



# Fort Polk Guardian

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

Vol. 45, No. 25

Published for the community of Fort Polk, La.

June 22, 2018

## June 30 FreedomFest features fireworks, festivity, fantastic music

### MWR

The biggest show in town is right here June 30 as Fort Polk celebrates the birth of the nation in style.

If you enjoy both rock and country music, along with the largest fireworks show in west central Louisiana, then you won't want to miss Fort Polk's annual FreedomFest June 30 on Headquarters Field. The free event is open to the public.

3 Doors Down leads the cavalcade of musical stars, which also includes The Molly Ringwalds and LOCASH.

Best known for their songs "Kryptonite," "When I'm Gone" and "Here Without You," 3 Doors Down brings a high-energy contemporary rock sound that will have the crowd on its feet and serve as an appropriate lead to the fireworks show that promises to light up the sky over Fort Polk.

The Molly Ringwalds, who hail from Sheffield, England, and are

known for their makeup and teased hair while showcasing the music of the 1980s, kick-off the music, followed by LOCASH, an up and coming country music duet that was known in the industry for their song-writing abilities before taking their vocal talents to the stage.

Gates open at 3:30 p.m. and shuttles will begin running at that time. The Molly Ringwalds start the musical performances at 4:30 p.m., followed by LOCASH at 6 p.m., a Salute to the Nations at 7:20 p.m., and 3 Doors Down at 8:30 p.m. The salute to the nation begins at 7:20 p.m. followed by 3 Doors Down at 8:30 p.m. The festival is capped by a stupendous display of fireworks after 3 Doors Down.

Parking for those without Department of Defense ID cards will be at Honor Field along La. Hwy. 10. Directional signs on both north and south U.S. Hwy. 171 will direct you to designated shuttle bus parking. From Hwy. 171, turn on Hwy.

10 — Honor Field is about two miles after the turn.

At Honor Field, military police will be on-site to assist you with parking and catching the correct shuttle bus. Shuttle buses are air-

conditioned. When you arrive at Honor Field, please have a government/state issued ID card for anyone over the age of 16. Please remember that all persons entering a

**Please see Fest, page 7**



LOCASH

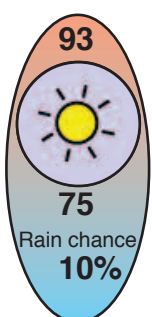


3 Doors Down

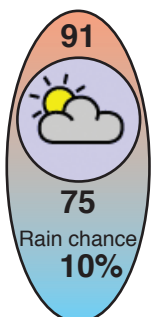


Molly Ringwalds

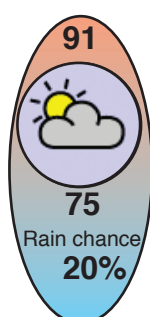
### Weekend weather



Today



Saturday



Sunday

### Inside the Guardian

Leslie review ..... 5 No bite zone? ..... 9

Congratulations ..... 6 Muslim services ..... 10

Seriously, stay safe ..... 7 New parent support .. 11



## Military dependent appreciates benefits

By **ALESHA BRADFORD**  
Guardian intern

FORT POLK, La. — My current situation is quite ironic — I was born into a military family on this very base, yet left before I was even a year old, too young for any definite memories.

I moved here and there, made and left friends, and relished in the new adventure awaiting my mother's next deployment.

By the time I returned here, Fort Polk to me was just another base to stay at. I feel no connection to Fort Polk; it's merely a summer visit for me before I go to bigger, brighter, farther places. It's always funny trying to explain this situation to others: "Oh, I was born here, but I never lived here."

Despite my disconnection to Fort Polk, I'm not ignorant to the mass amount of benefits I will gain by staying here for my summer break: Fort Polk has given me a stable summer job, a rewarding internship, free access to gyms, pools, and libraries, and a community to call my home away from home.

My position as a military dependent has given me benefits not available to many other kids. I think of

what Louisiana is like outside of Fort Polk — there wasn't much to see on the drive from the airport in Baton Rouge to here, save for the unexpected amount of casinos and gentlemen's clubs my mother and I passed.

On a recent trip to Texas, my family and I visited a well-known Tex-Mex restaurant and had an interesting conversation with our server: She was a junior in college and came from a military family as well. Unlike me however, once she graduates, she will be \$50,000 in student debt. She wants to move to Los Angeles after graduation, but was considering enlisting into the military to have her debts paid off. Her mother was pressuring her into joining the Air

Force, where she could be immediately positioned as an officer and live a slightly cozier life compared to the other branches.

In my case, I had the blessing of having a mother who enlisted into the Army before college and never used her GI bill for her own educa-

tion. The financial aid went to me, and was more than enough to pay for a diverse, exciting, expensive education in New York City. I am certain I will graduate with little to no debt, and have opportunities that take me places that are bigger, brighter and farther from anything I've ever known.

I think about this a lot when surrounded by other schoolmates, some of them born into wealthy families, many working part time in between each class to afford the grossly overpriced NYU education, some attending the institution by their own academic brilliance and personal achievement alone.

And then there's me: A very literal representation of what the U.S. military sacrifices for their country, their families and their children just so they won't have to face the hardship that they had. Sometimes I'm thankful, but mostly I'm ashamed.

For me, the question of "what has being a military dependent given me" is shaped in my mind as "what have I taken from being a military dependent?" And the biggest challenge I'll face for the rest of my life will be: How will I give back?



**Bradford**

## Commentary

## In our view

Guardian staff asked Fort Polk residents, "What was the last gift you received?"  
Here are their responses:



**Cpl. Devon Douglas:** "A wall display box for a bottle of wine and a glass, and some bottles of wine!"



**Pfc. Brian Irving:** "I got a black Nissan Titan truck that I wanted from my wife, but it's really for the whole Family."



**Spc. Danny Oquendo:** "My brother and his wife had my nephew, and I consider that to be a gift. I love him!"



**Staff Sgt. Gary Robertson:** "A Chief of Staff of the Army coin from my battalion sergeant major. It is special to me."



## Guardian

### Editorial Staff

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

**Col. Jarrett Thomas II**  
Garrison commander

**Kim Reischling**  
Information strategies officer

**Chuck Cannon**  
Editor

**Jean Dubiel**

**Angie Thorne**  
Staff writers

**Editorial Offices**  
Building 4919, Magnolia Street  
Fort Polk, LA 71459-5060  
Voice (337) 531-4033  
Fax (337) 531-1401

Email: [Kimberly.Reischling@us.army.mil](mailto:Kimberly.Reischling@us.army.mil)

Trading post ads:

[tradingpostads@yahoo.com](mailto:tradingpostads@yahoo.com)

**Fort Polk Homepage**

<http://www.jrtc-polk.army.mil>

### Advertising

For advertising contact  
Theresa Larue  
(337) 404-7242

Email: [sales@thefortpolkguardian.com](mailto: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

### Road closures

The Directorate of Public Works announces the following road closures during June and July:

■ Through July 1: Texas Avenue is closed between Fourth Street and New Jersey Avenue.

■ Through July 3: Texas Avenue is closed between New Jersey and Pennsylvania avenues.

■ Through July 6: Texas Avenue is closed from 8 a.m.-8 p.m. Monday through Friday and on weekends between Louisiana Avenue and bldg 3003.

■ July 7-21: Texas Avenue will be closed from 8 a.m.-8 p.m. and on weekends between Pennsylvania Avenue and bldg 3003.

Texas Avenue traffic will be detoured on to California Avenue to bypass the construction area between Fourth Street and Pennsylvania.

Fourth Street and New Jersey and Pennsylvania avenues remain open to through traffic.

Texas Avenue traffic will be detoured to Georgia and Alabama avenues to bypass construction between Pennsylvania and Louisiana avenues. For more information call 531-0438/2421.

### Road work

Drainage improvements are ongoing along Texas Avenue and the shoulders of the Fort Polk rail system.

Remaining work includes curb and gutter installation, shoulder paving, drainage structure installation and establishing ditches with topsoil and ground cover. Estimated completion date is Aug. 17.

For more information call 531-0438/2421.

### Pay office closure

The Defense Military Pay Office will be closed from noon to 4:30 p.m. June 29 for quarterly training. Normal operations resume July 2 at 8 a.m.

### Mosquito fogging

Corvias Military Living announces the following schedule for mosquito spraying operations:

- First and third week of each month — Monday, Palmetto and Camellia neighborhoods; Wednesday, half of Dogwood, Fairway Court and Eagle View.

- Second and fourth week of each month — Monday, Maple Terrace and North Fort neighborhoods; Wednesday, remaining half of Dogwood.



From left to right: Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general, Keith Lewing, mayor of Anacoco, Rick Allen, mayor of Leesville, and Command Sgt. Maj. David W. Bass, JRTC and Fort Polk command sergeant major, cut the birthday cake at the Army Birthday Ceremony held June 14 at Fort Polk's Warrior Field.

## Fort Polk celebrates Army birthday with ceremony

By ALESHA BRADFORD

Guardian intern

FORT POLK, La. — On June 14 the Army Birthday Ceremony was held at Warrior Field, celebrating the United States Army's history and 243rd birthday. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commanding general and Command Sgt. Maj. David W. Bass, JRTC and Fort Polk command sergeant major, hosted the ceremony.

The ceremony began at 10 a.m. with an invocation by Chap. (Maj.) Michael Lindsay and the national anthem. After the anthem, Sgt. Stephan A. Brazzel, JRTC and Fort Polk NCO of the year and Spc. Tristan J. Poston, JRTC and Fort Polk Soldier of the Year, were presented the battle streamers to attach to the Army flag. The streamers were earned in campaigns throughout the Army's history beginning from the Revolutionary War and ending with their most recent campaign, the Global War on Terrorism.

Crystal Layssard-Brown, one of the attendees and a veteran herself, believes that remembering the Army's history is the best way to honor those who have served. "We want to make sure we remember the origin of the Army, those who have served and sacrificed before us, the many expeditions we've participated in, and what the Army has done for our nation," she said.

After the streamers were presented, Frank welcomed guest speakers Keith Lewing, mayor of Anacoco and Rick Allen, mayor of Leesville. As Fort Polk's neighbors, Anacoco and Leesville share a close relationship with matters concerning the Army. "Often we talk amongst ourselves

in our own formation, but many of our Soldiers live in the local community, so these two mayors are some of our greatest allies in the area," said Frank.

"Freedom isn't free because it has cost our troops and patriots their lives and limbs which they have given freely," said Lewing during his speech. "Because of their sacrifice and willingness of our troops to make that sacrifice, I Howard Keith Lewing, can proudly stand here today, salute (the United States) flag and state that I love the United States of America."

Allen spoke about how Leesville donated 45,000 acres of land to Fort Polk as training grounds, now making 50 percent of Vernon Parish owned by Fort Polk. "It really is our contribution to the military. I'm very familiar with other bases all over the world and the challenges they face with communities that are not as open and receptive as we are, so we're very proud of that," Allen said. "That's one of the things we want the Army to know: We want you here, and we want you to train here."

After Lewing and Allen's speeches, Spc. Johnalee Grant and Pvt. Maggie Torres brought the Army birthday cake, provided by American Legion Post 414 Rosepine, for the cutting ceremony. Lewing and Allen joined Frank and Bass in cutting the cake. The birthday ceremony concluded with the audience joining to sing "The Army Song."

For many Soldiers attending the ceremony, the question of what it meant to be a Soldier came up. "It means that I have to uphold the highest

Please see **Colors**, page 7



## DoD partners with LinkedIn, offers military spouses free membership

### DEPARTMENT OF DEFENSE

WASHINGTON — The Defense Department's Spouse Education and Career Opportunities program is launching a new partnership with LinkedIn — the virtual professional networking platform.

Military spouses will soon have access to a free LinkedIn Premium membership, valid for one year, every time they have a permanent-change-of-station move, including access to more than 12,000 online professional courses through LinkedIn Learning, as well as access to LinkedIn's military and veterans resource portal. The membership is also available for the spouse of a service member who is within six months of separation from the military.

"The partnership with LinkedIn will offer military spouses a great opportunity to advance their careers during their times of transition," said Eddy Mentzer, associate director of family readiness and well-being in DoD's Office of Military Community and Family Policy. "Spouses will be able to access a global network of professionals any time, from any place. They can plan their next career step before they move, as soon as they have orders (for a permanent change of station)."

#### More than networking

A premium account includes enhanced insights comparing users to other applicants, on-demand learning, and use of the InMail feature, where users can send direct messages to LinkedIn members they're not connected to. As corporate interest in hiring military spouses

steps up, DoD and LinkedIn will be using the military spouse LinkedIn group to connect spouses to each other and employers.

"It is important for military spouses to see LinkedIn Premium as more than just enhanced networking. LinkedIn has developed a learning path specific to military spouses to help them find and succeed in remote, flexible, and freelance work opportunities," Mentzer said. "Additionally, LinkedIn provides enhanced resources for spouses that own and operate their own business as well as for employers to search the military spouse community for potential employees."

The LinkedIn partnership is designed to help military spouses overcome a common challenge — sustaining steady employment. The No. 1 contributing factor to military spouse unemployment is continual relocation from duty station to duty station. On average, active-duty military personnel move once every two to three years, more than twice as often as civilian families, and military spouses move across state lines 10 times more frequently than their civilian counterparts.

#### Empowering spouses

"Empowering our community of military spouses to reach their personal and professional goals is part of maintaining a healthy military community," said A.T. Johnston, deputy assistant secretary of defense for military community and family policy. "We encourage military spouses to take advantage of the LinkedIn Premium membership opportunity as just one of many tools available to them through the SECO program."



DEPARTMENT OF DEFENSE

*Service members and civilians at a job fair. Through a partnership between the Department of Defense and LinkedIn, military spouses will soon have access to a free LinkedIn Premium membership, valid for one year, every time they have a permanent change of station move. The membership includes access to more than 12,000 online professional courses through LinkedIn learning.*

Military spouses interested in the LinkedIn Premium upgrade can visit MySECO for more information and to learn how best to maximize this new service. Eligible military spouses are expected to have access to the LinkedIn Premium membership later this summer.

The DoD established the SECO program to provide education and career guidance to military spouses worldwide, offering free comprehensive resources and tools related to career exploration, education, training and licensing, employment readiness and career connections.

This program also offers free ca-

reer coaching services six days a week. This program may further develop partnership with private sector firms such as LinkedIn for purposes of enhancing employment opportunities for military spouses pursuant to authority in Section 1784 of Title 10, United States Code.

The formation of such partnerships does not signify official DoD endorsement of any such private-sector entity or its products or services.

Learn more about the SECO program by visiting Military OneSource or calling (800) 342-9647 to speak to a SECO career coach.

## Policy change: Soldiers to be eligible for tuition assistance right after AIT

### ARMY NEWS SERVICE

WASHINGTON -- Soldiers will no longer have to wait one year after completing their Advanced Individual Training to receive tuition assistance. Soon, tuition assistance will be available immediately for Soldiers of all components after AIT.

This assumes they meet existing eligibility requirements and have no flags like disciplinary problems or failure of the Army Physical Fitness Test, according to Pamela Raymer, chief, Army Continuing Education System, Human Resources Command.

Officers who have completed the Basic Officer Leaders Course and warrant officers who have graduated from the Warrant Officer Basic Course will immediately be eligible for tuition

assistance as well, she added.

The second part of the change is that Soldiers who wish to pursue a master's degree will no longer have to wait 10 years in order to apply for tuition assistance funding, Raymer said.

Instead, enlisted Soldiers who have successfully completed the Advanced Leader Course, warrant officers who have graduated from the Warrant Officer Advanced Course and officers who have graduated from the Captains Career Course or equivalent will immediately be eligible, irrespective of component, she said.

This policy change takes effect Aug. 5, according to Army Directive 2018-09 (Army Tuition Assistance Policy) of June 6, 2018.

All other existing tuition assistance policy, such as Soldiers being able to take up to 16 semester hours each fiscal year at the rate of \$250

per semester hour, remains the same, Raymer said. Unfortunately, less than 20 percent of Soldiers in all components use tuition assistance, she said.

"We're hoping this new policy will encourage more Soldiers to sign up for tuition assistance, as this will help them professionally when they're in the Army and increase their employability when they separate," Raymer suggested that Soldiers in an active duty status might want to use tuition assistance and save their GI Bill for when they leave the service because it includes a housing stipend that could benefit them. Also, they might want to pass along that benefit to a family member if they so choose.

Soldiers should contact Fort Polk Education Office at 531-1537.



# CSA reading list: Accept challenge of tackling Ramo's The Seventh Sense

By **MARK S. LESLIE**

Chief, Plans and Operations, DPTMS

As the fourth review in my series on the Chief of Staff of the Army's professional reading list, I chose to step out of my normal reading genre and read *The Seventh Sense* by Joshua Ramo. I'm glad I did and I think if you accept the challenge, you will too.

This is not another book on cyber warfare full of techniques and computer jargon – it's a book about effects of this technology and how it is changing our world. It is a thought-provoking, persuasive book that will humble a reader and challenge just what we think we know about warfare from someone outside our normal circle.

I think it is a fair assumption that we as military leaders and readers get comfortable in our own close sphere of like-minded friends, fellow leaders and even what we read. While this is comfortable and satisfying, and to a degree self-validating, I think every now and then it is worth the time to step outside of our comfort zone and experience something else and look at strategic problem sets and our professional approach to those problem sets from a different perspective.

I think that is exactly one of the main points, and maybe even the main objective the CSA wants us to get out of Ramo's book – the world is changing and as a result, our operational environment is changing – due to the ever increasing "connected" and "networked" world. And if we don't change our approach and perspective to warfare, our nation, our Army and those in our charge will be put at risk needlessly.

Much like the author points out in a very appropriate and historical analogy on Napoleon and how his mastery of the integration of artillery ahead of his peers, allowed him to dominate his opponents, mastery of networks in today's operational environment may just be a key component of today's "indirect fires" that will be critical in shaping the environment and domination of the battlefield.

If you go to the post library and check this book out, you're going to see a lot of previously "dog-eared" pages. That's because this is one of those books that I had to actually "absorb" and study and even go back and re-read a few por-

tions, sometimes more than once. That's not a bad thing, it is an indicator of a good book that I couldn't afford to make assumptions about as I went through it. That's because I don't know a lot about this domain of warfare. Yes, I said domain. Whether we want to admit it or not, I think it is unwise to not consider the networks and

their associated "avenues of approach" and connectivity any different than the other domains in combined arms warfare: A domain to be conquered, controlled and manipulated to our advantage.

Our enemies are already leveraging the capabilities of this commercial, fluid, real-time domain much better, faster and more efficiently on a regular basis than the world's most powerful military. Even if you don't believe that, you will unlikely finish this book not acknowledging that they are doing it much cheaper!

Ramos is not a military professional and this allows a fresh perspective to this complex environment as well as new definitions and descriptions to words that the military needs to integrate into our vernacular sooner rather than later. Topology is one of them. Think you know the definition? I bet the one you know is not how the author defines it – and his is the one military leaders need to know.

This simple definition is a great illustration of the author's point of leaders "disconnected in a world of connectivity." Networks add a fourth dimension of warfare that has to be harnessed for us to be effective in a networked and connected world. According to the author, those who control networks will control the one element that, if you ask any leader in the military if they have enough of, the answer is always "no". That one element is time.

To paraphrase the author "The domination of networks enables a focus on time superiority – time to make decisions, for us and our enemies, and that will decide who has a distinct advantage". "Instantness of experience" is what we expect and often – and his description of this and how this relates to our profession is sobering – or should be.

I cannot honestly say I enjoyed the structure and style of how the book flowed. The first part of the book is exactly what I expected and I could relate and connect the dots easily to our profes-

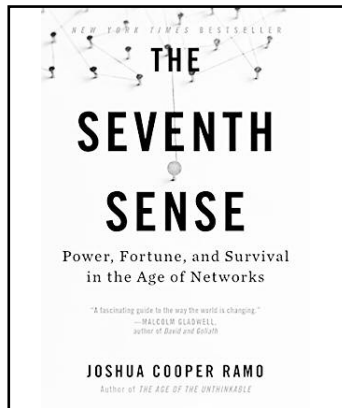
sion. In the middle of the book he delves into techno-war stories that, while interesting, seem to offer little to the main objective of the book. The last section of the book, he gets back on track and weaves it all together and closes with thoughts that make you think, reflect, and hopefully, and I think ultimately, what the CSA wants – acting on those thoughts.

I could write a lot more on this book and actually did, but I deleted it. After all, this isn't a summary, it's a review. You need to read it and form your own perspective and reflect on how it could impact just what we do as an Army. While I can't say this is the best book I ever read, it is probably one of the most important and necessary books I have read in a long time. If you're a leader in today's Army, I think you should read it, too – and it's obvious – the Chief thinks you not only should read it – you NEED to read it.

- **Author:** Joshua Cooper Ramo
- **Publisher:** Back Bay Books; Reprint edition (April 3, 2018)
- **ISBN-10:** 0316285072
- **ISBN-13:** 978-0316285070



**Leslie**



a world of connectivity." Networks add a fourth dimension of warfare that has to be harnessed for us to be effective in a networked and connected world. According to the author, those who control networks will control the one element that, if you ask any leader in the military if they have enough of, the answer is always "no". That one element is time.

To paraphrase the author "The domination of networks enables a focus on time superiority – time to make decisions, for us and our enemies, and that will decide who has a distinct advantage". "Instantness of experience" is what we expect and often – and his description of this and how this relates to our profession is sobering – or should be.

I cannot honestly say I enjoyed the structure and style of how the book flowed. The first part of the book is exactly what I expected and I could relate and connect the dots easily to our profes-

**Review**



## Get in the know!

Get a list of upcoming events taking place on and off post right to your inbox! Send an email to [kimberly.k.reischling.civ@mail.mil](mailto:kimberly.k.reischling.civ@mail.mil) and put "Events Distro List" in the subject line.

The list is sent out Thursdays (occasionally) Fridays.

Get in the know! Sign up today!



# Fort Polk graduates celebrate education milestone

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — On a night filled with excitement and achievement, Family members and friends looked on as graduates crossed the stage at Fort Polk's Bayou Theater to receive their hard-earned degrees June 14 at the Joint Readiness Training Center and Fort Polk College Graduate Recognition Ceremony.

Brig. Gen. Patrick D. Frank, JRTC and Fort Polk commanding general, was the guest speaker.

Frank congratulated the graduates on their tremendous educational accomplishments.

"We are inspired by your personal stories and have great confidence in the future of our nation knowing that you have the values and character to lead your fellow Americans to greater opportunities.

Frank highlighted Staff Sgt. Brandon Carpenter's story as an example of the challenges that can successfully be overcome with enough determination and grit. He focused on Carpenter's 3.75 grade point average and that he managed to achieve this as a student while maintaining his mission as an active-duty Army noncommissioned officer.

"Carpenter took many classes while deployed to Iraq from August 2016-September 2017. His performance is impressive. He displayed the Warrior Ethos in his pursuit of his associate's degree and his dedication has paid off," said Frank.

"The Joint Readiness Training Center and Fort Polk is proud of you and your educational accomplishments. Carpenter and Soldiers like him are why we call Fort Polk the 'Home of Heroes.'"

Carpenter, a 519th Military Police Battalion Soldier, is a graduate of Central Texas College with an associate's degree in general studies.

Carpenter said when it came to his education he wanted to push his limits and achieve as much as he could while serving his country.

"Graduating is great. I feel like I've accomplished so much in a short period of time. I've wanted this my whole life," he said.

Working toward this degree has been challenging, said Carpenter. He said he has had to prioritize and balance his drive to graduate with his career and deployment.

"Achieving this goal makes me want so much more. My ultimate goal is to study aviation and become a helicopter pilot," he said.

Like Carpenter, other graduates have overcome struggles to proudly

grasp that all-important certificate personifying their educational success.

Kimberley Darty is a graduate of Central Michigan University. Darty graduated with a master's of science in administration with a concentration in human resources.

"I took a long break from school after I had my daughter. So, I was really motivated to finish my degree. Juggling work, school and family was tough, but I feel a real sense of accomplishment now that I'm done," she said.

Kyle Buckelew is a graduate of Upper Iowa University with an associate's degree in liberal arts.

Buckelew plans to continue his education by working toward a bachelor's degree. "Now I want my psychology degree," he said.

As a veteran, Buckelew said he recommends that Soldiers use their G.I. Bill because graduating is a great feeling. "I feel like I've done something with my life. It's been a very positive experience," he said.

Ilene Thompson is a graduate of Northwestern University. She graduated with an associate's of science degree in nursing.

Working toward this nursing degree is something Thompson has really wanted to do. "I'm Native American, Navajo. Once my husband retires and we go home to New Mexico, my goal is to help my people. Not a lot of them know about health care," she said.

Though motivated to pursue her education, Thompson said it's been difficult. "I would cry every semester because I didn't know if I would pass all my classes, but I made it and I'm so excited to get my degree," she said.

Whether these graduates are Family members, veterans, Department of the Army civilians or Soldiers, Frank praised them for pursuing their education and life-long learning for the betterment of their Families and the nation.

"Graduates, the more than 8,000 Soldiers assigned to Fort Polk salute you and thank you for inspiring us by your example," he said.

The list of graduates is as follows: (an asterisk denotes with honors) **Central Texas College**

Candidates for Associate of Arts **General Studies**

Diana Beches  
Brandon Carpenter\*  
A'Lisa Jones  
David Juarez\*  
Dominique Lampton  
Olandrick Moore  
Michael Otterbacher  
Michael Waryas\*  
Elizabeth Youngblood



ANGIE THORNE / GUARDIAN

From left to right: Ilene Thompson, a graduate of Northwestern University with an associate's of science degree in nursing, Kyle Buckelew, a graduate of Upper Iowa University with an associate's degree in liberal arts, Staff Sgt. Brandon Carpenter, a 519th Military Police Battalion Soldier and graduate of Central Texas College with an associate's degree in general studies, and Kimberley Darty, a graduate of Central Michigan University with a master's of science in administration with a concentration in human resources, received their degrees June 14 in a graduation ceremony held at Fort Polk's Bayou Theater.

Candidates for Associate of Applied Science

*Medical Coding and Billing*  
Samantha Hake  
*Information Technology*

Preston Speicher

Candidates for Associate of Science

*Business Administration*

Nautica Joyce

**Upper Iowa University**

Candidates for Associate of Arts

*General Business*

Brittany Cambron\*

*Liberal Arts*

Justin Broussard\*

Kyle Buckelew\*

Jermal Dubose\*

Diandra Grasty

Arianne White

*Psychology*

Melissa Doolittle

Kiana Johnson

Candidates For Bachelor of Science

*Accounting*

Mikeisha Cooks

Kimberly Griffith

*Business Administration*

Jenice Barnett

Shaundra Coggins\*

Tina Whitaker\*

*Emergency Disaster Management*

Vence Beches\*

*Human Services*

Temeka Long-Cohen

*Psychology*

Aaron Broussard\*

Coalena Bleazard\*

*Social Science*

Alpha Nims\*

Jessica Racca

Candidates for Master of Business Administration

*General Management*

Shelia Bradshaw

Kitrina Cole\*

*Human Resources Management*

Nora Lowers\*

**Northwestern State University**

Candidates for Associate of Science

Ilene Thompson

Candidates for Bachelor of Arts

**Communication**

Taimata Luafalemana

**Central Michigan University**

Candidates for Master of Science in Administration

*General Administration*

Karlynsia Steele

*Health Services Administration*

Tanicka Woodard

*Human Resources Administration*

Kimberley Darty

Tykeria Thomas

**Kaplan University**

Bachelor of Science in Human Services

Frances F. Neal\*

**Liberty University**

Bachelor of Science in Multidisciplinary Studies

Katarina L. Patterson



# Sultry, simmering summer season signals significant safety concerns

By JANET DOROTHY  
Installation Safety Office

FORT POLK, La. — Summer means vacation, outdoor activities, and fun in the sun. It's a time when Families hit the road to visit national parks or distant relatives. The warm months and long days mean that there is plenty of time for baseball games and barbecues. The sultry temperatures practically invite you to take a dip in the pool or ocean. But don't let the sunny days and warm nights fool you. Summer also holds significant weather and water hazards. Heat waves can be lengthy and deadly.

Lightning deaths are at their peak during the summer. Beach hazards such as rip currents can catch the unprepared. And, it's the start of hurricane season.

This summer, the National Weather Service wants you to be prepared for the following weather and water hazards:

- Floods
- Severe weather
- Rip currents/beach hazards
- Drought
- Air quality
- Hurricanes
- Wildfire
- Heat
- Lightning

But you're not powerless in the face of these hazards. With just a few simple steps, you can become weather-ready. Stay safe this summer: Know your risk, take action and be a force with nature.

## Know your risk

Being prepared means learning about weather and water hazards. Here's what you need to know:

- The Atlantic hurricane season runs from June 1 through Nov. 30. Hurricane hazards come in many forms, including storm surge, heavy rainfall, inland flooding, high winds, tornadoes and rip currents.
- Since 2003, 43 states within the continental United States have come under a tornado watch; 49 states have come under severe thunderstorm watches; and lightning strikes occur in every state.
- Heat waves are common across the country during the summer. They are dangerous because

the human body cannot cool itself properly when exposed to an extreme combination of heat and humidity.

- In 2015, there were 26 lightning fatalities.
- The United States Lifesaving Association estimates that more than 100 people each year die in the surf zone waters of the U.S. and that rip currents cause the majority of those fatalities. Rip currents are just one of many beach hazards.
- Wildfires kill 30 people, destroy 2,800 homes and burn more than 7 million acres, roughly the size of the state of Massachusetts, on average, per year.

Flash flooding is the number one killer associated with severe weather.

Air pollution can make it harder for people with asthma and other respiratory diseases to breathe. Children and teens may be more sensitive than adults to the health effects caused by air pollution. According to the Environmental Protection Agency, poor

air quality is responsible in the U.S. for an estimated 60,000 premature deaths each year.

- A tsunami can strike any ocean coast at any time. Since the beginning of the 20th century, 34 tsunamis have caused more than 500 deaths and more than \$1.7 billion (2016 dollars) in damage to U.S. coastal states and territories.

## Take action

While the weather may be wild, you are not powerless. This summer, prepare for hazards with these simple steps:

- Do you live in a hurricane evacuation zone? If so, plan on where you and your family would ride out the storm if you are told to evacuate.
- You may have only minutes to find shelter before a tornado strikes. Practice a family tornado drill at

least once a year.

- Protect yourself from extreme heat by rescheduling outdoor activities to earlier in the day.
- There is no safe place outside when lightning is in the area. If you hear thunder, you are likely within striking distance of the storm. Just remember, "When Thunder Roars, Go Indoors."
- Stay safe from rip currents and other beach hazards by only swimming at a beach with lifeguards and heed their direction. Learn how to survive a rip current.
- If you live near wildland areas, make sure your home is fire-wise and fire-safe. Also determine evacuation routes from your home. Visit [weather.gov](http://weather.gov) or the Fire Weather Outlook to determine if your area is at risk for dangerous fire weather conditions.
- Whether on foot or in a car, if you encounter flood waters, turn around, don't drown!
- Make sure to check the Air Quality Index for your area at <http://airnow.gov>. If the air quality is poor, avoid prolonged or extreme exertion outdoors.

## Be a force with nature

Your action can inspire others. Be a force with nature and share how you're working to stay safe from weather and water hazards this summer.

- Write a post on Facebook. Share with your friends and family the preparedness steps you're taking to stay safe this summer.
- Tweet that you're prepared with #Summer Safety. Tell what you're doing to be prepared for summer hazards.
- Create a Family communication plan so your loved ones know how to get in touch during an emergency. Let your friends know that they should create a plan also.
- Look for ways to help your town prepare, such as volunteering with the American Red Cross.
- Register for America's Prepare-Athon! to learn how to stay safe during disasters.

For more information call the Joint Readiness Training Center and Fort Polk Command Safety Office at 531-7527. Or visit [www.noaa.gov](http://www.noaa.gov) for more information.

## Fest

Continued from page 1

federal installation are subject to search.

If you need handicapped parking, please use Fort Polk's main gate off Hwy. 171.

Limited handicapped parking will be available on-site at Headquarters Field. All shuttle bus locations will have handicapped parking.

DoD ID card holders can access Fort Polk from any gate. You will be directed to the nearest shuttle bus parking lots. Parking is located at:

- Bayne-Jones Army Community Hospital
- Allen Memorial Library/Education Center
- Fort Polk Commissary and Exchange

## ■ Mission Training Center

Shuttle buses begin running at 3:30 p.m. from all areas.

## What you can bring:

Blankets, lawn chairs, cash (ATM will be on-site), sunscreen, strollers, and small insulated coolers for infant formula or water and diaper bags.

## What not to bring:

Pets, tents, canopies, coolers, outside food or beverages, alcohol, glass bottles, weapons, video cameras, backpacks or large bags, professional cameras with telephoto lenses and personal fireworks.

Also on hand at the event will be food vendors and military displays. For more information call 531-4271 or visit [www.polk.armymwr.com](http://www.polk.armymwr.com).

## Birthday

Continued from page 3

standards and maintain the highest responsibility, because in your eyes I am an American hero," said Cory Arnett, 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division.

For 1st Lt. Shemiya Graham, Easy Company, 1st Battalion (Airborne), 509th Infantry Regi-

ment, this idea explains how her behavior can affect her comrades while in uniform. "Being a Soldier means being a part of something bigger than yourself," she said.

"You represent an organization that's not only you, but also the people around you who wear the same uniform."



# Protect your skin from summer sun, fun

TRICARE.MIL

FALLS CHURCH, Va. — Summer is here. With so many sun-filled fun activities to look forward to, don't let safety take a backseat. During times of extreme weather, your skin can be at risk of suffering the most damage. Skin protection, especially during the summer, is crucial to ensuring overall health.

According to the Centers for Disease Control and Prevention, the sun's ultraviolet rays can damage your skin in just 15 minutes. Skin cancer is the most common of all cancers in the U.S. The most preventable cause of skin cancer is overexposure to UV light, either from the sun or artificial sources like tanning beds and sunlamps. Be aware that indoor and outdoor tanning can be extremely harmful and should be done in a cautious and mindful manner.

You have many options for protecting your skin while outdoors in the sun. Follow these tips this summer to help protect yourself and your family:

- Use sunscreen with SPF 15 or

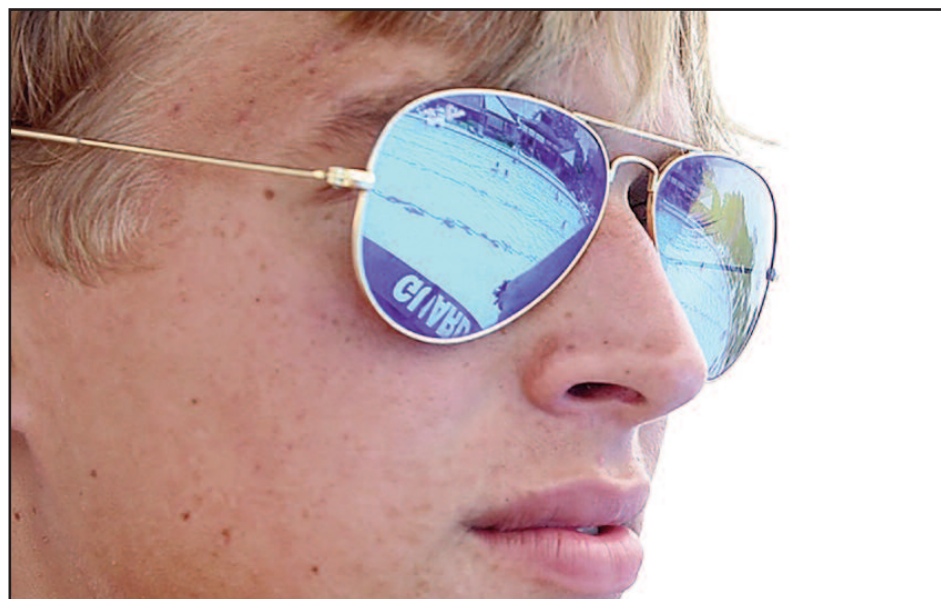
higher — put on broad-spectrum sunscreen with at least SPF 15 on all parts of exposed skin before you go outside. This is a good practice even on slightly cloudy or cool days. And remember, sunscreen wears off. You may need to reapply sunscreen if you stay out in the sun for more than two hours, and after you swim or sweat excessively.

- Wear clothing to cover your skin — when possible, wear a T-shirt or beach coverup, in addition to sunscreen. Long-sleeved shirts, long pants, and skirts provide protection from UV rays.

- Use shade — reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter when the sun's rays are strongest, between 10 a.m. and 4 p.m.

But don't rely on the shade alone. You still need to remember to use protective measures, like sunscreen and protective clothing, when you're outside.

- Wear a hat to provide upper body shade — wear a hat with a wide brim to shade your face, head, ears, and neck.



- Wear sunglasses — protect your eyes and the skin around your eyes by wearing sunglasses. Sunglasses that wrap around work best because they block UV rays.

Anyone can develop skin cancer. However, a person's skin pigment indicates how likely they are to sustain injury from UV rays.

If you notice changes in your skin, such as a new growth, a sore

that doesn't heal, or a change in the appearance of a mole, talk to your doctor. TRICARE covers skin cancer exams for people who are at a higher risk for developing skin cancer.

This includes individuals with a family or personal history of skin cancer, increased occupational or recreational exposure to sunlight, or clinical evidence of precursor lesions.

## 'Smart installations' with AI could be the Army's future, general says

By DEVON L. SUITS

Army News Service

WASHINGTON — In the future, Army installations could employ artificial intelligence, cloud computing, data analytics and other technological advancements to increase efficiencies and improve the sustainability of the force, according to the assistant chief of staff for installation management.

"Planning for the installations of the future" is ACSIM's newest initiative, and it will force the installation management team to rethink the Army's culture, said Lt. Gen. Gwen Bingham.

ACSIM is responsible for providing the policies, programs and resources for all installation services and infrastructure. The organization manages an \$18 billion budget that supports 156 installations, 1 million Soldiers and 2.2 million Family members across the total force.

Bingham was the keynote speaker at the Association of the U.S. Army Institute of Land Warfare breakfast June 12. In line with the Army's vi-

sion, ACSIM will continue to invest its "construction, restoration, and modernization" budget into infrastructure that supports the Army's top priority of readiness, the general said. Moving forward, the Army must change the way it looks at installations in the future by leveraging commercial and cutting-edge science and technology.

Similar to the ideology behind a "smart city," the total force of 2035 could be operating through "smart installations" that are strategically designed to improve the way the Army builds and monitors individual and unit readiness, Bingham added.

"So, let's imagine for a moment the use of artificial intelligence and other smart cities' technologies such as autonomous vehicles for transportation on a post, camp, station, or installation," Bingham said. "Imagine being able to use and analyze big data so that you could look at a building and be able to predict when it was going to need repairs."

In turn, smart installations could improve the quality of life for all Soldiers, Families, civilians,

and veterans living in or around an installation, she said.

Aside from ACSIM's desire to make installations smarter, the team is also looking into making improvements to entry control points, or ECPs. Biometric sensors, license plate readers, and other advancements currently employed by industry partners could be a potential improvement to access points, the general added.

Further, the use of drones, sensors, cameras, and other technologies have the potential to enhance the Army's ability to broaden installation security.

ACSIM, in coordination with Jordan Gillis, the assistant secretary of the Army for installations, energy and environment, is scheduled to pilot various types of physical security technology at several Army installations within the next 12 to 18 months. ACSIM is slated to release more information about the pilot program in October.

Bingham also identified the millennial culture as being a leading factor behind many of changes. ACSIM is currently partnering with U.S. Army Training and Doctrine Command to survey millennials and millennial families to help shape the future force.

"We believe that we must begin to have conversations with the persons and people who are going to use that technology in 2035 and beyond," she said. "What services will our junior members want us to provide or need on installations? What services can be provided off-post ... so that we can rid ourselves of some of those non-core missions."

Overall, ACSIM will continue to cultivate partnerships with academia and industry to magnify a "collective spirit" toward change and capabilities to help the Army accomplish its goal of modernizing the force, the general added.





## Briefs

### Salad Wednesdays

Fort Polk Exchange shoppers can save on eating healthy with salad Wednesdays at Army and Air Force Exchange Service restaurants. On Wednesdays, diners can take \$2 off any salad priced \$4 or more at participating Exchange direct-operated restaurants, including:

- Burger King
- Charleys Philly Steaks
- Qdoba Mexican Eats
- Subway
- Boston Market

Salad Wednesday is part of the Exchange's BE FIT initiative, which promotes healthy lifestyles for Soldiers, Airmen, retirees and military Families.

In addition to Salad Wednesday savings, diners who use their MILITARY STAR card receive an everyday additional 10 percent discount at Exchange restaurants.

Exchange restaurants are open to anyone — whether military, civil service, contractor or visitor — per Army Regulation 215-8 and Air Force Instruction 34-211 (I).

### DAV

Disabled American Veterans Post #20 hosts a meeting at 7 p.m. the third Monday of each month.

Please note that DAV Post #20 VA claim officer is available at the VET Center across from BJ's Diner in Leesville Monday, Tuesday, Thursday and Friday from noon-7 p.m. For more information call Steve Mudd at (337) 401-5739.

### Intramural sports

The following activities are scheduled by Fort Polk's Directorate of Family Morale, Welfare and Recreation's Intramural Sports Office:

- Monday, battalion level softball tournament, 6 p.m. Soldier Athletic Complex. Open to active-duty only. Teams must consist of 10-15 players from within the same battalion.
- Wednesday, softball team tryouts hosted by Intramural Sports, 6-8 p.m. at the Soldier Athletic Complex. Open to all active-duty Soldiers stationed at Fort Polk.
- June 30, Intramural Sports swim meet, 6 a.m., 25-meter pool. All events are individual, no relays. Register through June 28 at [polk.army.mwr.com](http://polk.army.mwr.com). Entry limited to five events per person.
- July 14, powerlifting competition, 9:30 a.m. Home of Heroes Functional Fitness Center. This is an intramural co-ed competition. Lifters may register prior to the event at the Intramural Sports Office or at the Home of Heroes Functional Fitness Center. Call 531-2056.



*Don't let summer 'bug' you!*

## Take steps to prevent West Nile virus

### CDC

FORT POLK, La. — West Nile is a virus most commonly spread to people by mosquito bites. In North America, cases of West Nile virus (WNV) occur during mosquito season, which starts in the summer and continues through fall.

WNV cases have been reported in all of the continental United States. There are no vaccines to prevent or medications to treat WNV.

Fortunately, most people infected with WNV do not have symptoms. About 1 in 5 people who are infected develop a fever and other symptoms.

About 1 out of 150 infected people develop a serious, sometimes fatal, illness. You can reduce that likelihood with these tips:

#### Use insect repellent

Use Environmental Protection Agency-registered insect repellents with one of the active ingredients below. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

- DEET
- Picaridin
- IR3535
- Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)
- 2-undecanone

#### Tips for everyone

- Always follow the product label instructions.
- Reapply insect repellent as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.

#### Tips for babies and children

- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months old.
- Do not apply insect repellent onto a child's hands, eyes, mouth and cut or irritated skin.

- Adults: Spray insect repellent onto your hands and then apply to a child's face.

- Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.

#### Natural insect repellents (repellents not registered with EPA)

The effectiveness of non-EPA registered insect repellents, including some natural repellents in unknown. To protect yourself against diseases spread by mosquitoes, CDC and EPA recommend using an EPA-registered insect repellent. Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness.

#### Protect your baby or child

- Dress your child in clothing that covers arms and legs.
- Cover crib, stroller and baby carrier with mosquito netting.

#### Wear long-sleeved shirts and long pants

Treat items, such as boots, pants, socks and tents, with permethrin or buy permethrin-treated clothing and gear.

- Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
- If treating items yourself, follow the product instructions.
- Do not use permethrin products directly on skin.

#### Take steps to control mosquitoes inside and outside your home

- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- Use air conditioning when available.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.
- Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots or trash containers. Check inside and outside your home. Mosquitoes lay eggs near water.



# Muslim prayer meetings available at Fort Polk

By JEAN DUBIEL

Guardian staff writer

FORT POLK, La. — Every Friday at 12:30 p.m., the Muslim community at Fort Polk gathers at Glory Chapel to share their faith at a weekly prayer meeting. It cannot be called a “service,” as there is no Imam (religious leader), but that doesn’t stop Ed White, the lay group leader of the group, from practicing the faith.

“Muslim Soldiers and Family members attend the meetings, but anyone is welcome to come,” he said. “We are expecting (an increase in participants) now that the (3rd Brigade Combat Team, 10th Mountain Division) is back from deployment.”

The prayer meetings began in December, but not many people know about them yet, according to White. “We want to make sure that rotational units also know about us so they can benefit from the meeting.”

Chap. (Maj.) Michael Lindsay, the sponsoring chaplain for the Muslim prayer meeting group, explained White’s leadership role.

“There is a clergy (ministers, chaplains, priests) and a laity,” said Lindsay. “The ‘lay group leader’ designation is used for volunteer religious leaders that are not ordained. They are not chaplains or officially recognized as ministers, but they lead services.”

Lindsay ensures the group has the resources and space they need to have their meetings. “We are working on getting head coverings, prayer rugs and a (suitable) floor space to worship,” said Lindsay. “My responsibility as the sponsoring chaplain is to see that they have the opportunity and place, and do the best we can to get needed supplies.”

A typical Muslim prayer meeting includes a call to prayer, sermon and group prayer, said White. “The way that we do prayer is that we all come together as one. We are a single unit — like the Army. That’s why we follow the Imam when he leads the prayer, and everybody does the same thing at the same time, almost like drill and ceremony. We follow a set pattern.”

Part of that pattern includes the time of day these meetings are held, which required special permission to accommodate the Fort Polk Muslim community.

“Our prayer time (12:30 p.m.) is actually a little earlier than the prescribed time, but we got special dispensation through a couple of sheiks to do ours a little earlier so our brothers (on post) can take part,” he said. “At this time of year, the time for prayer is usually



1:30 p.m.” Prayer times fluctuate and are determined by the Islamic calendar, which is based on moon cycles, where the Gregorian calendar is based on cycles of the sun, said White.

Non-Muslim guests that wish to attend a service are asked to stay quiet during the prayers, but are welcome to pray with them. Women are supposed to cover their heads, but there is some dispensation about that because the meeting is not an official service.

“We can’t have expectations that cannot be met,” said White.

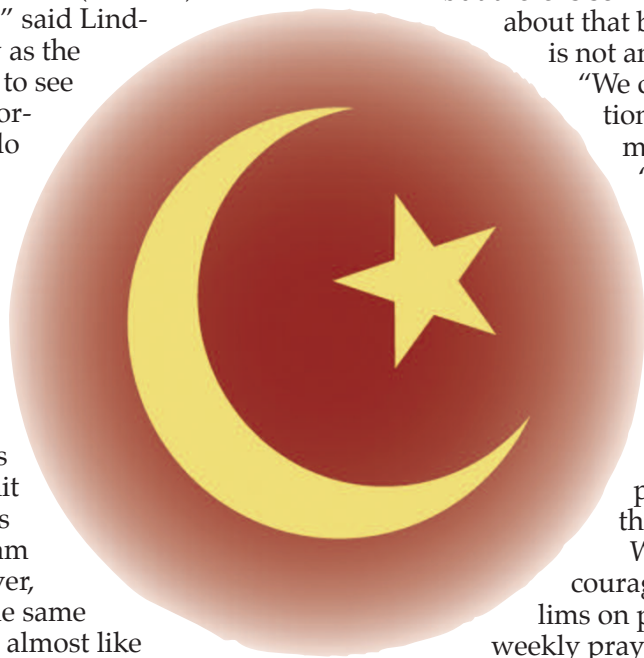
“We want people to come and participate, without making it difficult. The whole point of Islam is that it’s not supposed to be difficult — it’s supposed to be easy so people will maintain their commitment.”

White said he encourages his fellow Muslims on post to attend the weekly prayer meeting, but he’d like the community to know that the meetings are open and available to everybody. “Anyone who would like to gain an understanding of what the religion really is about — not necessarily convert to it — is welcome to attend,” White said.

Services are not usually held on four-day weekends. Other Muslim services are held at the Islamic Center, which has a dedicated Imam, off post in Leesville.

For more information, the group has a Facebook page, [www.facebook.com/FortPolkMuslimCommunity](http://www.facebook.com/FortPolkMuslimCommunity), which is also linked with the Fort Polk Chapel Facebook page. You can also call White at 531-1919.

PolkMuslimCommunity, which is also linked with the Fort Polk Chapel Facebook page. You can also call White at 531-1919.



**Islam is not a new religion or cult. It is a universal way of life and civilization. Studies show that between 1.5 and 1.8 billion people in the world identify their religion as Islam. Along with Judaism and Christianity, it traces its roots through the Prophet Abraham and back to Adam and Eve.**

—  
[www.30factsaboutislam.com](http://www.30factsaboutislam.com)





Heather Keeler (left), registered nurse, helps facilitate play between Harper Deinhardt (center left), 2, and Sophia Parker (center right), 11 months, as Sophia's mom, Karoline Parker looks on during Play-morning at the Army Community Service center June 19.



Kim Wasabaugh and her daughter Bridgette, 2, enjoy a craft activity. Wasabaugh used the New Parent Support Program services available at Fort Polk while her family was stationed here.

## 'At every birth you become a new parent'

# New Parent Support Program offers calm in chaos of parenting

By JEAN DUBIEL

Guardian staff writer

FORT POLK, La — Expecting and unsure of what to expect? New baby bringing your toddler new blues? No Family or friends (or partner) here to help you with your bundle of joy?

Fear not, there is help available! It's free, close to home and offers everything a new parent needs to ease the anxiety of raising a baby. From home visits for baby proofing to diaper changing, potty training, breastfeeding and more, Fort Polk's New Parent Support Program has it covered, and they are just a phone call away.

Anne Bollinger, a registered nurse and NPSP lead home visitor, said the program is voluntary and clients can halt services any time they choose.

The NPSP has two registered nurses, Bollinger and Heather Keeler, and one licensed clinical social worker, Heather Hoosier.

"The NPSP is a beautiful marriage of those two professions (nursing and social work)," said Bollinger. "We might have a client that calls and tells us she is pregnant and needs to get her house ready, maybe this is her first pregnancy and she doesn't know what to expect, she may even be a single parent — no matter the situation, we can help them."

Bollinger said the last few months of pregnancy and the first four months after are usually the most difficult. "Those months are tough. They are really hard on the

parents, and most people don't know that they aren't going to get a lot of sleep. Some moms have breast-feeding issues, so we can do some lactation work with them, and we also look for post-partum depression and help differentiate between 'baby blues' — which is when you first get out of the hospital and your hormones have dropped, versus a continual depression marked by sleeping or crying all the time, eating disorders or other symptoms."

Bollinger said the NPSP does referrals for parents that need medical, psychological or other assistance that NPSP can't provide.

Home visits are conducted every other week for about an hour per session, but if a parent needs more frequency, that can be accommodated. Visits are not exclusive to on-post housing — they are available within 50 miles of the installation.

"Those families that live in Leesville, Anacoco, DeRidder — wherever they are, we will drive out to their houses," said Bollinger. "We don't care if you haven't had a shower, or if the laundry is piled up around you. We are there to give the moms — especially new moms — an adult to talk to, someone who understands what it's like to be pregnant or have a new baby, to give that support and answer questions."

Self care is also an important part of parenting, said Bollinger. "If your battery is low, then you can't hear your baby or understand what they are trying to tell you," she said. "If you are not rested, if you haven't

eaten well, if you haven't had a break, it may be difficult to parent without getting angry or resentful. You may not bond with the baby as well as you should, so we can help guide you in the right direction."

Home visits often include small gifts (diaper bags, sippy cups) and books: "Baby 411" and "Toddler 411."

**"Every child has its challenges. The NPSP helped my daughter and I with everything from bonding issues to toddler defiance and medical issues."**

**KIM WASABAUGH**  
NPSP client

"These are easy-to-read medical references so parents can look up what to do (if a child is ill or injured) and when it's time to see a doctor," Bollinger said. "You know you can't call a doctor 24 hours a day. And this is another reason why it is great to have a nurse come to your house — she will know what's a concern and what's not."

Kim Wasabaugh is a young mother that began using the home visitation service when her daughter, Bridgette, was 18 months old. "Every parent needs some help, whether you're a first-time parent doing everything new or you're

(raising) your third child," Wasabaugh said. "Every child has its challenges. The NPSP helped my daughter and I with everything from bonding issues to toddler defiance to medical issues. Sometimes I didn't even know there was a problem until (Bollinger) told me (during a home visit) that this or that was not normal and I needed to get it checked out."

When a mother feels like she can handle the baby care without the assistance of NPSP, Bollinger said that's when she knows she's helped.

"If you tell me you are confident, and you feel like you have some friends now and a good support network around you, then I've done my job," said Bollinger. "If you fire me, that's perfect, that's what I need. If you walk out of our home visitation program feeling good about yourself, and you know you have better skills and education now, that's the goal. That's what we are there for."

Home visits are just one of the services offered by NPSP. Infant massage classes and "Playmornings" are also available for free to parents with children age 3 and younger. Infant massage can be a one-on-one session or a group class. Parents learn how to massage infants to relieve constipation, gas and colic, and the process also encourages bonding and growth.

Playmornings are held Tuesdays from 9-11 a.m. at the Army Community Service center, 1591 Bell Richard Ave., bldg 920. The event

Please see NPSP, page 12



offers parents a chance to meet other parents with children in the same age group and helps children with socialization skills. Activities include free play with toys that are provided on site, a take-home craft, story time and songs. Children must be at least 6 weeks old and no older than 3 years.

Susie Mironenko and her 2 ½-year-old daughter, Svetlana, are regulars at Playmorning. They have been attending for about two years. She said it gets her out of the house and offers a chance to talk to other mothers.

"The facility here is good because there are lots of toys and it's a big open space for the kids to run around and play. It's just fun," she said. "It uplifts my spirit."

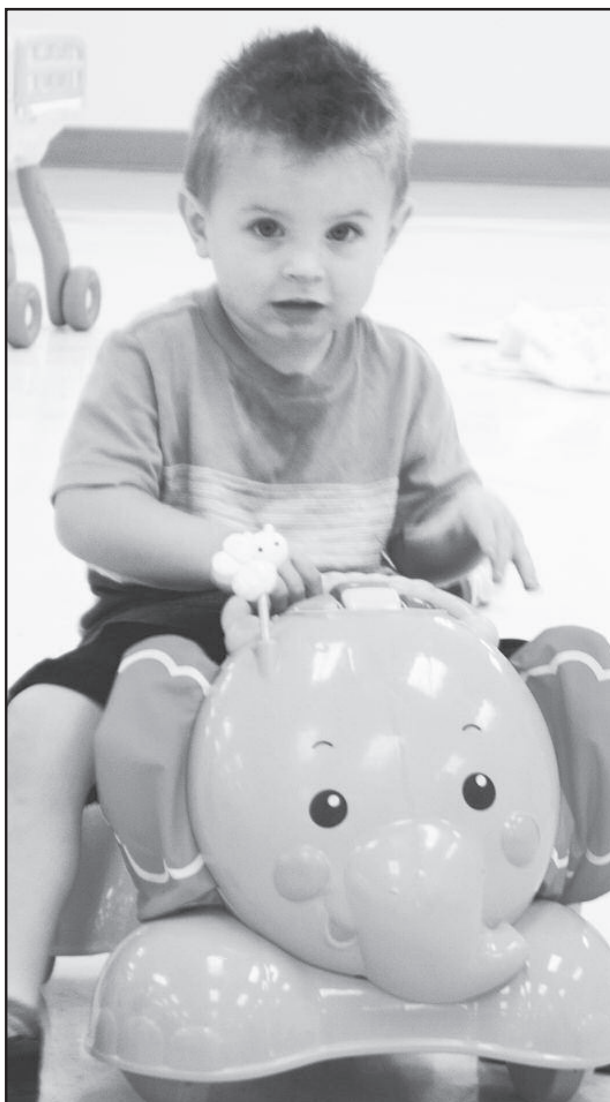
Another Playmorning regular, Amanda Deinhardt, drives from DeRidder to join in the fun along with her 2-year old daughter, Harper.

"We try to come every week because we have such an awesome experience here," she said. "Harper gets to interact with all the kids and I get to talk to the moms. She always talks about coming to see the other kids. They have fun activities for her to do, and we look forward to it every week."

For parents considering attending Playmorning for the first time, Deinhardt said to definitely try it.

"There is a little something for everyone here. There is always a craft and singing, and I think any kid can enjoy themselves here. It gives parents a chance to talk to other moms, too. It's a great way to socialize."

For more information call 531-9573/4170.



Aiden Anderson, 2, enjoys taking a spin on the elephant car during Playmorning at ACS June 19.



Alexander Prins, 2, plays with one of the many toys set up at the ACS during Playmorning June 19.

JEAN DUBIEL / GUARDIAN



"Being an educator is extraordinarily rewarding, as each day brings opportunities to make positive differences in the lives of children. Educators wear many hats - we're nurses, counselors, confidants, protectors, and personal cheerleaders. All school employees help shape the minds and build the spirits of the future leaders of our great nation."

**Melissa Bernal**

Paraeducator - Evangeline Parish

**Read Our Stories**  
ON SOCIAL MEDIA     
**#thankaneducator**

 **NATIONAL EDUCATION ASSOCIATION**  
Great Public Schools for Every Child

 **LOUISIANA ASSOCIATION OF EDUCATORS**



YZF®-R3

YZF®-R6

YZF®-R1S

UP TO **\$750** customer cash\*

[plus]

AS LOW AS **2.99%** APR for 24 months<sup>1</sup>  
Thereafter, your standard APR will be 15.99% - 23.99%

**PRICE MATCH GUARANTEE:**

Bring us any Louisiana dealer's advertised Kawasaki price and we will match it for all in stock inventory! Please support your local businesses, we support you.

 **YAMAHA**  
*Revs Your Heart®*

\*Customer cash offer good on select models between 3/1/18 to 6/30/18. <sup>1</sup>Offer available on approved purchases of new 2015-2018 Yamaha Motorcycles made on the Yamaha Credit Card issued by WebBank, member FDIC. Subject to credit approval as determined by WebBank. Offer valid through 6/30/18. Available to cardholders of the WebBank Yamaha Card. Account must be open and current to be eligible for this offer. Promotional 2.99%, 4.99%, 8.99% or 13.99% APR with Minimum Payments of 1.26%, 1.43%, 1.83% or 2.18% respectively of the purchase price balance, based on your creditworthiness, are effective for 24 months from the transaction date. Thereafter, you will be charged your standard APR 15.99%-23.99%. Minimum Interest Charge \$2 per month. Offer good only in the U.S., excluding the state of Hawaii. Dealer remains responsible for complying with all local and state advertising regulations and laws. Professional riders depicted on a closed course. Dress properly for your ride with a helmet, eye protection, riding jacket or long sleeve shirt, long pants, gloves and boots. Do not drink and ride. It is illegal and dangerous. Yamaha and the Motorcycle Safety Foundation encourage you to ride safely and respect the environment. For further information regarding the MSF course, call 1-800-446-9227. © 2018 Yamaha Motor Corporation, U.S.A. All rights reserved. • YamahaMotorsports.com



**MOTION CYCLESPTS**

**19189 LAKE CHARLES HWY. DERIDDER, LA 70634**

MONDAY-FRIDAY: 9AM-6PM  
SATURDAY: 8:30AM-3:30 AM

PHONE: 337-463-8110  
WEBSITE: MCDERIDDER.COM



# Iron Chef cooking classes cause of creative cuisine

By **ANGIE THORNE**  
Guardian staff writer

FORT POLK, La. — In today's fast paced, "I want it now" age, cooking may become a lost art. The creation, gathering and melding of ingredients into a dish worthy of preparation and consumption takes time — something that seems to be in short supply. Many find it easier to microwave and consume boxed or bagged meals or zip through a fast food restaurant for cheap and easy convenience. That can lead to unhealthy habits and burgeoning waistlines.

A first step in reversing this trend is by teaching kids how to cook. Fort Polk's Child and Youth Services offered youth two Iron Chef cooking classes held June 11-15 (grades six through eight) and June 18-today (grades nine through 12) at Fort Polk's Middle School and Teen Center, bldg 4996.

Charles Johnson, Mulligan's, was the cooking instructor for the Iron Chef classes.

He said working with children in sixth through eighth grades can be intense. "It's a balancing act between keeping them inquisitive and focused," said Johnson.

He said the first day the kids leaned about food hazards and safety and the second day to develop and write a recipe. "They began cooking on the third day. Their task was to create gourmet hot dogs. They did great. They surprised me in a good way by producing a breakfast hot dog," said Johnson.



*Charles Johnson, Mulligan's, instructs his Iron Chef students in the proper way to role a cherry turnover while other students work on creating their culinary competition creations June 15 at the Middle School and Teen Center.*

Thursday was about concocting a meal from a mystery basket, like the television show, "Chopped," said Johnson. "The baskets had all the fixings for things like lasagna, stir fry, panini style Cuban sandwiches and strawberry cheesecake," he said.

The final day of class was all about the competition. "Today, each team used the skills they

learned throughout the week to create the foods they prepared for the competition. They did a wonderful job," said Johnson.

Kevin Carrier, 17, was a youth mentor at the Iron Chef classes — mentors helped Johnson and class participants by fetching food, supplying en-

Please see **Chef**, page 14

# \$185

## CREDIT HOUR

with valid military ID

40 Online Degree Programs Available



**NORTHWESTERN STATE**

Leesville / Fort Polk

### Associate:

- Nursing

(Receive an additional \$4000 for the ASN degree through MyCAA)

### Bachelor's:

- Business Administration
- Criminal Justice
- General Studies
- Hospitality Management and Tourism
- Nursing
- Social Work

(Qualifies for AMEDD/AECP)

### Master's:

- Homeland Security



Denise Jackson  
jacksond@nsula.edu  
337-653-0812  
nsufortpolk.com



couragement, support and focus and doing whatever else needed to be done to make the classes a success. Carrier said the classes taught the kids many new things. "It's been interesting to see all the recipes they cooked come together," said Carrier.

Michelle Cimenton, 14, another youth mentor, said it was fun watching the kids learn to prepare food safely.

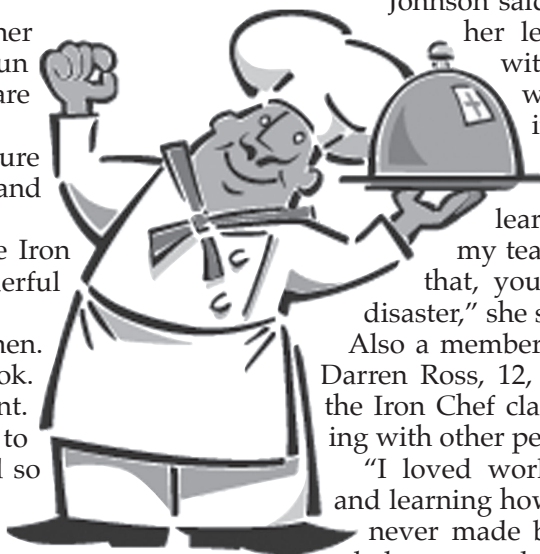
"My main goal is to make sure they had fun while learning and staying safe," she said.

Karie Johnson, a judge for the Iron Chef competition, said it's wonderful event.

"I love to see kids in the kitchen. It's important to know how to cook. It makes them more self-reliant. I'm actually looking forward to tasting the food the kids worked so hard to prepare. It looks and smells really good," she said.

There were four four-member teams — each with its own name — competing in the event. Each team created dishes in three categories: Appetizer, main course and dessert. The winning team's recipes will be published and added to the menu at Mulligan's.

As a member of team Lucky Unicorns, Mylasia Johnson, 12, said she wanted to participate in Iron Chef classes because she sometimes volunteers at a retirement home. "I wanted to learn how to cook for the residents," she said.



Johnson said the classes would help her learn how to work well with others. "It's gone very well and I've loved cooking with all these people.

There's been no drama, just lots of fun. I've learned to cooperate with my teammates. If you don't do that, your food could end up a disaster," she said.

Also a member of the Lucky Unicorns, Darren Ross, 12, said he wanted to take the Iron Chef classes to experience cooking with other people.

"I loved working with other people and learning how to cook new foods I've never made before. I hope to own a bakery one day, so I wanted to learn new skills and become a better cook. It's been pretty fun," he said.

Elizabeth Burns, 14, team Amazonian Zebras, said she likes cooking and the classes sounded like fun. "The first two days we were learning

about cooking. Then we tried out recipes. Now I know how to make lasagna and a pretty good chili," she said. "It hasn't all been easy. Leaning how to correctly cook lasagna noodles is harder than it looks, but I know how to do it now."

Lilly Morrow, 12, team Llamas, said she enjoys baking and cooking at home. "This week has taught me about teamwork, how to prepare food the right way and make sure it is safe to eat," she said.

Boston Mancini, 12, team Happy (green aprons), said he loved learning how to cook cheesecake. "It was so good. It was all gone in a second. Learning to cook is great and eating what we cooked was fun," he said.

His brother, Kade Mancini, 12, Happy team, said the most important thing he learned during the cooking classes was the dangers of food contamination and how to avoid it. "I think it's always good to know how to cook and it will help to have those skills as I grow up," he said.

The kids have performed each task given to them to the best of their ability while having fun, said Johnson.

"This generation tends to be about having things happen immediately, so I think it was good for them to get back to the basics in the kitchen and learn how to cook. It's a skill they will use for the rest of their lives," he said.

ruemapper

discover local



## LOUISIANA LOCAL FINDS

— travel | art | entertainment —

ruemapper is your source for local lifestyle news by local journalists.

**Go to [ruemapper.com](http://ruemapper.com) to win an overnight getaway package at the Historic Jung Hotel valued at \$450.**

ruemapper is supported and promoted by the Louisiana Press Association, the trade association for Louisiana news publishers.

[ruemapper.com](http://ruemapper.com)

## Pennington Biomedical supports the U.S. Military every day.



Over the last 30 years, Pennington Biomedical has become the **No. 1 provider of nutrition science** for the Department of Defense.

READ MORE AT  
**GOOD  
HEALTH  
IS GOOD  
BUSINESS**  
[GHGB.PBRC.EDU](http://GHGB.PBRC.EDU)



— LEARN MORE AT —  
[www.pbrc.edu](http://www.pbrc.edu)





# Girl Scouts donate books about notable women to library

By **ALESHA BRADFORD**

Guardian intern

FORT POLK, La. — When participating in community service, most people think of picking up trash or giving food to the homeless. Actions like these can be helpful to the community. Fort Polk Brownie Troop 2180 took community service literally by donating eight children's books to Fort Polk's Allen Memorial Library on June 13. The books focus on women in math, science and engineering careers. This donation contributes to the troop's badge, the "Take Action Project."

"This was a special community project ... the Girl Scouts called and asked us if we would accept a donation of books about notable women," said library Director Linda Brangan. "I think it's a lucrative project for kids. They'll read the books and learn about notable women, and that's beneficial for them and the future."

The donated books will con-

tribute to the library's summer reading program and its yearly March and August commemorations of women in history and women in the military. Upon donation, Brangan awarded each member of the troop a certificate of appreciation.

The troop bought the books with proceeds made through cookie sales. They also bought snacks to donate to the barracks of Soldiers returning from deployment.

Both of these activities are part of the Scout's "Take Action Project," where they help their community in ways that have lasting effects. The project aims to encourage the Girl Scouts to foster a volunteer mentality of "giving back."

Lynda Robinson, the Girl Scout's troop leader, explained why they chose to donate books focused on women. "I love that we chose to donate (these type of) books to the library because I remember when my daughter was younger, she had an astronaut costume at home and one

day she asked me, 'can girls be astronauts?'"

Robinson and her troop hope that as children read the books that were donated, they'll see women in careers where they are underrepresented. Gabriella Williams, one of the Girl Scouts, was happy to donate because "(books) can make kids smarter, and they could get interested in them and keep reading them."

"These books are very important because it shows that girls are just as influential as boys are," she said.

Abigail Robinson, another Scout and Robinson's daughter, also thinks that other kids could get interested in books by reading. "I like that the kids get to read more books, it's really fun to watch younger kids read," she said.



ANGIE THORNE/GUARDIAN

From left to right: Gabriella Williams, 8, Summer Miller, 7, Abigail Robinson, 7 and Anna Amit, 8, are Girl Scouts from Brownie Troop 2180. The girls are holding eight books they donated to Fort Polk's Allen Memorial Library June 13.



## Summer in the City

Rates as low as  
**\$119 /night**  
with free parking

**BOOK RESERVATIONS ONLINE**



Find More Information At:

[www.neworleanshotelcollection.com/summer/](http://www.neworleanshotelcollection.com/summer/)  
OR  
call (855) 798-6642 & mention promo code **SUMMER**



## NURTURE THEIR NATURAL SIDE

**LAKE D'ARBONNE STATE PARK | FARMERVILLE, LA**

Hit the trails, pitch a tent or even play a set of tennis among pristine woods and a 15,000-acre lake stocked for fishing and fun. Plan an outdoor escape by visiting

**LouisianaTravel.com/State-Parks.**



SHARE YOUR LOVE OF LOUISIANA.

JOIN THE BAYOU KREWE TODAY!



©2018 Louisiana Department of Culture, Recreation & Tourism

LouisianaTravel.com



# Rest & Relaxation

## Lagniappe

### Shrimp Fest

The Gulf Coast Shrimp and Jazz Festival takes place Saturday from 11 a.m.-5 p.m. at the Lake Charles Civic Center exhibition hall. Admission for the festival is \$5 per adult and \$2 per child 12 and under. For more information visit [www.gcshrimpn-jazzfest.com](http://www.gcshrimpn-jazzfest.com).

### Peachy fun

The annual Ruston Peach Festival takes place today and Saturday. Admission is free for children 8 and younger and for all from noon-5 p.m. June 22 and \$10 per person from 5-10 p.m. Admission is \$10 per person from 8 a.m.-10 p.m. June 23. A weekend pass is \$15. For more information visit the Internet at [www.louisianapeach-festival.org](http://www.louisianapeach-festival.org).

### Farmers market

The Leesville Main Street Farmers Market launches a new program for children with Saturday enrollment. Children ages 2-14 can earn five \$1 tokens each week that can be used toward the purchase of fruits and vegetables at the market. The market is open weekly from 8 a.m.-2 p.m. on Third Street in downtown Leesville. For more information visit the Leesville Main Street Facebook page.

### Bass tournament

Fish the first Saturday of each month from safelight to 3 p.m. as the Directorate

Please see **Lagniappe**, page 17

## Don't miss Watermelon Festival

### GUARDIAN

DERIDDER La. — Be sure to sharpen your seed-spitting skills — it's almost time for the Beauregard Watermelon Festival, held at the Deridder Fairgrounds June 29-30.

Admission is \$5 per person each day. Admission is free for children 3 and under.

Here's the schedule:

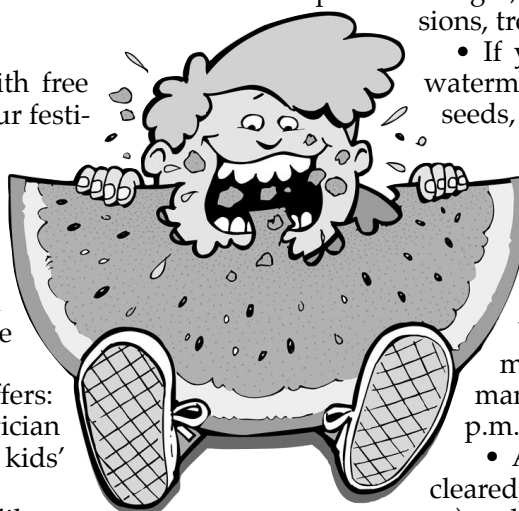
#### June 29

Gates open at 4 p.m. with free watermelon for all. Start your festival off right by watching the celebrity seed-spitting contest on the outdoor stage. Then listen to live bands including Richard LeBouef & Two Step and Dustin Sonnier and the Wanted.

The indoor exhibit hall offers:

- A balloon artist/magician performs at 5 p.m. for the kids' entertainment.
- Adults and children alike are invited to attend and participate in the interactive Yuck Game Show at 6 and 8 p.m.

• For the ladies with fashion sense, you can participate in the bling it on Watermelon T-shirt contest at 7 p.m. Just make sure to purchase a festival T-shirt and bling it out to your heart's desire. Contestants will show off their designs on the stage and a winner will be chosen. Prizes will be awarded.



#### June 30

The gates open at 10 a.m. and the outdoor stage offers the following events:

• It's the general public's turn to take part in the seed-spitting contest at 2 p.m. Spit a seed and play for your chance to win a trophy and the coveted title of seed-spitting champion. This one is open to all ages, with adult and children divisions, trophies and cash prizes.

• If you would rather eat delicious watermelon instead of spitting the seeds, join in the watermelon-eating contest at 3 p.m. This event is also open to all ages and trophies and cash prizes will be awarded.

• If you love colorful birds, you won't want to miss Exotic Wing Production's performing macaws with Sonny "The Birdman" Carlin at 11 a.m., 1, 3 and 5 p.m.

• After the watermelon has been cleared, bands such as TJ Gautreaux (7 p.m.) and LeRoy Thomas and the Zydeco Roadrunners (9:30 p.m.) perform.

Indoor exhibit hall events:

• The watermelon carving contest takes place at 11 a.m. Don't miss your chance to carve up a melon and win great prizes. Bring your pre-carved creation for a chance to win a two-night stay for six at Cajun Palms Resort in Breau Bridge. Melon art will be judged in areas like cre-

Please see **Watermelon**, page 17

## DENTAL Insurance

Physicians Mutual Insurance Company



A less expensive way to help get the dental care you deserve

- ✓ If you're over 50, you can get coverage for about \$1 a day\*
- ✓ Keep your own dentist! You can go to any dentist you want
- ✓ No wait for preventive care and no deductibles — you could get a checkup tomorrow
- ✓ Coverage for over 350 procedures — including cleanings, exams, fillings, crowns...even dentures
- ✓ NO annual or lifetime cap on the cash benefits you can receive

FREE Information Kit  
1-855-409-6083

[www.dental50plus.com/statewide](http://www.dental50plus.com/statewide)



\*Individual plan.  
Product not available in MN, MT, NH, NM, RI, VT, WA. Acceptance guaranteed for one insurance policy/certificate of this type.  
Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN)  
6096E-0917

MB17-NM008Ec

**Kawasaki**

**GOOD TIMES™**

**SALES EVENT**

**LOW FINANCING AND HUGE FACTORY INCENTIVES**

Incentives available at participating dealerships, on select Kawasaki vehicles. Restrictions may apply. Subject to change without notice. Offer available on approved purchases of select new, unregistered Kawasaki vehicles. Kawasaki Motors Corp., U.S.A. ("Kawasaki") does not offer or extend credit and does not review or make any determination of the creditworthiness or other qualifications of any applicant for credit. Professional rider on a closed course.

**Kawasaki**

**PRICE MATCH GUARANTEE:** Bring us any Louisiana dealer's advertised Kawasaki price and we will match it for all in stock inventory! Please support your local businesses, we support you.



## MOTION CYCLESPTS

19189 LAKE CHARLES HWY. DERIDDER, LA 70634

MONDAY-FRIDAY: 9AM-6PM

SATURDAY: 8:30AM-3:30 AM

PHONE: 337-463-8110

WEBSITE: [MCDERIDDER.COM](http://MCDERIDDER.COM)



# Visit surrounding communities to enjoy local July 4th festivities

## GUARDIAN STAFF

FORT POLK, La. — Options abound for enjoying Independence Day in these communities surrounding Fort Polk:

- Fireworks over Buhlow — Visit Pineville July 3 for its 14th annual Independence Day celebration. Gates open at 4:30 p.m. Live music

starts at 6 p.m. and a firework display is held over Buhlow Lake around 9 p.m. There will be jumpers for kids and concessions. No ice chests, coolers, alcoholic beverages or pets allowed. For details call (318) 449-5660.

- An Old Fashioned 4th of July — DeRidder presents its patriotic celebration from 7-9 p.m. on Wash-

ington Avenue. Enjoy free hamburgers and watermelon. Visit [www.cityofderidder.org](http://www.cityofderidder.org) for details.

- Celebration on the Cane — Celebrate Independence Day in Natchitoches. Entertainment begins at 6 p.m. and fireworks over Cane River Lake begin at 9 p.m. Bring your lawn chairs and blankets. No ice chests are allowed. Admission is free. Visit [www.natchitoches.com](http://www.natchitoches.com).

- Red, White, Blue and You! — Visit Lake Charles for the annual Red, White, Blue and You celebra-

tion July 4 at the Lake Charles Civic Center, 900 Lakeshore Drive. Spectators are invited to join in the fun for the parade, concerts and fireworks. The parade rolls down Ryan Street from Mill Street to Dr. Michael DeBaakey Drive at 6 p.m. After the parade, a program and concert takes place at the Civic Center Arcade Pavilion. Times are subject to change. In case of rain, the program will move inside the Civic Center Coliseum. Free admission. Visit [www.cityoflakecharles.com](http://www.cityoflakecharles.com).

## Lagniappe

Continued from page 16

of Family Morale, Welfare and Recreation hosts a fishing tournament at Fort Polk's Toledo Bend Recreation Site. The next tournament is held July 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 participate in the Big Bass Contest. Entry is \$5 per per-

son. For more information call (888) 718-9088.

## 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.

## Watermelon

Continued from page 16

activity, originality and overall aesthetics.

- If your talents lie more toward the realm of singing and performing then the watermelon idol contest is right up your alley.

If you love to sing, then it's time to show off what you've got for bragging rights and a chance to win amazing cash prizes. This contest is for everybody. Preregistration is required.

When not taking part in or

watching the many fun activities found at the festival, enjoy carnival rides (carnival bracelets are \$18 per person), games, car show, 5k fun run and shopping at vendor booths. There is also a kids' game and activity tent open June 29 from 4-8:30 p.m. and June 30 from 10 a.m.-8 p.m.

For more information call the Beauregard Tourist Commission at (337) 463-5534 or visit [www.beauregardwatermelonfestival.com](http://www.beauregardwatermelonfestival.com).



**Paying more than \$600 in rent?  
Homeownership is within your reach!**

**Mortgage Revenue Bond (MRB) Program  
offers qualified homebuyers**

- Interest rates as low as 3.25%
- Up to \$6,000 in down payment and closing cost assistance
- Reduced mortgage insurance premiums

**Call 888-454-2001  
(ask for MRB)  
[lhc.la.gov/mrb](http://lhc.la.gov/mrb)**



*Reaching THE Least  
THE Last &  
THE Lost*

**AGAPE**  
EVANGELISTIC MINISTRIES

SUNDAYS  
SUNDAY SCHOOL 9:45AM  
MORNING WORSHIP 11:30AM

MID WEEK WORSHIP  
& WORD EXPLOSION  
WEDNESDAY 6:30 PM

*Agape*  
CHURCH OF GOD IN CHRIST  
EVANGELISTIC MINISTRIES  
606 S 4TH ST LESSVILLE, LA 71446

SUPT. RONALD JONES & LADY WALTIA JONES  
SENIOR PASTORS



# 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

# ARMY

## GUN TRANSFERS PREMIUM PAWN

246 Keyser Avenue, Natchitoches, LA  
318-238-4050



## TAX FREE WEEKEND

EVERYTHING TAX FREE EXCEPT BLUE LABEL ITEMS

STARTING AT:

# \$340



FINANCING AVAILABLE!

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

STAR PAWN  
GUN & ARCHERY

\*Tax's will be paid by Star Pawn

### PETS

**AKC SIBERIAN HUSKY PUPPIES FOR SALE \$ 700.00** Black & White with Blue eyes, male and female. Available after June 22, 2018. Find more info at: Louisiana-Huskies.com or 337-378-4218

### REAL ESTATE

**NOTICE:** All real estate advertised in this newspaper 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.

**HOUSE FOR RENT IN LEESVILLE,** very large 3 br, 1 bth, on 1+ acres, nice quiet area, large garage and new appliances, call MGST Poland at 405-476-3244 cell, or 240-612-4950.

### FOR SALE

**WINDOW AIR-CONDITIONING UNIT** 110 volt, 5K BTU. \$75. Call 337-238-1509.

### AUTOS

**2011 HYUNDA ELANTRA,** \$8,900 or best offer. Call 337-535-6819.

### STATEWIDES

**HAVE YOU OR A LOVED ONE TAKEN AND BEEN INJURED BY THE SHINGLES VACCINE, ZOSTAVAX?** If so, you may be entitled to a significant cash award. Call 866-285-9703 to learn more. (LA-SCAN)

**UNABLE TO WORK DUE TO INJURY OR ILLNESS?** Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. Local Attorneys Nationwide 1-844-883-2045 [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)] (LA-SCAN)

**PHARMACY TECHNICIAN - ONLINE TRAINING AVAILABLE!** Take the first step into a new career! Call now: 855-993-2548 (LA-SCAN)

**HAVE 10K IN DEBT?** National Debt Relief is rated A-Plus with the

BBB. You could be debt free in 24-48 months. Call 1-844-290-9978 now for a free debt evaluation. (LA-SCAN)

**AT&T HIGH SPEED INTERNET STARTING AT \$40/MONTH.** Up to 45 Mbps! Over 99% Reliability! Bundle AT&T Digital TV or Phone Services & Internet Price Starts at \$30/month. Call 1-866-297-0160 (LA-SCAN)

**DIRECTV SELECT PACKAGE! OVER 150 Channels,** ONLY \$35/month (for 12 mos.) Order Now! Get a \$100 AT&T Visa Rewards Gift Card (some restrictions apply) CALL 1- 866-734-0452 (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 1-866-764-5462 (LA-SCAN)

**EARTHLINK HIGH SPEED INTERNET.** As Low As \$14.95/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)



SYCAMORE POINT  
TIMBER RIDGE

# 2 Bedroom Apartments starting at \$775/month

2 BR 2 Bath Flat @ ~~\$815/month~~

Price Reduced! Now @ \$795/month

2 BR 2.5 Bath Town home @ \$795/month

3 BR 2 Bath Flat @ \$850/month

Washer/Dryer Included with a 12 month lease

Sycamore-Point.com • (337) 537-0028  
Timber-RidgeApt.com • (337) 537-2900

You Deserve  
A Neighborhood



**GET AN IPHONE 8 OR SAMSUNG GALAXY8 FOR \$34/MONTH.** Call AT&T Wireless today to learn how to get a new phone. Call while supplies last. 1-844-334-8365 (LA-SCAN)

**HUGHESNET SATEL-LITE INTERNET - 25MBPS STARTING AT \$49.99/MO!** Get More Data FREE Off-Peak Data. FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-844-253-8788 (LA-SCAN)

**SPECTRUM TRIPLE PLAY!** TV, Internet & Voice for \$29.99 ea. 60 MB per second speed No contract or commitment. More Channels. Faster Internet. Unlimited Voice. Call 1-844-669-6795 (LA-SCAN)

**VIASAT SATELLITE INTERNET UP TO 12 MBPS PLANS STARTING AT \$30/MONTH.** Our Fastest Speeds (up to 50 Mbps) & Unlimited Data Plans Start at \$100/month. Call Viasat today! 1-800-627-1851 (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)

**OXYGEN - ANYTIME. ANYWHERE.** No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 855-382-4168 (LA-SCAN)

**SAVE ON MEDICARE SUPPLEMENT INSURANCE!** Get a FAST and FREE Rate Quote from Medicare.com. No Cost! No Obligation! Compare Quotes from Major Insurance Cos. Operators Standing By. CALL 1-844-231-1935 (LA-SCAN)



**SUFFERING FROM HEARING LOSS?** You May Qualify for A ClearCaptions Phone At No Cost To You. Real-Time Phone Captioning. Free Installation. FCC Certified Provider. Contact ClearCaptions! 1- 877-896-2748 (LA-SCAN)

**WE SHOP, YOU SAVE ON YOUR MEDICARE SUPPLEMENT INSURANCE!** Call 844-318-1309 today to compare Medicare benefits and costs from up to 20 top-rated carriers. Receive the best option for you. (LA-SCAN)

**DENTAL INSURANCE. CALL PHYSICIANS Mutual Insurance Company for details.** NOT just a discount plan, REAL coverage for 350 procedures. 855-268-0108 or <http://www.dental50plus.com/morning> Ad# 6118 (LA-SCAN)

**ATTENTION DIABETICS! GET YOUR Diabetic Testing Supplies at Little to No Cost and Have Them Delivered Right to Your Door.** Shipping is FREE! We accept most insurance and Medicare Part D. Call Now! 844-229-8005 (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: 855-798-4865 (LA-SCAN)


**UNITED THEOLOGICAL SEMINARY AND BIBLE COLLEGE**


The Leesville Extension of the United Theological Seminary and Bible College will be holding their registration for the Fall Semester 2018 in **August 2018**, starting at **6:30-8:00pm** at the New Willow Baptist Church, **443 Red Town Road, Leesville, LA. 71446**. Class will begin in **August 2018** at 6:30 pm. United Theological Seminary is an Accreditation School. We are VA approved and we are approved to work with person in the Rehabilitation program. Registrar office, 239-4949 [unitedtheologicalseminarymonroe.org](http://unitedtheologicalseminarymonroe.org)



**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](mailto:tradingpostads@yahoo.com)

**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**



**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

**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**

**Dental Plus**

Including:  
• Orthodontics • Preventive Dentistry • Oral Surgery  
• Same Day Service On Dentures & Partials  
• Cosmetic Dentistry • ZOOM Whitening  
• Botox • Juvaderm • Restylane

Dr. Charles Hudson • Dr. Warren Thomas  
Dr. Grace Garbo • Dr. Sandra Culp • Dr. Julie Evans-Steiner

**DENTAL INSURANCE WELCOME**

**LEESVILLE**  
238-3384  
1-800-737-7363  
706 S 6th St

**COMPLETE FAMILY DENTISTRY**

**DERIDDER**  
463-6545  
1-888-737-2423  
1808 Hwy 190 W Ste. D



**UPPER IOWA UNIVERSITY**

**Center Director – Fort Polk, LA**

Upper Iowa University is conducting a search to identify a strong leader for its Fort Polk Center located in Fort Polk, LA. The ideal candidate will have 3-5 years supervisory and management experience and the ability to build strong relationships within the community and with faculty and students. Emphasis will be placed on effectively marketing, recruiting, and growing the center. Bachelor's degree required, master's degree preferred.

Interested applicants must submit a cover letter, resume and contact information for three professional references. To apply, visit <http://uiu.peopleadmin.com/postings/924>. Review of applications will begin immediately and continue until position is filled. 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](mailto:tradingpostads@yahoo.com)

**Deadline for FREE ads is NOON Tuesday.**

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

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


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

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

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

Signature: \_\_\_\_\_ Phone: \_\_\_\_\_



# 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

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

**DO YOU USE A CPAP MACHINE FOR SLEEP APNEA?** Get your FDA approved CPAP machine and supplies at little or no cost! Free sleep supplement and sleep guide include! Call 877-830-2909! (Mon-Fri) (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)

**GET THE WORD OUT!** Got deadlines? With immediate media distribution capabilities, Louisiana Press Association can distribute your press release the same day we receive it. Got budget constraints? LPA can distribute your press release directly to Louisiana newspapers, for as little as \$100. Contact Dana at 225-344-9309 for more information. (LA-SCAN)

**HOME SECURITY. LEADING SMART** home provider Vivint Smart Home has an offer just for you. Call 888-894-0402 to get a professionally installed home security system with \$0 activation. (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 now: 866-233-2480 (LA-SCAN)

**NEW AUTHORS WANTED! PAGE** Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 877-287-9291 (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: 866-392-4640. John C. Heath, Attorney at Law, PLLC, dba Lexington Law Firm. (LA-SCAN)

**RECENTLY DIAGNOSED WITH LUNG CANCER AND 60+ YEARS OLD?** Call now! You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 866-293-5831 today. Free Consultation. No Risk. (LA-SCAN)

**SAVE YOUR HOME! ARE** you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner's Relief Line now for Help! 866-470-1641 (LA-SCAN)

**WATER DAMAGE TO YOUR HOME?** Call for a quote for professional cleanup & maintain the value of your home! Set an appointment today! Call 888-732-0156 (LA-SCAN)

**YOUR AD HERE! WE** make it easy to reach your customers. Whether you

want to place your ad statewide or target a zone-it's one call, one order, one low price. Reach up to 2 million adult Louisianans for as little as \$265 per week. Contact Dana at Louisiana Press Association to place your ad in Louisiana or out of state at 225-344-9309. (LA-SCAN)

### PETS

**AKC SIBERIAN HUSKY PUPPIES FOR SALE \$ 700.00** Black & White with Blue eyes, male and female. Available after June 22, 2018. Find more info at: Louisiana-Huskies.com or 337-378-4218

### STATEWIDES

**HAVE YOU OR A LOVED ONE TAKEN AND BEEN INJURED BY THE SHINGLES VACCINE, ZOSTAVAX?** If so, you may be entitled to a significant cash award. Call 866-285-9703

to learn more. (LA-SCAN)

**UNABLE TO WORK DUE TO INJURY OR ILLNESS?** Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. Local Attorneys Nationwide 1-844-883-2045 [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)] (LA-SCAN)

**PHARMACY TECHNICIAN - ONLINE TRAINING AVAILABLE!** Take the first step into a new career! Call now: 855-993-2548 (LA-SCAN)

**HAVE 10K IN DEBT?** National Debt Relief is

rated A-Plus with the BBB. You could be debt free in 24-48 months. Call 1-844-290-9978 now for a free debt evaluation. (LA-SCAN)

**AT&T HIGH SPEED INTERNET STARTING AT \$40/MONTH.** Up to 45 Mbps! Over 99% Reliability! Bundle AT&T Digital TV or Phone Services & Internet Price Starts at \$30/month. Call 1-866-297-0160 (LA-SCAN)

**DIRECTV SELECT PACKAGE! OVER 150** Channels, ONLY \$35/month (for 12 mos.) Order Now! Get a \$100 AT&T Visa Rewards Gift Card (some restrictions apply) CALL 1- 866-734-0452 (LA-SCAN)



# Fort Polk Guardian

www.thefortpolkguardian.com

Published for the community of Fort Polk, La.

## Pickup Your Copy of the Fort Polk Guardian at these off-base locations:

### LEESVILLE:

Walmart  
Walgreens  
Market Basket  
VFW Post #3106  
American Legion Post #145  
Vernon Parish Library  
Merchants & Farmers Bank  
(Main Branch - South 5th street)  
ERA- Realty  
McDonalds- Leesville  
Barksdale Credit Union-Leesville  
Byrd Hospital  
Morris Team Realty

### ENTRANCE ROAD:

Sycamore Point Apartments  
Timber Ridge Apartments  
Star Pawn  
McDonalds  
Exxon - Entrance Rd.

### DERIDDER:

Barksdale Credit Union  
Ivan Smith Furniture  
CBG Buick GMC, Inc.  
DeRidder City Hall  
DeRidder Library  
Chamber of Commerce  
Beauregard Tourist Commission  
VFW Post #3619 (Hwy 26)  
Motion Cycle  
Walmart  
Walgreens  
Morris Team Realty

