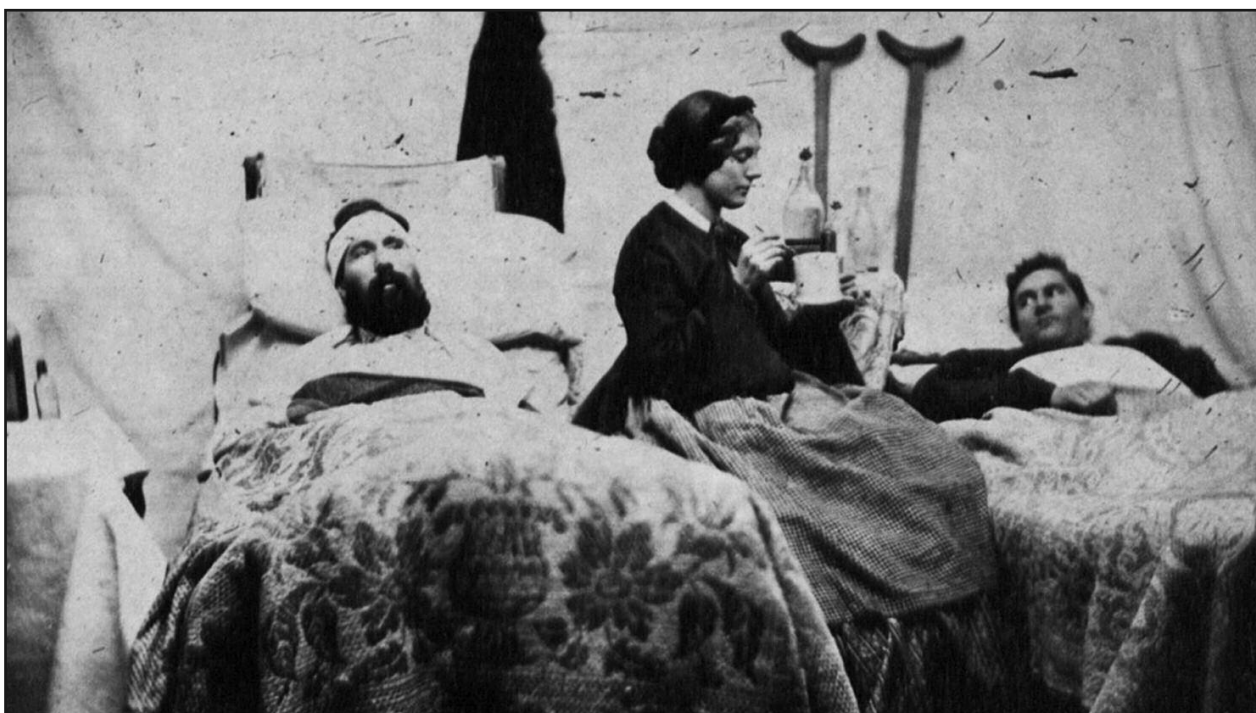
Just as death is always a possibility in battle, so is capture. Women, 88 of them, were taken as prisoners of war in WWII.

In 1948, Congress passed the Women's Armed Services Integration Act. This allowed women to serve in the military on a permanent basis instead of just during war.

Through the Korean conflict and Vietnam War, nursing continued to be the main focus of military service for women. Many were deployed in Mobile Army Surgical Hospital units and on ships.

In the 1980s and 1990s, women began merging into the regular Army through integration instead of being kept separate in a Women's Army Corps. This allowed them freedom to test boundaries and fight gender inequalities.

The 1990s saw women gain the ability to fly in



Nurse Annie Bell with patients after the Battle of Nashville (circa 1864).



Fort Des Moines opens in Des Moines, Iowa, as the first Women's Army Auxiliary Corps training center in July 1942. Training at Fort Des Moines involved primarily drill and ceremonies, military customs and courtesies, map reading, company administration, supply and mess management.

combat, while still excluded from engaging in direct conflict on the ground. Operation Desert Storm saw 41,000 servicewomen deploy to the Middle East.

By the 2000s, things really began to change. Women were given greater responsibility in both combat and command as they climbed through the ranks. In 2004, Col. Linda McTague became the first woman to command a U.S. Air Force Fighter squadron. In 2008, Army Gen. Ann Dunwoody was the first woman to achieve four-star rank.

In 2013, the military's combat exclusion policy was rescinded and the door opened for women who wanted to officially fight with their male counterparts.

In 2014, Adm. Michelle Howard was the first woman to become a four-star admiral. Now women become sailors on submarines, infantry Marines, Army Rangers and Army infantry officers. Bursting through preconceived limits about their abilities and taking charge of their military careers, these women have made it possible for the next generation of servicewomen to save more lives, fly farther, fight harder, rise higher through the ranks and continue to make history.

## Attend celebration

In honor of Women's History Month and the long fight of women to gain equality in the military, Fort Polk is celebrating with a presentation Thursday from 11:30 a.m.-1 p.m. at the 1st Maneuver Enhancement Brigade Gym. The 3rd Brigade Combat Team, 10th Mountain Division, hosts the event, "Honoring Women Who Fight All Forms of Discrimination." The guest speaker is Col. Marla J. Ferguson, Bayne-Jones Army Community Hospital commander.





# Renovations slated for post chapel, adjustments announced

## MAIN POST CHAPEL

FORT POLK, La. — The Main Post Chapel is undergoing renovations, and closes for about a year (for all activities) beginning March 23.

Please note the following activity relocations:

- Beginning March 25, all Sunday worship services except for the traditional service will be held at Glory Chapel under the following schedule:

- \* 8:30 a.m., Catholic

- \* The traditional worship service is held at 9:30 a.m. in the Education Center, room 101.

- \* 10:30 a.m., Chapel Next

- \* Noon, Gospel service

- \* 2 p.m. Samoan service

- \* 4 p.m. Catholic service

- \* 5 p.m. Youth Group.

- **Auxiliary activities at bldg 744 (CYS behind the Main Post Exchange)**

- Protestant Women of the Chapel (PWOC), beginning April 10

- Power Wednesday and AWANA beginning April 11

- Mothers of Preschoolers (MOPS), second and fourth Thursday beginning April 12.

- **Auxiliary activities at Glory Chapel**

- Latter Day Saints (LDS), Thursdays beginning April 5

- Catholic Women of the Chapel (CWOC), beginning April 6; Muslim prayer beginning April 6.

- **Current staff relocations to bldg 1947 —**



COURTESY PHOTO

Community Pastor Suite 102/Room 116B; Deputy Garrison Chaplain Suite 103/Room 114B; Director of Religious Education Suite 105/Room 105; Family Life Chaplain Suite 105/Room 107.

- **Staff relocations beginning March 23 —**

Senior Garrison Chaplain, NCOIC and RSO Administrative Assistant, bldg 350, 2nd Floor, Suite 210 (G1).

For more information call the Main Post Chapel at 531-2232.

## Hatch Act sets guidelines on federal employees political activities

### U.S. OFFICE OF SPECIAL COUNSEL

WASHINGTON — In February 2017, the U.S. Office of Special Counsel issued guidance regarding the Hatch Act and President Donald Trump's status as a candidate in the 2020 presidential election.

In that guidance, OSC advised that an incumbent president is considered a "candidate" for purposes of the Hatch Act when he officially announces his candidacy for reelection. OSC also advised that once that happens, like with any other candidate, the Hatch Act prohibits federal employees from engaging in activity directed at the success or failure of the president's candidacy while they are on duty or in the workplace.

Trump recently announced the appointment of a campaign manager "for his reelection com-

mittee as the advanced planning for the 2020 race begins." Because the president has officially announced his candidacy for reelection, OSC is providing this updated guidance to federal employees.

The Hatch Act prohibits federal employees from engaging in political activity while on duty or in a federal room or building. For purposes of the Hatch Act, political activity is defined as activity directed at the success or failure of a political party, partisan political group, or candidate for partisan political office.

This prohibition is broad and encompasses more than displays or communications (including in-person and via email or social media) that

expressly advocate for or against Trump's reelection. For example, while on duty or in the work-

place, employees may not: Wear, display or distribute items with the slogan "Make America Great Again" or any other materials from President Trump's 2016 or 2020 campaigns; use hashtags such as #MAGA or #ResistTrump in social media posts or other forums; or display non-official

pictures of Trump.

For specific questions concerning social media and how it applies to communications about candidates for partisan political office, including the president, contact OSC at [hatchact@osc.gov](mailto:hatchact@osc.gov) or (202) 804-7002.



## Briefs

Continued from page 3

- Thursday — Performance Contractors, Texas Department of Public Safety and Navy Federal Credit Union, from 8:30 a.m.-noon.

Upcoming events include:

- SFL-TAP Connection Thread — On LinkedIn for March to network transitioning Soldiers with employers. Go to <https://www.linkedin.com/feed/update/urn:li:activity:6376413789495140352/>.

- Entrepreneur Track (Boots 2 Business) — Two day event for those interested in starting their own business. Tuesday and Wednesday, from 8:30 a.m.-4:30 p.m.

- Interview, Salary, Dress Workshop — Practice interview skills, negotiate salary and how to dress for an interview. March 23, from 8:30 a.m.-11:30 a.m.

- Career Technical Training Track — Offers a unique opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. March 27-28, from 8:30 a.m.-4:30 p.m.

- Advance Resume Workshop — Practice writing a tailored resume for a specific job. March 30, from 8:30-11:30 a.m.

For more information or to register for events

call 531-1591, visit the SFL-TAP office or check out the Facebook page at [www.facebook.com/FortPolkSFLTAP](https://www.facebook.com/FortPolkSFLTAP).

### Reserve briefing

Soldiers within six months of ending their term of service (ETS) must attend a mandatory Reserve Component career counselor brief. Briefs are held Tuesdays at 1 p.m. in bldg 250 (In/Out Processing). The brief outlines Soldiers' options with the Army National Guard and Army Reserves upon ETS. For more information call 531-1850/0352.



# Community



Maria Cassidy, Thrift Boutique volunteer, works in the back room where donations are organized before they are brought into the Boutique.

## Fort Polk Thrift Boutique makes top 10 list

By **ANGIE THORNE**  
Guardian staff writer

FORT POLK, La. — Fort Polk's Thrift Boutique, 2201 Alabama Ave., was honored as one of the Top 10 Thrift Shops in Louisiana by Best Things Louisiana, powered by American Towns Media — an online source that establishes a local digital presence to enhance pages, maps and location services with valuable local internet content and data, according to their website, <https://americantownsmedia.com/>.

Making the list was an unexpected, though pleasant, surprise for the employees and volunteers of the boutique. Kaitlyn Sutherland, Fort Polk Thrift Boutique manager, said they had no idea how it happened.

"It's not something we signed up for. We assume the boutique was nominated by a secret shopper. They must have liked their shopping experience to add us to that list. It's nice to represent Fort Polk in a positive way," she said.

"When we found out we were chosen as one of the Top 10 thrift shops in the state of Louisiana, we were over the moon excited," said Janice Grady, Thrift Boutique assistant manager.

Sutherland said there are many factors that make the boutique successful enough to get that kind of recognition, but it starts and finishes with the Fort Polk community.

"First, we wouldn't have anything to sell if folks didn't generously donate their items to the shop. Then there are our volunteers — they are

the backbone of our store. Finally, if our customers didn't shop here we wouldn't be able to make the money that we turn around and give back to the Fort Polk community," she said.

The Fort Polk Thrift Boutique raised \$57,400 in 2017 for community organizations on and off post.

The shop is well stocked and organized, said Grady. "We have a homey atmosphere that makes people feel welcome and our prices are amazing," she said.

Another draw for the community is that the Thrift Boutique also presents its customers the opportunity to make a little money.

"We offer our customers a consignment option if they have something nice that they want to sell instead of donating. We accept consignments on Thursdays from 9:30 a.m.-3:30 p.m. Only five items from each person may be brought in for consignment each Thursday," said Sutherland.

Beyond the buying and selling, one of the reasons people shop here, said Sutherland, is the happy atmosphere they feel as soon as they walk in the door.

"We have regular shoppers that have told us they were having a bad day and came to the thrift shop to cheer up," she said.

Another thing that appeals to regulars, said Sutherland, is the personal connection they find at the boutique.

"Sometimes we are one of the first contacts

Please see **Thrift**, page 9

## Briefs

### School lunches

The following school lunch menu is for Vernon Parish schools for Monday through March 23. Meals are served with salad bar and choice of milk:

- **Monday:** Hamburger on whole wheat bun, French fries, ranch style beans, orange wedges.

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

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

- **Thursday:** Pinto beans and sausage, steamed whole grain rice, turnip greens, orange wedges, whole wheat cornbread.

- **March 23:** Chili and cheese nachos, corn on the cob, ranch style beans, apple wedges.

### Amazing race

Head out and support folks participating in the Amazing Fort Polk Race held Saturday beginning at 8 a.m. at Showboat Theater.

For more information call 531-2337/5441.

### Spring break

Vernon Parish schools are out for spring break March 26 through April 3. Students return to class on April 4.

### Exercise classes

The following exercise classes are held on Fort Polk:

- **Stroller Strong with Susie**, 9:30-10:30 a.m., Fridays, Wheelock Fitness Center. Full body workouts incorporate cardio and weight training. Children must remain in stroller.

- **Functional Fitness with Heather**, 10-11 a.m., Tuesdays, Home of Heroes Functional Fitness Center.

A coached fitness class to improve skills in cardiovascular conditioning and functional strength training.

For more information on these and other Fort Polk fitness classes call 531-6795.

### LA4 signup

The Vernon Parish Preschool Programs — Head Start and LA4 — will accept applications for the 2018-2019 school year Tuesday.

Visit the school of your choice to register between 8 a.m. and 1 p.m.

Applications can also be completed online at <http://vernon.oncoursesystems.com/web->

Please see **Briefs**, page 11



# Military kids can unite with Marvel superheroes at Exchange

By COLLEEN BOWERS

Main Post Exchange

FORT POLK, La. — The Army and Air Force Exchange Service at Fort Polk is gearing up for Month of the Military Child with Marvel Universe Unites, an interactive adventure inspired by the upcoming film “Avengers: Infinity War.”

During the March 24 event, kids age 4 and older can go on a mission to collect the six Infinity Stones before they fall into the hands of the evil Thanos.

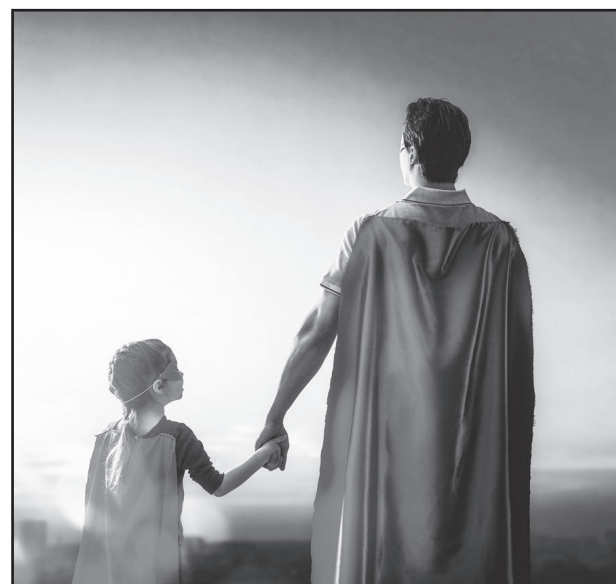
Participants earn Infinity Stones by demonstrating their most epic superhero moves using Black Panther’s claw, Thor’s hammer, Hulk’s fists, Captain America’s shield and other Marvel superhero gear. Once all the stones have been collected, junior superheroes can glue the stones to a drawing of the Infinity Gauntlet that they

can color in themselves and take home to keep.

“The Fort Polk Exchange honors the sacrifices military children make every day, from enduring frequent moves to watching parents deploy to far away and often dangerous areas,” said Beth Pritchard, Exchange general manager. “We can’t wait to show our appreciation by giving them the opportunity to step into the boots of their favorite Marvel superheroes.”

The event will be from 11 a.m. to 2 p.m. in the Fort Polk Main Exchange on March 24.

Marvel Universe Unites is one of several events planned by the Exchange to kick off Month of the Military Child, which every April recognizes the contributions of Warfighters’ children to the armed forces community. For information about Exchange sweepstakes, offers and events in support of Month of the Military Child, visit [ShopMyExchange.com/momc](http://ShopMyExchange.com/momc).



## Thrift

Continued from page 8

Soldiers and Families make when they are new to Fort Polk. We try to help them feel welcome, find what they need and become a support system for them,” said Sutherland.

Grady said she loves her customers and gets excited when she meets new people. “You develop a personal relationship with everyone from Soldiers and spouses to retirees and civilians. They tell me their stories. These are my customers and they are important to me. We become part of their lives and that’s my favorite thing about working here. They become our extended friends and Family and we work to make them happy,” she said.

Grady said the Thrift Boutique exists to give back to the Fort Polk community and the employees and volunteers are passionate about making it the best it can be.

“The team of people we have working here makes the job we do almost effortless. There is never a time we can’t rely on each other to get the job done,” she said.

Maria Cassidy, Thrift Boutique volunteer, is part of that team. She said she came to Fort Polk because her daughter is in 3rd Brigade Combat Team, 10th Mountain Division and currently deployed. “I’m on grandma duty right now, but I also needed something to do. I grew up going to thrift shops, so it’s in my blood. That’s why I volunteer here,” said Cassidy.

Cassidy said it was a pleasure to find out they had made top 10 list.

“I search the Internet to compare and find the best places to go. I’m glad people who will be searching out information about Fort Polk will now be able to see that we have a great Thrift Boutique to visit,” she said.

Anika Arce, Army spouse and volunteer, said she first learned about the Thrift Boutique from her Family Readiness Group leader when she was new to Fort Polk. “She said I could save a lot of money here, so I started visiting the shop on a regular basis. I loved saving money, but I also thought it was important to give back to the community,” she said.

Arce transitioned into volunteering at the shop.

“Now I’m an FRG leader and I tell all of my spouses what a great place the Thrift Boutique is



Rory Sullivan, a regular customer at Fort Polk’s Thrift Boutique, (left) gets ready to purchase a purse as Anika Arce, spouse and boutique volunteer, provides assistance.

and how much money they can save,” said Arce.

Rory Sullivan, a Thrift Boutique regular, said she has been shopping there for years.

“The people who work here are friendly. I love visiting with them and shopping here. I have a thing for purses and love hunting for them at great prices, but I also enjoy seeing all the other stuff they have in the boutique. There are always new things,” she said.

Amber Willis is new to the Thrift Boutique.

“The people here are super nice. We’ve only been at Fort Polk for six months, but they have been very helpful. They always have new, cute items at great prices to help us out. That’s been especially important with a growing baby in the house,” said Willis.

Amber Willis and her daughter Alyssa, 11 months, shop the baby section of the boutique.





# Prepare healthy meals in advance to save time, money

## ACADEMY OF NUTRITION AND DIETETICS

CHICAGO — During National Nutrition Month, celebrated each March, the Academy of Nutrition and Dietetics encourages everyone to “Go Further with Food” by preparing meals in

advance to enjoy throughout the week.

“Preparing several meals on the weekends can provide balanced meals that can easily be reheated throughout the week,” said registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson Kristen Smith. “It’s

also a great way to eat healthy, save time during the week and reduce food waste.”

After you choose a day to prepare meals, decide which recipes you want to use and create a grocery list, Smith said. When possible, choose meals made with ingredients you already have at home to get the most out of your food.

Cooking in bulk saves money and allows you to portion and freeze meals for later, Smith said. Instead of reheating an entire dish, only reheat a single meal. After reheating food in the microwave or the oven, use a thermometer to ensure leftovers reach a safe internal temperature of 165 degrees Fahrenheit.

“Create a meal prep plan that includes a variety of your favorite, healthful foods,” Smith said.

To find a personalized plan that works best, Smith suggests consulting a registered dietitian nutritionist, or RDN. RDNs can provide sound, easy-to-follow nutrition advice to meet your lifestyle, preferences and health-related needs.

Visit [furtherwithfood.org/resources/](http://furtherwithfood.org/resources/) for more article, tools and resources.

## Store food correctly to reduce waste

### ACADEMY OF NUTRITION AND DIETETICS

CHICAGO — The Academy of Nutrition and Dietetics encourages everyone to “Go Further with Food” by storing food correctly to reduce waste and lower grocery bills during National Nutrition Month in March.

Registered dietitian nutritionists are uniquely qualified to help reduce food loss and waste by individuals, families, communities and businesses. About 31 percent of all edible food is wasted in the U.S., and American households throw away nearly 28 percent of fruits and vegetables.

“Far too often, good food goes bad before we get the chance to eat it,” said registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson Melissa Majumdar. “Before going to the grocery store, check inside your refrigerator. Eat what you already have at home before buying more.”



Majumdar suggests freezing extra food, such as fruits or meats to extend shelf life, and wrapping freezer items in heavy freezer paper, plastic wrap, freezer bags or foil.

“To reduce waste, also date all frozen items and use the oldest food first,” Majumdar said.

Knowing how to read a date label is also key to making sure good food isn’t wasted. The “sell by” date lets the store know when it should stop selling a package to manage inventory; “best if used by” is the last date recommended for the customer’s use of a product at its peak quality.

“Although it’s important to try to use food you’ve bought, if you have any doubts about it being safe to eat, throw it away,” Majumdar says.

Visit [www.furtherwithfood.org](http://www.furtherwithfood.org) for articles, recipes, videos and educational resources to spread the message of good nutrition and the importance of an overall healthy lifestyle for people of all ages, genders and backgrounds.

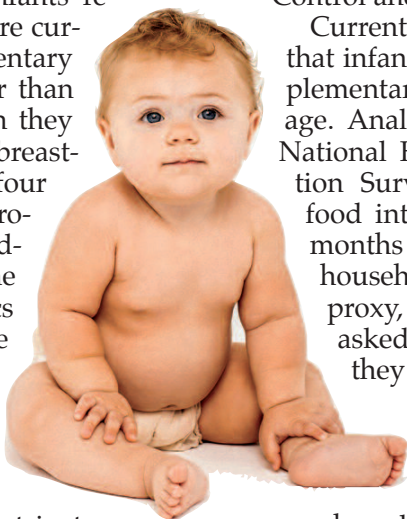


## Feeding baby: Know right time to start infants on solid foods

### ACADEMY OF NUTRITION AND DIETETICS

PHILADELPHIA — March is National Nutrition Month, and nutrition begins at home with an infant’s first meal. The first study of a nationally-representative group of U.S. infants reports that more than half of babies are currently introduced to complementary foods, that is, foods or drinks other than breast milk or formula, sooner than they should be. Babies who were never breastfed or breastfed for less than four months were most likely to be introduced to foods too early. These findings are reported in the Journal of the Academy of Nutrition and Dietetics and emphasize the need to introduce foods at the proper time to get the most benefit from breast milk or formula.

“Introducing babies to complementary foods too early can cause them to miss out on important nutrients that come from breast milk and infant formula. Conversely, introducing them to complementary foods too late has been associated with micronu-



trient deficiencies, allergies and poorer diets later in life,” said lead investigator Chloe M. Barrera, Division of Nutrition, Physical Activity and Obesity, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, Atlanta, Georgia.

Current recommendations stipulate that infants should be introduced to complementary foods at around six months of age. Analyzing data from the 2009-2014 National Health and Nutrition Examination Survey, investigators assessed the food intake of 1,482 children, aged six months to 3 years, gathered during household interviews with the child’s proxy, typically a parent. The survey asked how old infants were when they were first fed anything other than breast milk or formula. This includes juice, cow’s milk, sugar water, baby food or anything else that the infant might have been given, even water.

This analysis shows that only one-third (32.5 percent) of babies in the U.S. were introduced to complementary foods at the recommended time

of about six months; 16.3 percent were introduced to complementary foods before four months, 38.3 percent at four to five months, and 12.9 percent at seven or more months of age. These data help understand the current state of infant feeding practices in the U.S.

Over the last 60 years, recommendations for when to introduce complementary foods have changed dramatically. The 1958 guidelines suggested solid foods in the third month, the 1970s brought a delay until after four months, and the 1990s pushed the introduction of solid food out to six months. These changing recommendations have influenced many past studies of infant nutrition, most of which show a general lack of adherence to current professional guidelines, whatever they may be. The U.S. Department of Agriculture and Department of Health and Human Services are currently developing the first federal dietary guidelines for children under two years, to be released in 2020.

“Efforts to support care givers, families and health-care providers may be needed to ensure that U.S. children are achieving recommendations on the timing of food introduction,” said Barrera and her co-investigators from CDC.

# March brings focus to colorectal cancer

BJACH

FORT POLK, La. — Colorectal cancer is one of the leading causes of death to those older than 50. To highlight the dangers of failing to test for this disease, March has been named National Colorectal Cancer Awareness Month.

Colorectal cancer occurs in the colon or rectum. Sometimes it is called colon cancer. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus. Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer — that's why it's so important to get screened.

People older than 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke or have a family history of colorectal cancer.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.
- Encourage your family members and friends over age 50 to get screened.
- Quit smoking and stay away from second-hand smoke.
- Get plenty of physical activity and eat healthy.
- Limit your alcohol intake (preferably no alcohol)

#### Fast facts

- Risk increases with age. More than 90 per-



cent of colorectal cancers occur in people aged 50 and older.

• Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it.

That is why having a screening test is so important. If you have symptoms they may include: Blood in or stool (bowel movement), stomach pain, aches, or cramps that do not go away, or losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you have any of them, see your doctor.

Some people are at a higher risk than others for developing colorectal cancer. If you think you may be at increased risk, talk to your doctor about when to begin screening, which test is right for you, and how often to get tested.

There are several screening test options. Talk with your doctor about which is right for you. They include:

- Colonoscopy
- High-sensitivity guaiac fecal occult blood test or fecal immunochemical test
- Sigmoidoscopy
- Stool DNA test
- CT colonography

## World tuberculosis awareness day slated for March 24

By TONI PRITCHARD

APHN-Department of PM

FORT POLK, La. — Much has changed in the past 100-plus years; in 1900 tuberculosis was the second leading cause of death in the United States. While great progress has been made in reducing the incidence of TB in this country, it remains a worldwide concern.

The World Health Organization reported that TB kills more than

4,000 people each day. The Centers for Disease Control and Prevention estimates that 25 percent of the world's population is infected with the TB bacterium.

TB is a bacterial infection spread by droplets exhaled by persons infected with the active form of the disease.

There are two forms of TB infection: Latent and active. In the latent form the patient is not contagious. In the active form the patient is con-

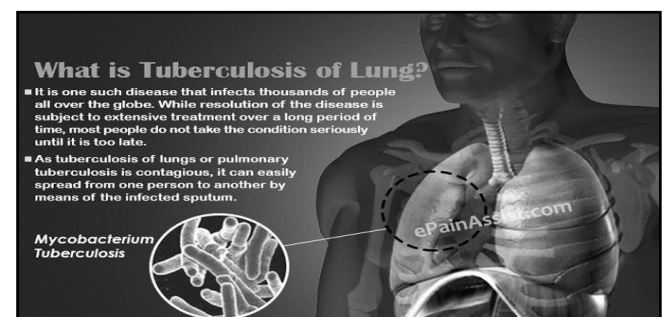
tagious and can spread the disease to others.

In 2016 there were more than 9,000 case of TB in the U.S., with 470 deaths reported.

The cost of treating TB in the U.S. in 2016 was \$451 million. While the overall rates of TB were low, there were reports of TB in all 50 states. Four states — California, Florida, New York and Texas — account for more than half of the cases of TB in the US.

The CDC reports that TB rates vary based on country of origin, ethnicity, and health status with 68.5 percent of cases in the U.S. occurring in the non-U.S. born population.

In some situations, latent TB can activate and cause active TB; for this reason treatment of latent TB is encouraged as a preventive measure. Treatment of latent TB consists of nine months of medication. Active TB is a public health threat and therefore treatment is mandatory



and may include multiple drugs administered for more than a year.

Latent TB has no physical symptoms, and is usually identified through screening, travel history and skin testing. Signs and symptoms of active TB include fever, chills, night sweats, involuntary weight loss and cough. Additional information is available at [www.cdc.gov/tb](http://www.cdc.gov/tb), or you can contact the public health nurses at the Department of Preventive Medicine in bldg 3515.

Other sources of information include:

- <https://www.cdc.gov/tb/statistics/tbcases.htm>
- <https://www.cdc.gov/tb/publications/factsheets/statistics/tb-trends.htm>

## Briefs

Continued from page 8

sites.13898826. For more information call 537-5145 or (337) 239-6899.

### Strongest youth

A strongest youth competition is held March 24 at Perez Field at 10 a.m. Registration is 9-10 a.m. the day of the event. Age divisions are 7-8, 9-10, 11-12, and 13 and older. Call 531-6004 for more information.

### Red Cross program

The 2018 American Red Cross

summer youth volunteer program is held June 4-Aug. 10.

The program is open to youth ages 13-17. Participants gain experience and develop professional skills. Applicants must have a valid military dependent ID. The deadline to apply is May 11. Applications are available in bldg 220, 1778 Third St. The program is sponsored by Bayne-Jones Army Community Hospital. Call 531-4783 or email [ava.carter@redcross.org](mailto:ava.carter@redcross.org) for more information.



# 115th CSH slips past DES to claim Fort Polk Intramural basketball championship



**Clockwise from above:** Gariean Curry (yellow 2), 115th Combat Support Hospital, shoots over the outstretched arm of Matt Vanderlutt (12), Directorate of Emergency Services, during the championship game of the 2018 Fort Polk intramural basketball season; Vanderlutt (left) prepares to drive against Sherron Goffgang (0); members of the 115th CSH basketball team, who defeated DES 31-30 to claim the 2018 championship of the Fort Polk intramural season; Devin Ward (green 4), 41st Transportation Company, reaches for a rebound over Jeezy Selma (red 5), DES, in an elimination game prior to the championship bout; Jhovane Bailey (3) attempts to block a shot by Robert “Freeze” Harrington (0); Marquel Lemons (yellow 4) drives past Steven Saint (3) for a layup.

By **CHUCK CANNON**  
Guardian editor

FORT POLK, La. — Former New York Yankee great and Major League Baseball Hall of Fame member Yogi Berra once made the observation that, “It ain’t over till it’s over.”

The cagers of the 115th Combat Support Hospital proved the accuracy of those prophetic words by overcoming a five-point deficit over the final 1:20 to wrestle a 31-30 victory away from the Directorate of Emergency Services Bayou Boyz and claim the trophy as champions of the 2018 Fort Polk Intramural Basketball season March 7 at the 1st Maneuver Enhancement Brigade Gym.

“I knew that even though we were down, if we could manage the clock we could still win,” 115th guard Que Ilion said.

Ilion did his part to ensure he and his teammates completed the improbable come-from-behind win, drilling a three-point field goal to tie the game, then sinking two pressure-packed free throws with one second left to secure the win.

“I was nervous,” 115th coach Marquel Lemons said following the game.

“But I trust Ilion. He’s the one player on our team I want to take the shot at crunch time — he’s not afraid.”

Both teams came out tight, and when the first half ended, 115th clung to a 10-8 lead.

They quickly increased their advantage to five after a three-point basket by Lemons pushed the advantage to 13-8.

But DES mounted a comeback of its own, getting

aggressive play from Robert “Freeze” Harrington to grab a five-point lead at 27-22 and seemingly have the game in hand. Things then got interesting.

The teams traded baskets and with 33 ticks left on the clock, Ilion hit his three to pull 115th within two at 29-27. Jhovane Bailey converted a layup for the Combat Support Hospital to tie the game at 29-29 with 11 seconds remaining.

DES’ JP Potier was fouled a second later and went to the charity stripe with 10 seconds left and a chance to put his team on top. Potier converted on one of two free throws to give his team a one-point lead and set the stage for Ilion’s heroics.

Lemons led the 115th in scoring with 14 points, while Ilion added 9.

“We started out pretty sluggish, but finished strong,” Lemons said. “We’ve worked hard all year and came together when we had to.”

Capt. Dale Scott, commander Alpha Company and Headquarters and Headquarters Detachment, 115th CSH, said he was confident his Soldiers would win.

“These guys are awesome,” he said. “I couldn’t ask for a better group of Soldiers. They like to drag things out sometimes, and I was pretty nervous there for a while, but they came on strong at the end. I’m real proud of them.”

DES, which finished second in the season-ending double-elimination tournament, earned the right to face 115th for the title by defeating 41st Transportation Company 45-34 in an elimination game prior to the title tilt. Harrington paced the DES effort by tallying 12 points. He also totaled 9 points to lead DES in the final.





## Fort Polk kids have tons of fun at ACS Playtime

*Joshua Bass, 3, shows great concentration as he takes apart a puzzle before he can put it back together during Army Community Service's Playtime March 13.*



*Kim Washabaugh shows her daughter Bridgette, 2, how to do an arts and crafts project at Playtime.*

*Everly Field, 2, gives her baby doll a ride in a dump truck March 13.*



*Tiffany Boggs watches her son Nash, 2, as he knocks down the blocks he stacked at ACS Playtime.*

ANGIE THORNE / GUARDIAN

# Tired? Sleep loss creates variety of health issues

By SHEILA ANTHONY

BJACH Department of Preventive Medicine

FORT POLK, La. — The National Institutes of Health estimate that sleep-related problems affect 50 to 70 million Americans of all ages and socioeconomic classes. Sleep disorders are common in both men and women; however, important disparities in prevalence and severity of certain sleep disorders have been identified in minorities and underserved populations.

The cumulative effects of sleep loss and sleep disorders represent an under-recognized public health problem and have been associated with a wide range of health consequences including hypertension, diabetes, obesity, depression, heart attack, stroke and at risk behaviors — all of which represent long-term targets of the Department of Health and Human Services and other public health agencies.

Sleep, like nutrition and physical activity, is a critical determinant of health and well-being. It is a basic requirement for infant, child and adolescent health and development. Sleep loss and untreated sleep disorders influence basic patterns of behavior that negatively affect family health and interpersonal relationships. Fatigue and sleepiness can reduce productivity and increase the



chance for mishaps such as medical errors and motor vehicle or industrial accidents.

Adequate sleep is necessary to fight off infection, support the metabolism of sugar to prevent diabetes, perform well in school and work effectively and safely.

Sleep timing and duration affect a number of endocrine, metabolic and neurological functions that are critical to the maintenance of individual health. If left untreated, sleep disorders and chronic short sleep are associated with an increased risk of heart disease, high blood pres-

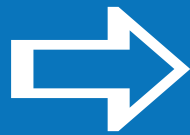
sure, obesity, diabetes and all-cause mortality.

Sleep health is a particular concern for individuals with chronic disabilities and disorders such as arthritis, kidney disease, pain, human immunodeficiency virus, epilepsy, Parkinson's disease and depression.

Among older adults, the cognitive and medical consequences of untreated sleep disorders decrease health-related quality of life, contribute to functional limitations and loss of independence, and are associated with an increased risk of death from any cause.



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# Enjoy music at Live at Lakefront concert

## ARTS COUNCIL OF SWLA

LAKE CHARLES, La. — Take live, local music, add good food and fresh air and you've got the recipe for fun.

Take some time out of your busy schedule to relax and drive down to Lake Charles to listen and move to the music performed during the Live at the Lakefront concert series.

The free series, hosted by the Arts Council of Southwest Louisiana and the City of Lake Charles, features the Pine Leaf Boys, Mason Trail and Zydeco Rhythm and Sinners today from 6-10 p.m. at the Lake Charles Civic Center Arcade Outdoor Amphitheatre, 900 Lakeshore Drive. The series hosts a variety of Louisiana musicians, an eclectic art market and tasty food trucks.

Rolling Stone Magazine described the Pine Leaf Boys as "the best new, energetic and fun Cajun band in a very long time."

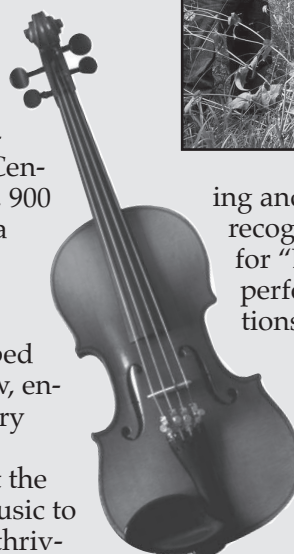
The band's mission is to present the beauty and power of real Cajun music to the world and prove that it is still thriving



**Pine Leaf Boys**

and full of life. The Pine Leaf Boys were recognized with a Grammy award in 2012 for "Best Regional Roots" album and have performed in 23 countries through invitations from the U.S. State Department.

Opening for the Pine Leaf Boys is Mason Trail and the Zydeco Rhythm, along with country, soul, rock-and-roll band Sinners, from Lake Charles. For more information visit <http://artscouncilswla.org>.



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# Rest & Relaxation

## Lagniappe

### Spring concert

Enjoy the second annual Hallelujah Tribute concert, featuring the music of Paul Simon. The music features a selection of his songs performed by Olivia and Nicholas Ford with accompaniment by Michael Sterne, H.B. Smith, Bud Albright and Dale Lingenfelter. The tribute is held at the Congregation Gemiluth Chassodim Jewish Temple in Alexandria April 14 at 7 p.m. For more information visit the-museum.org/hallelujah.

### BOSS meets

Better Opportunities for Single Soldiers hosts a representative

meeting Wednesday from 10-11 a.m. at the Home of Heroes Recreation Center. If you are a Soldier and want to stay busy, learn about Louisiana culture and enjoy your free time, BOSS is where you start. Attend the meetings and become the voice of the single Soldier.

Bi-weekly meetings include discussions of the three pillars of BOSS — quality of life issues, recreation/leisure trips and community volunteering.

BOSS also hosts a March Madness basketball tournament March 31 at 10 a.m. at the 1st Maneuver Enhancement Gym,

Please see **Briefs**, page 18



ALEXANDRIA MUSEUM OF ART

## Exhibit highlights Japanese-American internment camps

### ALEXANDRIA MOA

ALEXANDRIA, La. — Witness to Wartime: The Painted Diary of Takuichi Fujii, introduces an artist whose work opens a window to historical events, issues and ideas far greater than the individual.

Takuichi Fujii (1891-1964) bore witness to his life in America and to his experience during World War II. Fujii left a comprehensive visual record of this time in American history, and offers a unique perspective on his generation. His art is on view at the Alexandria Museum of Art, 933 Second St., Alexandria, through June 23.

This body of work sheds light on events that most Americans did not experience, but whose lessons remain salient today. After the attacks at Pearl Harbor on December 7, 1941 helped urge the United States to join the war, President Franklin D. Roosevelt passed Executive Order 9066, which led to the removal of 120,000 people of Japanese descent from their homes in California and the West Coast.

These people were relocated to internment camps throughout the country, including south Arkansas and Camp Livingston in Central Louisiana. From May 1942 until Oc-

tober 1945, Takuichi Fujii depicted the scenery of Puyallup detention center in Washington and Minidoka relocation center in Idaho where he was relocated.

Fujii began an illustrated diary that spans the years from his forced removal in May 1942 to the closing of Minidoka in October 1945. In nearly 250 ink drawings ranging from public to intimate views, the diary depicts detailed images of the incarceration camps, and the inmates' daily routines and pastimes. He also produced more than 130 watercolors that reiterate and expand upon the diary, augmenting those scenes with many new views, as well as other aesthetic and formal considerations of painting.

This exhibition connects to Central Louisiana through the inclusion of information and artifacts related to the experience of Japanese Americans in Central Louisiana during World War II. Camp Livingston was home to internees, prisoners of war and military during the war, a fact which is not well known.

Museum hours are 10 a.m.-5 p.m. Tuesday through Friday and 10 a.m.-4 p.m. Saturday. Admission is \$5 per adult and \$4 per senior citizen, student or military. Visit [www.themuseum.org](http://www.themuseum.org) for details.

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# New Orleans Jazz & Heritage Fest offers exciting acts, culture

## NEW ORLEANS JAZZ & HERITAGE FESTIVAL

NEW ORLEANS — In April of 1970, Mahalia Jackson, often called the greatest gospel singer, returned to her hometown to appear at the first New Orleans Jazz & Heritage Festival.

While attending the Louisiana Heritage Fair in Congo Square (then known as Beauregard Square), she and Duke Ellington, who also appeared at the event, came upon the Eureka Brass Band leading a crowd of second-line revelers through the Festival grounds. George Wein, producer of the Festival, handed Jackson a microphone, she sang along with the band and joined the parade ... and the spirit of Jazz Fest was born.

This spontaneous, momentous scene — this meeting of jazz and heritage — has stood for decades as a stirring symbol of the authenticity of the celebration that was destined to become a cultural force.

This year marks the 48th year for the festival, which takes place April 27 through May 6. The 10-day cultural feast features thousands of musicians, cooks and craftspeople that welcome 400,000 visitors annually. The Louisiana Heritage Fair showcases unforgettable music on multiple stages, Louisiana cuisine in two large food areas, and crafts artisans from throughout the region and around the world demonstrating and selling their work.

The talk of the festival is usually centered around the musical guests, and this year's lineup includes some impressive artists: Aerosmith,

Aretha Franklin, Sting, Jimmy Buffet, Jack White, David Byrne, Lionel Ritchie, Bonnie Raitt, LL Cool J, Common, Anita Baker, Sheryl Crow, Steve Miller Band, Old Crow Medicine Show, Wayne Tups, Cowboy Mouth and more. Be sure to check the website at [www.nojazzfest.com](http://www.nojazzfest.com) and select the "lineup" tab for a complete list and performance dates.

While the music plays a large role in the festival, there is a "heritage" component as well, and this can be experienced by visiting the special area reserved for the Louisiana Folklife Village.

In this village, master craftsmen and tradition-bearers create cultural treasures by using generations-old techniques. See Cajun musicians meticulously handcraft accordions, fishermen knit shrimp nets and boat-builders transform bald cypress into the graceful pirogues and skiffs that ply the state's waterways. Watch as New Orleans architectural tradesmen forge decorative ironwork and mold ornamental plaster medallions characteristic of historic New Orleans homes. Learn the traditions of Mardi Gras Indians and Social Aid & Pleasure Clubs, and watch as float-makers create carnival masterpieces from papier-mâché.

A component of the Folklife Village, the Native American Village, celebrates the rich heritage of Louisiana's indigenous peoples. Watch

demonstrations of traditional crafts from many of the Louisiana native tribes such as the art of basket weaving, woodcarving and beadwork. You can also taste traditional Native American foods such as fry bread and maque choux (a type of corn salad) while enjoying traditional pow wow dancing.

The grandstand gives festivalgoers a chance to take an intimate look at the vibrant culture, cuisine and art of Louisiana in an air-conditioned environment. This year's programs include special exhibits spanning both weekends on the first floor, west wing, and four intriguing stages: Food Heritage Stage (first floor east), Cajun Cabin (on the apron outside food heritage), the Alli-

son Miner Music Heritage Stage (second floor east), and the Lagniappe Stage (in the outdoor paddock).

The Heritage Fair takes place at the Fair Grounds Race Course, 1751 Gentilly Blvd, 10 minutes from the French Quarter. Hours are 11 a.m. to 7 p.m.

Tickets are available at [www.nojazzfest.com](http://www.nojazzfest.com) and [www.ticketmaster.com](http://www.ticketmaster.com) or by calling (800) 745-3000.



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## Lagniappe

Continued from page 17

2278 Alabama Ave., bldg. 2276. Join the fun and compete for prizes and unit funds.

For those that can't play, stay and cheer on your unit's team. There will be a concession stand with refreshments. The teams consist of five players each.

The tournament is single elimination. First-place winners take home \$300. Second-place winners take home \$200. Third-place winners take home \$100. Sign up at the Home of Heroes rec center or with your BOSS representative. For more information call 531-1948.

### Join choir

The Vernon Parish Community Choir invites you to join them as they practice for the annual performance of "The Seven Last Words of Christ," by Theodore Dubois. Rehearsals take place at the Vernon Middle School music room, 1410 Nona St., Leesville, Saturday and March 24 from 10 a.m.-noon.

The performance takes place March 25 at 3 p.m. at the East Leesville Baptist Church, 266 Alexandria Hwy, Leesville. The ability to read music is helpful.

For more information call Gene Davis at (337) 238-1036/2540 or (337) 424-7118.

### Bass tournament

Fish the first Saturday of each month from safelight to 3 p.m. as the Directorate of Family Morale, Welfare and Recreation hosts a fishing tournament at Fort Polk's Toledo Bend Recreation Site. The next tournament is held April 7. Cost is \$40 per boat, two people per boat. Payout is 80 percent of the entry fees. The tournament requires a minimum of five boats. Patrons can also enter the Big Bass Contest for \$5 per person. Payout is 100 percent of the entry fees. For more information call (888) 718-9088.

### Bowling league

A military spouse breakfast bowling league, held at Fort Polk's Strike Zone Bowling Center, is held each Wednesday at 10 a.m. The league is open to active duty and retired military spouses. The cost is \$9 per week. For more information call 531-6273.

### Lose weight

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



# Visit Chalmette for taste of crawfish, Louisiana culture

## LOUISIANACRAWFISHFESTIVAL.COM

CHALMETTE, La. — Head deep into the heart of Cajun country in St. Bernard Parish for a taste of authentic Louisiana culture and cuisine — the Louisiana Crawfish Festival takes place there March 22-25.

Enjoy live music by musicians from around the state, a midway packed with carnival rides, arts and crafts, clowns and traditional carnival foods like corndogs and cotton candy.

But the main attraction is the boiling of several thousand crimson crustaceans for your dining pleasure! Enjoy them with or without corn and potatoes, or try different crawfish-based delights such as:

- Cajun crawfish rolls

- Crawfish bread
- Crawfish cheese dip
- Crawfish etouffee over green tomatoes
- Crawfish fried rice
- Crawfish pasts
- Crawfish boudin balls
- Crawfish poboyos
- Crawfish chimichangas
- Crawfish kickers
- Crawfish pizza
- Crawfish wraps
- ... and plenty more!

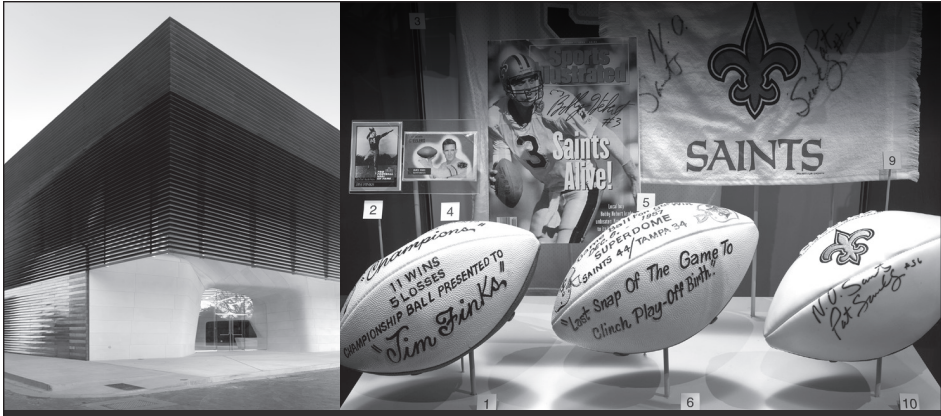
The Louisiana Crawfish Festival is located at 8200 West Judge Perez Dr., Chalmette, Louisiana at the St. Bernard Parish Government Complex site. Admission is \$5. Hours are 5-11 p.m. March 22; 5 p.m.-midnight March 23; 11 a.m.-midnight March 24; and 11 a.m.-10 p.m. March 25.

For the safety of all Louisiana Crawfish Festival patrons, and appreciation for all of the vendors, please observe the following policies:

- No outside food or drinks allowed.
- No ice chests allowed.
- No pets allowed.
- No skateboards, roller skates, or bicycles allowed.

- All bags are subject to search by sheriff's office.
- Shirts must be worn at all times.
- No obscene language on clothing.
- Please have a designated driver.

For more information visit the Internet at [www.louisianacrawfish-festival.com](http://www.louisianacrawfish-festival.com).



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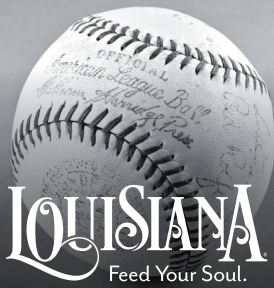
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**Latonzia Johnson**

Special Education Teacher - Bossier Parish

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# Louisiana Nursery Festival celebrates plants

## GUARDIAN STAFF

FOREST HILL, La. — Find fresh blooms, garden sprouts, seedlings, houseplants and more at this unique Louisiana festival: The Louisiana Nursery Festival is held today through Sunday in Forest Hill — about an hour from Fort Polk — and it is a great place to find spring planting materials.

The festival features nursery vendors, carnival rides, entertainment, food and arts and crafts. Gates open from 8 a.m.-midnight today, 10 a.m.-midnight Saturday and 10 a.m.-4 p.m. Sunday.

After looking around the booths offering a wide variety of hand-made crafts and other wares, enjoy a few carnival rides and then get down to the business of checking out the real reason you are there — plants.

Choosing from all the beautiful flowers, shrubs and trees as they line the outer perimeter of the grounds can be tough.

You'll find everything from petunias, marigolds and other spring annuals to oak, birch, apple, pear, citrus and other varieties of trees.

Shrubs include everything from azaleas to boxwood and more.

Think about and decide on a color scheme for spring. Will it be pinks and purples, reds and oranges, whites and yellows or some other combination of them all? If shrubs are the focus, determine how many you'll need in advance.

Most shrubs should be planted at least two feet apart depending on whether you want the shrub to grow into a hedge or stay separated once full grown — adjust your count accordingly.

Different sizes come with different prices. Small shrubs have a smaller price tag, but you'll have to wait a few years for them to reach their full potential.

Going for the larger tree or shrub means a higher price, but a more instant and finished looking landscape. Deciding now and walking in with a budget will mean a more successful and less stressful festival experience.

In addition to the plants, everything from garden tools to heavy-duty equipment will be on display.

For more information call (318) 452-2362.



## Watch Peter Pan fly again

### LCCB

LAKE CHARLES, La. — Catch Peter Pan, Tinkerbell, Captain Hook, the Lost Boys and all the rest as the Lake Charles Civic Ballet Assemblé presents "Peter Pan" Saturday and Sunday at the Lake Charles Civic Center's Rosa Hart Theatre, 900 Lakeshore Drive.

Fly away with the rest of the Southwest Louisiana arts community as this classic fairytale is remade into a full length ballet in two acts, featuring whimsical costumes, transformative sets and vibrant lighting that encompass a variety of dance and music styles including classical, jazz, contemporary, acrobatics and more.

The name Assemblé (a-sahn-BLAY) is French for 'to come together' and a ballet term that denotes a particular jump ending with both the legs and feet coming together.

The name was carefully chosen as it aptly describes the spirit and goal of the ballet's collaboration with the Southwest

Louisiana arts community to create a show that fuses ballet, music and original choreography into a memorable experience for audiences.

Tickets range from \$20-\$35 and can be purchased at the civic center box office or online at [ticketmaster.com](http://ticketmaster.com).

For more information visit [www.lakecharlescivicballet.com](http://www.lakecharlescivicballet.com)



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Published for the community of Fort Polk, La.

Deadline For All Classified Ads Is Noon Tuesday

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tions: \*Bachelor's Degree in Business, Environmental Science or Engineering  
\*Minimum of two years experience in management, administration or supervision  
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\*Knowledge of human resources regulations  
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Mail resume to: St. Landry Parish Solid Waste 417 Solid Waste Road Washington, Louisiana 70589  
For more information contact The St. Landry Parish Solid Waste Commission at (337)826-5211  
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**Academic Advisor - Fort Polk, LA**

Upper Iowa University is seeking applicants for an Academic Advisor located in the Fort Polk Center. Primary responsibilities include student advising and other student support initiatives that contribute to the retention and success of students. A successful candidate will have outstanding communication skills, strong attention to detail, the ability to handle multiple projects in a time sensitive manner, flexibility and a commitment to student customer service in a team environment. A bachelor's degree is required, master's preferred. Prior experience in higher education, particularly with adult students in a non-traditional learning environment, is highly desirable. Some evening hours required. Military veterans status preferred.

Interested applicants must submit a cover letter, resume, and contact information for three professional references. To apply, visit <http://uiu.peopleadmin.com/postings/870>. Review of applications will begin immediately and continue until the position is filled. Upper Iowa University is an Equal Opportunity Employer.

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## Restoration Advisory Board

Officials at Fort Polk are exploring public interest in forming a Restoration Advisory Board (RAB) to address ongoing environmental restoration activities at the installation. A RAB is designed to promote community involvement by giving interested citizens an opportunity to regularly review and discuss the progress of the environmental restoration program with Fort Polk decision-makers. If you want to take part in this process, please contact Amanda Hickerson for more information.

Participation in a RAB is voluntary and the Army does not provide any form of financial compensation to community members who choose to participate.

Contact: Amanda Hickerson,  
Installation Restoration Program  
Manager: Phone Number:  
337-531-2894 or by E-mail at  
[amanda.l.hickerson.civ@mail.mil](mailto:amanda.l.hickerson.civ@mail.mil)





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