



# FORGING THE

# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

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Home of Heroes @ Fort Polk, LA

Feb. 8, 2019

*Soldiers, spouses, retirees:*

### File taxes free at Fort Polk Tax Center

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — An invaluable resource for the Fort Polk community when it comes to easing the burdens of financial anxiety that comes with tax season, is the Fort Polk Tax Center. The center's grand opening took place Feb. 4 with a ribbon-cutting ceremony and began accepting clients Feb. 5.

Assisting in the ribbon cutting ceremony, Col. Jarrett A. Thomas II, Fort Polk garrison commander, said he is excited about the great things the Tax Center can do for Fort Polk Soldiers.

"We talk about world-class training at Fort Polk, but this is an opportunity to provide world-class support to our Soldiers and Family members. You do great things here and we really appreciate your efforts," he said.

Thomas said though he was sure the center would run across some complicated tax situations as the season progresses, he was confident in the training the tax preparers, volunteers from across Fort Polk, had received and that they were ready to begin. "I know all of you love taking care of Soldiers and that's what it's all about," he said.

Some of those complex situations might have to do with the overhaul of the tax regulations in 2018. Understanding the twists and turns of tax information on your own can be confusing. That's another reason why it's good to have the help of the Fort Polk Tax Center, bldg 2502, Alabama Avenue.

Exemptions and deductions are different this

year, said Capt. Tara Scanlon, Tax Center officer in charge.

She said people would no longer get exemptions for spouses, children or themselves and that

many who come in will have outdated W-4s with folks not withholding enough or too much after the tax laws changed. That can make a difference

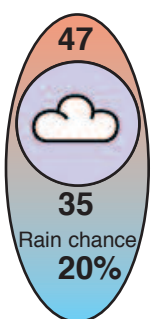
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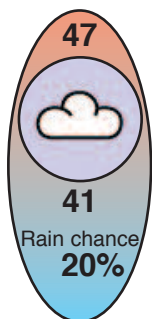
As Fort Polk Tax Center preparers look on, Capt. Tara Scanlon, Tax Center officer in charge, (left) works with Col. Jarrett A. Thomas II, Fort Polk garrison commander, (center) and Command Sgt. Maj. David W. Bass, Joint Readiness Training Center and Fort Polk command sergeant major, to cut the ribbon at a grand opening ceremony held at the Tax Center in bldg 2502, Alabama Avenue, Feb. 4.

ANGIE THORNE / GUARDIAN

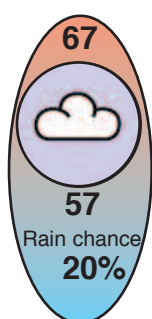
### Weekend weather



Today



Thursday



Friday

### Inside the Guardian

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## Briefs

### Tax help

The Fort Polk Tax Center, located in bldg 2502, Alabama Avenue, is open Monday through Wednesday and Fridays from 9 a.m.-5 p.m., Thursdays from 11:30 a.m.-7 p.m. (except from noon-1 p.m.), and Saturdays from 9 a.m.-noon by appointment only. Call 531-1040 for an appointment.

### Nominations due

Nominations are due Feb. 21 for Volunteer of the Year. Nominees must be registered in the Volunteer Management Information System and have certified, logged hours for the period Jan. 1-Dec. 18, 2018. Volunteer hours must be logged prior to submission of the nomination. To register for the VMIS go to [www.myarmyone-source.com](http://www.myarmyone-source.com). Call 531-1895 for details

### Clinic relocates

The Women's Health Clinic and OB/GYN at Bayne-Jones Army Community Hospital relocates from the fourth to the fifth floor opposite the mixed medical surgical ward Feb. 25. Telephone numbers remain the same.

### BJACH hours

Bayne-Jones Army Community Hospital clinics, lab, radiology and pharmacy open at 1 p.m. Feb. 15. and are closed Feb. 18. The dining facility opens at 11 a.m. Feb. 15 for lunch (no breakfast hours). Entrance B doors remain locked Feb. 15 until 12:45 p.m.

### Weingarten notice

Title 5 of the United States Code, section 7114(a)(2)(B), Representation Rights and Duties, provides that when an agency representative questions a bargaining unit employee, and the employee reasonably believes the questioning may result in disciplinary action against that employee and the employee requests union representation, the employee is entitled to representation if the investigation continues. Once the employee requests union representation, management has three options:

- Grant the request and notify the union that a meeting to examine a bargaining unit employee is going to take place and that the employee has requested union representation;
- Stop questioning the employee and continue the investigation without interviewing that employee; or
- Offer the employee a clear choice to either continue the interview without representation or have no interview.

More information is available at [www.milsuite.mil/book/thread/186495](http://www.milsuite.mil/book/thread/186495).

## Give gift of tobacco-free living this Valentine's Day

By GENEVA MERIDITH  
BJACH

FORT POLK, La. — If you use smokeless tobacco and have decided that you would like to kick that unhealthy habit, here's some helpful tips to assist you and why you should quit.

#### Four reasons to quit smokeless tobacco

1. A one-can-a-day habit can cost more than \$1,100 a year. Save yourself that extra cash and jot down a few other items you can use the money for instead.

2. Smokeless tobacco is just as addictive as cigarettes. Swapping out cigarettes for dip isn't a healthy trade off. Dip actually contains more nicotine than cigarettes and is absorbed at a faster rate.

3. Nicotine decreases muscle strength and increases blood pressure.

Don't hurt that peak performance shape you're in. Instead, put down the chew and snack on some sunflower seeds or an apple. Your mouth is always used to having that chew sitting there so you'll have to form a "survival kit." If you would like more information on how to configure your tailored made survival kit, just give Health Promotion a call at 531-6880.

4. Smokeless tobacco can stain your teeth and cause tooth decay.

#### Myths vs. facts about smokeless tobacco

• **Myth:** Smokeless tobacco won't affect my mouth like cigarettes can.

**Fact:** Smokeless tobacco can stain your teeth, cause bad breath and make your teeth fall out.

• **Myth:** I can quit smoking by using smokeless tobacco instead.

**Fact:** Smokeless tobacco is just as addictive as other tobacco products like cigarettes. In fact, us-

ing dip for 30 minutes is the same as smoking about three cigarettes.

• **Myth:** Smokeless tobacco does not impact my sexual health and performance.

**Fact:** Using tobacco narrows your blood vessels, which can negatively impact sexual performance and cause erectile dysfunction.

• **Myth:** I only smoke a few cigarettes each day and use smokeless tobacco the rest of the time. This is healthier.

**Fact:** Smokeless tobacco is harmful and puts you at risk for many of the same heart conditions and cancers as smoking. It can also increase your risk for oral health issues like tooth decay and mouth cancer.

• **Myth:** I can use smokeless tobacco anywhere since there's no smoke to bother anyone.

**Fact:** All forms of tobacco, including

smokeless, must be used in Department of Defense designated tobacco use areas only.

• **Myth:** Smokeless tobacco won't hurt my physical fitness or slow me down.

**Fact:** Workouts and drills are tougher when you are actively chewing or dipping because smokeless tobacco immediately increases your heart rate and blood pressure. Plus, the nicotine in smokeless tobacco decreases muscle strength.

There's no better present for Valentine's Day for your significant other than the gift of quitting tobacco.

Find a reason within yourself and just go for it; a fresh start, a fresh mouth and a totally fresh new look on a healthier lifestyle!

BJACH Health Promotion Tobacco Cessation Class will teach you incredible and exciting techniques along your journey to become tobacco free. Give them a call at 531-6880.



## DAP

Continued from page 2

PAO, DPTMS and I have all made good use of the experience. This trifecta of wins shows that DAP is a benefit to the U.S. Army because of its influence on the workforce (strengthening skills, abilities and resilience in preparation for more responsibilities and greater challenges) and installation directorates (by building breadth across the full spectrum of command through a diversely experienced pool of employees).

Thinking about giving it a try? I whole-heartily recommend doing so. It can be a great way to burst out of your routine and learn new skills. If you are considering whether or not you should

let an employee leave to participate in DAP, you should — you will get a better employee in return. If you have doubts about accepting a DAP candidate into your directorate, fear not — those who enter DAP are hard-working, willing people looking for new experiences. Give them the benefit of your experience, share your knowledge, help mold that individual to be more than they thought possible.

My time at the IOC has been a highlight of my career.

Support the DAP — keep critical skill sets and talent in the Army Civilian Corps

# Army news

## Hero Soldier saves life of stabbing victim

By Sgt. BRANDON COX  
Army News Service

FORT DRUM, N.Y. — When people witness a horrific crime, few have the personal courage to take action in a crisis. That is precisely what Pfc. D'Marcus Ranson did when he saw a woman in need of help while on leave for the holidays in Lubbock, Texas, Dec. 25.

While enjoying time spent with his brothers on Christmas Eve, Ranson, a motor transport operator with the 110th Composite Truck Company, 10th Sustainment Brigade, 10th Mountain Division, left a night club at about 3:30 a.m. when he witnessed what appeared to be a fight.

"Everything was perfect until we left the night club," said Ranson.

As he and his brothers were leaving, they saw a large crowd of people in one area of the parking lot. The first thing Ranson noticed were people screaming that someone had been stabbed.

As he approached the scene, he observed a woman, later identified as Passion "Monea" Burtraw, lying on the ground appearing unconscious in a pool of blood.

"Everyone was crying, people were throwing up, and others were stepping over her to record it with their phones, but no one was helping her," said Ranson.

Ranson's first and only thought was to take the initiative to help Burtraw. He noticed the multiple stab wounds on her neck and abdomen and immediately took action by using his shirt to apply pressure to stop the bleeding until paramedics could arrive.

"I had to do the right thing," said Ranson. "The Army gave me the confidence and integrity to take action when no one else would."

United States Army Soldiers share a perspective that differs from normal civilian life in America. First aid training is one of the Army's highest priorities to save Soldiers on the battlefield.

"You would expect to see something like this overseas, but never in your hometown," said Ranson.

Ranson was awarded the Army Commendation Medal for rendering emergency first aid to save the life of Burtraw at a ceremony held at Fort Drum Jan. 29.

"As crazy as things got that night I'm thankful I was able to be there for Passion Burtraw in a time of need," said Ranson. "It was an experience I'll never forget but more than anything I thank God for keeping her in his arms and allowing me to see her smiling and recovering well. Most definitely she will be in my prayers. I will never forget her, and no matter how far I'm away from her I will always stay in touch with her."



Pfc. D'Marcus Ranson, a motor transport operator with the 110th Composite Truck Company, 10th Mountain Division Sustainment Brigade visits Passion Burtraw during her recovery from a stabbing on Dec. 25. Ranson rendered emergency first aid to Burtraw and is credited with saving her life.

## Army explosives experts compete for top honors in Hawaii

By Sgt. 1st Class LASONYA MORALES  
Army News Service

SCHOFIELD BARRACKS, Hawaii — Three two-man explosive ordnance disposal teams competed for top honors in the U.S. Army Pacific level EOD Team of the Year competition, January 18-25 at various locations around the island of Oahu, Hawaii. Competing teams were chosen by their respective units based on their individual and collective abilities to perform under physically and mentally demanding challenges in decisive-action environments.

The teams were evaluated on the tactical and technical skills expected of an EOD technician. The company also gave leaders the opportunity to assess ammunition, maintenance and EOD professionals across the institutional Army, operational force and individual leader development domains. "This competition allows us to assess how we are doing in the institutional Army, training our professionals and seeing how the units in the field continue to build upon the training that's gained in a decisive-action and competitive training environment," said Staff Sgt. Xavier Steinhart, 74th Ordnance Company, 303rd Ordnance Battalion, 8th Military Police Brigade.

Steinhart, EOD team leader and Sgt. Benjamin Livesay, EOD team member, both assigned to 74th Ord Co, 303rd Ord Bn, 8th MP Bde were proclaimed the winners at the USARPAC EOD Team of the Year competition, and will go on to compete at the Department of the Army Team of the Year. "EOD is more than blowing things up ... This competition brings us together to look at all the tasks to see how we are doing, see what we need to refine, and sharpen our accuracies — then move out," added Steinhart.

Steinhart and Livesay train together on different EOD scenarios, running through techniques and studying the EOD publications and all tasks associated with each event. "We train as much as we can together in our two-man team for each competition and try to identify our shortcomings and train on those," said Livesay. "These competitions are basically free training for us, running through different scenarios that we might have never seen before and they better prepare us in our skillset."

Steinhart and Livesay said they will use feedback and lessons learned from the various scenarios as they continue to train and prepare for the Department of the Army Team of the Year competition in Virginia later this year. "Over the

next five months we will come up with a training plan to hone in on our weaknesses and explore different processes," added Livesay. "The competition offers a first-hand view on the readiness of the EOD community across the force," said Sgt. First Class Ryan Jaminet, Operations NCO, 303rd Ord Bn.

Being the best EOD technician takes patience, and the ability to remain calm and consistently assess the situation while approaching the task, said Jaminet. Steinhart said that although the events are physically challenging, it's important to have mental strength and understand how to work as a team.

"It's important to have resiliency when you are going through hours of back-to-back events and making decisions when you are tired and hurting," he explained. "You also have to be a team player because one person doesn't win the competition, both of the individuals have to execute every single task together to collectively win."

Livesay said that the biggest thing they brought to the competition is their ability to work well together with limited delay. "As a team, we continuously worked through our processes in different ways to approach each task, and as a result, it helped us excel," he said.

# Pre-Ranger Course pushes Soldiers beyond limits

By Sgt. ASHLEY M. MORRIS

3rd BCT, 10th Mtn Div

FORT POLK, La. — This week marked the beginning of the 10th Mountain Division Light Fighter School Pre-Ranger Course hosted by 3rd Brigade Combat Team, 10th Mountain Division (Light) at Fort Polk. Forty-two Soldiers from across the installation reported to Honor Field for the first day of the course to begin initial assessments Feb. 5.

The Pre-Ranger Course is a prerequisite for those that want to attend Ranger School at Fort Benning, Georgia. A mobile training team from 10th Mountain Division at Fort Drum, New York, is visiting Fort Polk to teach the course.

The first assessment of the day was the PRC physical fitness test, which included push ups, sit ups, a 5-mile run and pull ups. Then the physical and mental resolve of the remaining 26 Soldiers were tested as they continued to the next challenge — a comprehensive swim assessment.

The Soldiers were instructed to complete a series of exercises in between events during the swim assessment. The exercises were meant to push the Soldiers, mentally and physically, to see how they perform under pressure.

“Every day down at the line and in the units, these Soldiers are not being pushed to the limits and beyond to see how they can perform,” said Staff Sgt. Dino Rosas, the PRC noncommissioned officer in charge. “We want to see how these Soldiers act when they are pushed passed their limits.”

During the swim assessment, Soldiers had to complete two tasks: Tread water for two minutes and remove their fighting load underwater then swim to the other end of the pool. The swim assessment helps the instructors determine whether or not a Soldier is a strong enough swimmer to attend Ranger School.

Spc. Alden Mayotte, an infantryman assigned to 2nd Battalion, 2nd Infantry Regiment, 3rd BCT, 10th Mtn Div, who also earned the Expert Infantry Badge in October, said prior to attending this course he had been conducting weekly intensive training with his platoon and on his own to prepare him for the course.

“Army Rangers are an elite group of people and to join them you have to go through some pretty hard challenges,” Mayotte said. “To be part of that elite club would be a pretty high honor.”

Over the next two weeks, PRC candidates will be tested on various advanced Soldier tasks that must be successfully executed to graduate the course. Although Soldiers are given two tries for some, certain tasks have to be performed correctly the first time.

As challenging as the course can be for Soldiers wanting to attend Ranger School, Rosas said seeing Soldiers succeed is his favorite part of the course.

“I love — absolutely love — building Rangers,” Rosas said. “Not only am I helping



Sgt. ASHLEY MORRIS/3rd BCT/10th Mtn Div

**Above:** Pvt. Jody Casas-Martinez from 3rd Brigade, 10th Mountain Division, jumps into a pool backwards during the swim assessment at the YWCA in Alexandria, Louisiana, Feb. 5.

**Right:** Forty-two Soldiers from across Fort Polk wait to start the 5-mile run at Honor Field Feb. 5.



the Army by sending back dudes that are working at 80 percent of their potential versus leaders that are working currently at 60 percent of their potential, but it's combat multiplier. They go back to their units and help Sol-

diers push past their limits more than a normal leader would.”

Graduation for the Pre-Ranger Course is set to take place at 1 p.m. Feb. 20 at the Bayou Theater.

# African-American WWI veteran inspires grandson to serve

By **DAVID VERGUN**

Army News Service

WASHINGTON — The impetus to serve in the military quite often comes through family connections and conversations.

Such was the case for Maj. Gen. A.C. Roper, who said he was deeply influenced to join the Army because of his grandfather's service.

The story begins on Oct. 29, 1917, the day his grandfather, William Roper, was inducted into the Army at age 23.

America had entered World War I six months earlier, but of course the war wasn't called that yet, the general said, showing a copy of his grandfather's induction notice which read "to serve for the period of the emergency."

Pvt. Roper was assigned to Company F, 366th Infantry Regiment, 92nd Infantry Division and eventually attained the rank of corporal.

It was a segregated unit, Roper said, meaning it was entirely composed of African-American Soldiers, including their commanders.

Roper doesn't have many details about his grandfather's service because he said his grandfather never spoke about it.

## Double jeopardy

Roper, however, was able to track down his grandfather's honorable discharge, dated April 29, 1919. William's discharge stated that he was gassed by the Germans Sept. 1, 1918 and a second time on Nov. 11, 1918, the day the war ended.

The general's cousin, who is interested in their

*Maj. Gen. A.C. Roper, deputy chief of the Army Reserve, speaks with fellow Army Reserve Soldiers participating in the WWI Centennial Commemoration at the Meuse-Argonne American Cemetery located in Romagne-sous-Montfaucon, France, Sep. 23.*



family's history, discovered that Cpl. Roper had fought in the largest battle of the war for American forces at Meuse-Argonne, France.

The general, who today is deputy chief of the Army Reserve, visited the battlefield in September with a group of Soldiers.

Roper said they hiked the battlefield and saw the well-preserved trench lines and machine-gun emplacements and artifacts of the war, as well as a nearby cemetery where more than 14,000 American service members who fought and died

are buried.

Thoughts of the battle and what it must have been like flooded his head during the visit, he said. "It was personally very moving reflecting on their movement to contact, knowing that thousands of American Soldiers never made it home.

"They were sent to fight for our freedom, knowing that their cause was much bigger than themselves and the outcome would affect generations to come," he continued.

In particular, African-American Soldiers were fighting for freedom they themselves didn't experience at home because of segregation, he said, particularly in Alabama, where his grandfather grew up.

"But they marched on anyway, knowing this experiment of democracy would eventually right itself, which it did," he added.

After Roper was commissioned a second lieutenant in the Army, he met with his grandfather, who beamed with pride at his grandson's continuation of family service. Shortly after that, his grandfather died. "He was just a great man, a humble servant. He didn't talk much about himself, but there was a bearing and a presence that he had."

## Double Irony

It is ironic, Roper said, that his grandfather came under chemical attack twice on the fields of battle in France, and that Roper himself graduated from the Chemical Officer Basic and Advanced Course and became a chemical officer. The other irony is that his grandfather served in the National Army, which was the forerunner to the Army Reserve, which Roper serves in today.

As a child growing up in Birmingham, Alabama, Roper said he always looked forward to visiting his grandfather's farm in nearby Prattville, where his grandfather kept hunting hounds and had a fishing boat.

Soldiers in the Reserve usually have another career outside of the Army. Roper, who is now 55, recently retired as chief of police in Birmingham, where he worked on the force for 33 years.

Besides his grandfather having an influence on his joining the Army, Roper said the other big influencer was his uncle, a career Army veteran who served in the Korean and Vietnam wars in Special Forces.

## Patriots highlight African American Troops throughout history at Showboat Feb. 22

By **Sgt. ASHLEY MORRIS**

3rd BCT, 10th Mtn Div

FORT POLK, La. — Join the 3rd Brigade Combat Team, 10th Mountain Division (Light) and the Fort Polk Equal Opportunity Office as they host "African Americans in Time of War," an African American History month observance, at the Bayou Theater Feb. 22 at noon. The entire installation and local community are invited to attend.

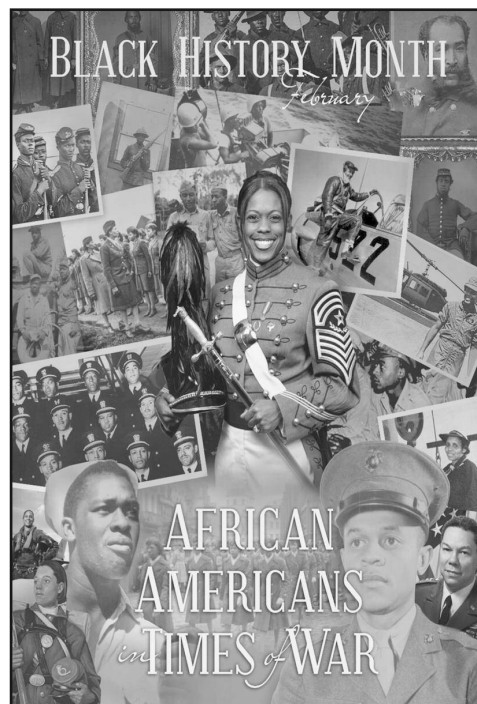
The program looks at the role of African American Soldiers and their contributions during major conflicts throughout American history. Soldiers from across 3rd BCT, 10th Mtn Div will represent African American warfighters from 10 periods, beginning with the Revolutionary War and ending with the role of the

future Soldier.

Organizers for the event are working with local agencies to make this program memorable. The Fort Polk Museum, Fort Randolph Civil War Museum and Richard Holloway of Pineville are loaning uniforms to add a layer of visual authenticity to the characters being portrayed.

One of the event organizers believes the program will be informative and engaging.

"I am really looking forward to this observation," said Sgt. 1st Class Samuel Deiwert, equal opportunity advisor for 3rd BCT, 10th Mtn. "Fort Polk does a great job of building a feeling of inclusion. I feel that this event will really highlight the accomplishments of African American Soldiers."



# 118 years: Army Nurse Corps celebrates lengthy, distinguished history

By KATHY PORTS  
BJACH

FORT POLK, La. — The Army Nurse Corps has a long and distinguished history — one that has withstood time and changes. For 118 years it has lived up to its 118th anniversary theme: “Anywhere ... Anytime ... Always Ready.”

“This year’s theme emphasizes the number one priority of ensuring the readiness of our nursing teams to provide care whenever or wherever it is needed,” Col. Margaret Collier, Bayne-Jones Army Community Hospital chief nurse, told the crowd assembled for the celebration held Feb. 4 at BJACH.

“Our goal is to ensure all team members have the knowledge and skill to provide the care necessary on the battlefield,” she said.

“Army nurses provide care in military treatment facilities, are developing our expeditionary skill sets or working in numerous environments, so we can ensure we are ready to provide care anywhere.

“It is a great time to look at our organizations and how we are currently developing the ‘anywhere’ mindset.

“‘Anywhere ... Anytime ... Always Ready’ celebrates our dedication to delivering trusted, high-quality patient care for the past 118 years. This is also a great time to recognize the talented team we are part of and the great things nurses do every day,” Collier said.

“I’m proud to be able to call myself an Army nurse and wish all Army nurses a happy 118th birthday as we continue to ensure top-notch care to our forces and all those entrusted to our care.”

Maj. Brian Bolton, assistant deputy commander for Nursing, gave ceremony attendees

*Col. Margaret Collier, (left) BJACH’s chief nurse, and Capt. Kimberly Raymond — the most senior and junior nurses present at the celebration — cut the cake Feb. 4.*



an opportunity to display their Army Nurse Corps trivia knowledge by answering some questions about their history and traditions. Nurses with the correct answer won BJACH collectibles and gift bags.

BJACH’s Chap. (Capt.) Wayne Vandekrol read the blessing of the hands prayer for the nurses.

This was followed by the singing of the

Nurse Corps and Army songs.

Following nursing tradition, the most junior and senior nurses in attendance — Capt. Kimberly Raymond and Collier, respectively — cut the birthday cake.

Plates of cake made it back to the BJACH Army Nurses who were unable to attend due to providing continued to care for patients throughout the hospital.

## Tax

Continued from page 1

on refunds. However, Scanlon said Fort Polk’s Tax Center’s tax preparers are trained in the new tax regulations and ready to explain anything Soldiers and families don’t understand.

“The biggest thing for people to keep in mind is to be flexible and trust your tax preparer. They have the most accurate and up-to-date tax information on hand. I understand that may be difficult because hard-earned money is a personal thing,” she said.

For some, Scanlon said the changes could be beneficial. If not, Scanlon, who is also an attorney, said she would be happy to help clients learn more about the current tax regulations and assist them in better understanding the appropriate adjustments to get the most beneficial tax return next year.

“I would be happy to help them better understand what can be a complex explanation,” she said.

Staff Sgt. Petann Gordon, Fort Polk Tax Center

noncommissioned officer in charge, said she thinks this year’s crop of tax preparers were ready and open to learning the challenging new tax regulations during their training period.

“After we began the training, I think we all became more comfortable. With practice, we have mastered even the most difficult tax laws,” she said.

She encourages Soldiers to make an appointment at the Tax Center to let their preparers help. “It’s free and we are confident that we will get you an accurate and satisfactory return,” she said.

Sgt. Rachel Clark, 1st Battalion, 5th Aviation Regiment, trained as a preparer for this year’s tax season. She said the more time she has spent training, the more she has realized that she wants to help Soldiers get the best deal they can on their taxes. “I truly care about the Soldiers and how we can best help them,” she said.

Clark had never done taxes before volunteer-

ing at the Tax Center and she said learning the ins and outs of deductions, exemptions and new tax laws was overwhelming at first. Now that she has successfully completed the training, she said she is confident in her ability to get the job done.

Another tax preparer, Spc. Walter Tenney, 1st Battalion (Airborne), 509th Infantry Regiment, said the training wasn’t that difficult for him.

“I’ve done my own taxes for the last four years, so I already knew a little bit, but the training was intense and interesting. It allowed me to learn even more. I like having that knowledge because it helps me help other Soldiers, as well as having those additional skills to call upon when I need them in the future,” he said. “The training is going to allow me to help a large number of Soldiers and retirees. I love that.”

The Fort Polk Tax Center is open Monday through Wednesday and Fridays from 9 a.m.-5 p.m. and Saturdays from 9 a.m. to noon. To make an appointment call 531-1040.



## FPSC bring Mardi Gras fun to Fort Polk

By JENN BRINK

Fort Polk Spouses' Club

FORT POLK, La. — Shades of purple, green and gold lit up the Showboat Theater Feb. 1 as residents of Fort Polk and the surrounding community donned masks and smiles to raise funds for Fort Polk Spouses' Club community scholarships and grants. Guests were treated to hors d'oeuvres, drinks, dancing and the chance to mingle with old and new friends. Event attendance topped at 153 people this year — an increase from previous years, according to Brynn Rivera, FPSC President.

Rivera said this is the club's largest annual fundraising event, and a different theme is decided each year by the sitting board. Funds are raised through silent and live auctions of donated items.

More than 100 items were grouped into 62 auction items this year, all donated by the Fort Polk community and local businesses, raising \$12,584.

Scholarships and community grant applications are available at [www.fortpolkspousesclub.wildapricot.org](http://www.fortpolkspousesclub.wildapricot.org). Winners will be notified in April and presented with checks at the May social.

## Sign up now for summer youth camps at MPC

By CHRIS M. GROSS

Religious Education

FORT POLK, La. — The Fort Polk Religious Support Office offers a series of summer camps and events encouraging spiritual formation and growth to improve quality of life for children at Fort Polk.

The first is Camp in the City May 27-31 for school-aged children during the first week of summer break. The chapel then hosts three family workshops and three family movie nights during the summer months (dates to be determined). These are open to all military families assigned here at Fort Polk and will include an evening meal. The summer series will conclude with an epic, custom designed, first-ever L.E.G.O. Chapel Camp. This weeklong camp will serve a large group of children going into pre-k and kindergarten for the 2019/2020 academic year and a group of campers from first through fifth grade. The camp provides an opportunity for students who PCS into Fort Polk during the

summer months to integrate as they attend camp. L.E.G.O. Camp is held July 15-19. All summer programs are held at Main Post Chapel.

If you or someone you know is interested in registering for either camp, join the Facebook page [@FortPolkChapelPage](https://www.facebook.com/FortPolkChapelPage). Registration begins today at 9 a.m. for Camp in the City and for Pre K-K students attending L.E.G.O. Camp.

L.E.G.O. Camp registration for first through fifth grades will be held in June (date to be determined). A waitlist will be maintained for summer programs to ensure maximum participation for all students despite the unpredictability of military life. Seats are limited for each summer camp program and will go quickly — one camp filled in 54 minutes last year.

The websites to register are:

• <https://www.signupgenius.com/go/4090c4baaa62faafe3-legochapel> for L.E.G.O. camp.

• <https://www.signupgenius.com/go/4090c4baaa62faafe3-camp3> for Camp in the City.

For more information call 531-7056 or send email to [Chrissa.m.gross.civ@mail.mil](mailto:Chrissa.m.gross.civ@mail.mil)

## Briefs

### School lunches

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

- **Monday:** Chili and hot dog on a bun, French fries, ranch style beans, watermelon, coleslaw.
- **Tuesday:** Chicken nuggets, macaroni and cheese, green beans, pear halves, whole wheat roll.
- **Wednesday:** Barbecue ribettes, whole wheat bun, Cajun French fries, peas and carrots, pineapple chunks.
- **Thursday:** Whole grain spaghetti and meat sauce, corn, tossed salad cup, whole wheat garlic bread, fruit.

### Date night

Army Community Service's Family Advocacy Program hosts a date night, "Vow Renewal," from 6-9 p.m. today at ACS, bldg 920. FAP will pay for the cost of child care, as long as the children are enrolled in Child and Youth Services. This is an evening for couples to renew their vows, enjoy dinner, dancing and games. For more information or to register call 531-1938.

### VA assistance

Disabled American Veterans Post 20, Leesville, has a new service officer, John Cancienne, to assist veterans with submitting VA disability claims. The office is located in the Railway Suites, directly behind the Vernon Parish Courthouse on La. Hwy 468. Monthly meetings are held the third Monday of each month at 7 p.m. The next meeting is Feb. 18. Call (337) 244-5614.

### Motorcycle training

The following motorcycle training courses are offered through the Garrison Safety Office. Call 531-1981/0593 for details:

- **Basic Rider Course** — Every Monday through Wednesday from 9 a.m.-4 p.m. This is a 16-hour course and weather dependent for all military motorcycle riders.
- **Basic Rider Course II** — Thursdays from 9 a.m.-4 p.m. For experienced riders.
- **Military sport bike rider course** — The last Monday of the month. This is for those riding motorcycles that are considered sports bikes.
- **Intermediate driver's training** — Fridays from 2-4:30 p.m. This is for Soldiers age 25 and younger.
- **Remedial driver's training** — available once per quarter as requested. This is for military or civilian personnel that have been cited while driving a government vehicle.

# Let BJACH fair help you jumpstart healthier life

By KATHY PORTS

BJACH Public Affairs Officer

FORT POLK, La. — Here's a chance to improve yourself and your family's health and lifestyle in 2019: Bayne-Jones Army Community Hospital's Fifth Annual Health and Wellness Fair held Saturday in the Army and Air Force Exchange Service Exchange mall.

This free health fair takes place from 10 a.m. to 2 p.m. and is open to all Soldiers, retirees, Family members, Department of Defense civilians and contractors. Children are always welcome, so bring the whole family — with the temperatures dipping down again, the health fair makes a great destination for an afternoon of fun and information.

Maintaining a healthy lifestyle requires key ingredients — good nutrition, exercise and sleep — all essential elements for a better life. This health fair is designed to help you blend these ingredients so that you can easily add them into your daily activities.

Alexis D. Motely, MS, RDN, LDN — BJACH's registered dietitian and founder of the virtual Simply Healthy cooking classes — hosts two cooking demonstrations (including samples) at 10 and 11 a.m.

BJACH's Nutrition Care Division will be on hand to give out tips, healthy recipes and ideas geared to helping you make changes to improve your family's diet. The PX food cCourt vendors will also offer free samples.

Incorporating healthy recipes into your family's diet is a great place to start. Get the entire family involved in improving family nutrition. Let the kids help with meal planning and even simple cooking. Involving every family member in meal preparation makes it more fun and offers a great learning experience and family bonding time. You might even be surprised as to how much your children already know about good nutrition and healthy eating.

BJACH's Physical Therapy team will demonstrate how to use some of the physical fitness equipment available through the Exchange. A push-up contest is also planned. Exercise equipment demonstrations are held every 30 minutes starting at 10 a.m. If you want to enter the push-up contest, stop by the booth and they will count your push-ups and record the time.

The Army Performance Triad — sleep, activity and nutrition — is an initiative that encourages people to achieve and maintain balance by getting eight hours of sleep per day, walking at least 10,000 steps or getting some type of exercise each day and by eating a diet rich in fruits and vegetables. The plan can improve your life and the life of your family, too.

Representatives from Fort Polk's Army Wellness Center will be available to speak with you about their state-of-the-art facility, answer questions and talk about their classes, assessments and health coaching sessions.

More than 20 booths will be filled with valuable information on nutrition, good sleep habits, exercise, ways to improve your health plus ideas on how to make them part of you daily life. Subject matter experts from Bayne-Jones Army Community Hospital will be on hand to answer your questions while offering suggestions and information to help you maintain a healthy lifestyle. This year's booths also include the Army Sub-



stance Abuse Program, Family Morale, Welfare and Recreation fitness, and the chapel. Looking for volunteer opportunities? Check out the American Red Cross booth and their list of volunteer positions. Humana representatives will be available to answer your questions and explain TRICARE option changes while the Veterans Administration representative will concentrate on VA issues and helping retirees.

Make this the year you quit smoking or chewing by learning about a tobacco-free lifestyle. Becoming tobacco-free can greatly improve your health and help you save money, too. It also sets a great example for your children. A booth with smoking cessation classes, techniques and helpful hints will be available to help guide you in the right direction.

A variety of BJACH health booths — women's health, behavioral health, eyes, hearing, pharmacy services, dental and general wellness such as cholesterol, blood pressure, diabetes and men's health will also be available. You can even sign up for secure messaging at the fair. This free service gives you the ability to contact your primary care provider 24 hours per day and seven days per week with questions, test results and more.

Fort Polk's Exchange also offers discounts, special sales and savings geared toward fitness and wellness for the entire family. Kids can pose for photos with their favorite Star Wars characters and princesses while at the health fair.

Don't miss out on this opportunity to start off the year on the right foot by adopting a healthier lifestyle for your entire family. The event is free, so circle the date on your calendar, send a reminder to your cellphone for Saturday, 10 a.m. to 2 p.m., at the PX mall. It could be the start of a whole new way of life this spring and summer!



# Children bake, puzzle, laugh, enjoy ASC Play Morning



Decisions, decisions. Troy McGlinchey III, 2, is trying to figure out where the puzzle pieces go during fun time at Army Community Service Play Morning Feb. 5. Play Morning is held at ACS every Tuesday from 9-11 a.m. Play Morning is a 2-hour program where parents and children play together in a group setting. Activities include story time, crafts, music and more. The New Parent Support Program staff is available for questions regarding your child's development. For more information call 531-7065.



Owen Mitchell, 9 months, has so much to discover and learn about at Play Morning.



Kosen Hayno, 15 months, seems to enjoy walking around with a little help from his lion walker at ACS Play Morning Feb. 5.



Emorie Schrader, 1, is cooking up a storm at the ACS Play Morning.

Please see **Play**, page 12

# Check out hearts, history of Valentine's Day celebration

WWW.HISTORY.COM

Every Feb. 14, across the United States and in other places around the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint, and where did these traditions come from? Find out about the history of this centuries-old holiday, from ancient Roman rituals to the customs of Victorian England.

## The legend of St. Valentine

The history of Valentine's Day — and the story of its patron saint — is shrouded in mystery. It is known that February has long been celebrated as a month of romance, and that St. Valentine's Day, as it is known today, contains vestiges of both Christian and ancient Roman tradition. But who was St. Valentine, and how did he become associated with this ancient rite?

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred.

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tor-

ured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl — possibly his jailor's daughter — who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends are murky, the stories emphasize his appeal as a sympathetic, heroic and — most importantly —

romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.

## Valentine's Day: A day of romance

Lupercalia, an ancient pagan fertility festival, survived the initial rise of Christianity but was outlawed — as it was deemed "un-Christian" — at the end of the fifth century, when Pope Gelasius declared Feb. 14 St. Valentine's Day. It was not until much later, however, that the day became definitively associated with love.

During the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of Valentine's Day should be a day for romance.

Valentine greetings were popular as far back as the Middle Ages, though written Valentine's didn't begin to appear until af-

ter 1400. The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. (The greeting is now part of the manuscript collection of the British Library in London, England).

Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

## Typical Valentine's Day greetings

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia.

In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century. By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology.

Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons and colorful pictures known as "scrap."

Today, according to the Greeting Card Association, an estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year (more cards are sent at Christmas).

Women purchase approximately 85 percent of all valentines.



# Valentine makeup mixer to visit Fort Polk Exchange

By CARRIE BELTZ  
AAFES

FORT POLK, La. — Military shoppers at Fort Polk can put their best face forward ahead of Valentine's Day with the Army and Air Force Exchange Service.

At the Fort Polk Exchange's In Love With Makeup Valentine Mixer Saturday, shoppers can fall head over heels for the latest trends in cosmetics and skin care. Makeup tips and skincare demonstrations are offered as well as giveaways and a wine tasting in the beauty area. The mixer will run from 11 a.m. to 2 p.m. in the beauty area.

"This is a great chance to go all out for Cupid's favorite holiday," said Beth Pritchard, Fort Polk Exchange general manager. "The Fort Polk Exchange values bringing the community together for fun and relaxation to show appreciation for our Soldiers and military Families."

Two coupons will make shoppers' hearts skip a beat: \$5 off \$30 purchase or \$15 off \$60 purchase when using a MILITARY STAR card. Coupons are valid only for the day of the event and limited to cosmetics, fragrances, bath and body, hair care, skin care and nail products.

For more information call (337) 537-1001.



# Play

Continued from page 10



Austin Atchison in front, and his twin sister Rosie, 3, enjoy the expandable tunnel at Play Morning.



Parents and children play at ACS Play Morning held Feb. 5. For more information about Play Morning call 531-7065

ANGIE THORNE / GUARDIAN



Lillian Gaskins, 16 months, has fun traveling in and out of the tunnel at Play Morning.



Rory Mead, 20 months, enjoys taking a spin on his elephant scooter at the ACS Play Morning held Feb. 5.



Kevin Santos, 2, and his mom, Rebecca, take a break from playing on other things to work on a puzzle.

# Understand social engineering, phishing attacks

By Lt. Col. RICH HUDSON  
FORSCOM OPSEC Program

FORT BRAGG, N.C. — Social engineering is the art of manipulating people into performing actions or divulging sensitive information. While similar to a confidence trick or simple fraud, the term typically applies to trickery or deception for the purpose of information gathering, fraud or computer system access; in most cases the attacker never comes face-to-face with the victim.

Social engineering using impersonation (to gain information over the phone or to gate-crash) is known informally as “blagging.” In addition to criminal purposes, social engineering has also been employed by debt collectors, skip tracers, private investigators, bounty hunters and tabloid journalists. A study by Google researchers found that up to 90 percent of all domains involved in distributing fake antivirus software used social engineering techniques.

Social engineering used to gain access to buildings, systems or data by exploiting human psychology, rather than by breaking in or using technical hacking techniques. Social engineering has proven to be a successful way for a criminal to “get inside” an organization.

Security is all about knowing who and what to trust. Knowing when, and when not to, take a person at their word; when to trust that the person you are communicating with is indeed the person you think you are communicating with; when to trust that a website is or isn’t legitimate; when to trust that the person on the phone is or isn’t legitimate; when providing your information is or isn’t a good idea.

Ask any security professional and they will tell you that the weakest link in the security chain is the human who accepts a person or scenario at face value. It doesn’t matter how many locks and deadbolts are on your doors and windows, or if you have guard dogs, alarm systems, floodlights, fences with barbed wire, and armed security personnel; if you trust the person at the gate who says he is the pizza delivery guy and you let him in without checking if he is legitimate, you are completely exposed to whatever risk he represents.

## What is a social engineering attack?

In a social engineering attack, an attacker uses human interaction (social skills) to obtain or compromise information about an organization or its computer systems. An attacker may seem unassuming and respectable, possibly claiming to be a new employee, repair person, or researcher and even offering credentials to support that identity. However, by asking questions, he or she may be able to piece together enough information to infiltrate an organization’s network. If an attacker is not able to gather enough information from one source, he or she may contact another source within the same organization and rely on the information from the first source to add to his or her credibility.

## What is a phishing attack?

Phishing is a form of social engineering. Phishing attacks use email or malicious websites to solicit personal information by posing as a trustworthy organization. For example, an attacker may send email seemingly from a reputable credit card company or financial institution that requests account information, often suggesting that there is a problem. When users respond with the requested information, attackers can use it to



gain access to the accounts.

Phishing attacks may also appear to come from other types of organizations, such as charities. Attackers often take advantage of current events and certain times of the year, such as natural disasters (Hurricane Katrina, Indonesian tsunami), epidemics and health scares (H1N1), economic concerns (IRS scams), major political elections and holidays.

## How do you avoid being a victim?

- Be suspicious of unsolicited phone calls, visits, or email messages from individuals asking about employees or other internal information. If an unknown individual claims to be from a legitimate organization, try to verify his or her identity directly with the company.
- Do not provide personal information or information about your organization, including its structure or networks, unless you are certain of a person’s authority to have the information.
- Do not reveal personal or financial information in email, and do not respond to email solicitations for this information. This includes following links sent in email.
- Don’t send sensitive information over the Internet before checking a website’s privacy policy and security.
- Pay attention to the URL of a website. Malicious websites may look identical to a legitimate site, but the URL may use a variation in spelling or a different domain (.com vs. .net).
- If you are unsure whether an email request is legitimate, try to verify by contacting the company directly.
- Do not use contact information provided on a website connected to the request; instead, check previous statements for contact information.
- Install and maintain anti-virus software, firewalls and email filters to reduce some of this traffic.
- Take advantage of any anti-phishing features offered by your email client and web browser.

## What do you do if you think you are a victim?

If you believe you might have revealed sensitive information about your organization, report it to the appropriate people within the organization, including network administrators. They can be alert for any suspicious or unusual activity.

## Social networking safety tips overview

Social networking sites allow people to interact with others and find people with similar interests or backgrounds. Social networking sites enjoy worldwide popularity, underscoring the

need to understand potential risks associated with the use of these sites. A person’s online activities may inadvertently expose excessive information about their identity, location, relationships and affiliations, creating an increased risk of identity theft, stalking or targeted violence. A safer social networking experience is available by accepting some basic assumptions and following a few recommendations.

## Assumptions:

- Once something is posted on a social networking site, it can quickly spread. No amount of effort will erase it — the Internet does not forget.
- You are not anonymous on the Internet. There are people on the Internet who are not who they purport to be and will take advantage of you if afforded the opportunity.
- Participating in more social networking sites increases your attack surface and overall risk.
- Everyone on the Internet can see what you post, from where you post it, who your friends and associates are, the comments your friends make and your “witty” replies.
- An embarrassing comment or image will come back to haunt you ... one day ... when you least expect it ... at the least opportune time.
- There is a complete record of your online activity ... somewhere.

## Recommendations:

- Do not post anything you would be embarrassed to see on the evening news.
- Do not accept friend/follower requests from anyone you do not know; verify identities.
- Avoid using third-party applications; if needed, do not allow them to access your social networking accounts, friends list or address books.
- Do not post personally identifiable information.
- Be cautious about the images you post. What is in them may be more revealing than who is in them. Images posted over time may form a complete mosaic of you and your family.
- Do not allow others to tag you in images they post. Doing so makes you easier to locate and accurately construct your network of friends, relatives and associates.
- Securely configure your social networking accounts to minimize who can see your information.
- Do not use “check-ins.” If check-ins are enabled, disable them. Do not post your specific location.
- Be cautious when accessing online accounts from public Wi-Fi connections. Someone might have installed software capable of capturing your login credentials and other sensitive information.
- Do not use the save password, remember me or keep me logged in options from public or shared computers.
- Limit social networking to personal use.
- Do not use the same password for all of your accounts. Make sure the passwords for your financial sites are not permutations of your other passwords.
- Do not use your social networking site to login to other sites. Create another user account on the new site instead.
- Use strong, unique passwords. Consider passphrases for an additional level of safety.
- Keep anti-virus software current.
- Do not arrange meetings with people you meet online.

# Up your parade game by attending Mardi Gras extravaganzas

## GUARDIAN STAFF

FORT POLK, La. — No matter what part of the country you are from, most people have experienced a parade of one kind or another — Christmas, fair or 4th of July.

But you haven't really reached parade mastery until you've experienced a Mardi Gras parade in all of its glory. It's an explosion of color, sound, excitement, fun and feast in preparation for Lent — a season of 40 days, not counting Sundays, beginning on Ash Wednesday (the day after Mardi Gras) which honors the sacrifice of Jesus on the cross in the days leading up to Easter.

They stake out their place on the parade route early in the day to make sure they have a good spot. The dress in their purple, green and gold (Mardi Gras colors) and make sure to practice yelling, "Throw me something mister!"

It's the battle cry of any Mardi Gras parade attendee hoping to score a few of those free plastic beads, doubloons and other festive trinkets.

There was a time when you had to drive south of Interstate 10 to see such parades, but now it seems as though every city and town in the state takes part in this pre-Lenten frivolity as the "Mardi Gras au coer de la Louisianne" (Mardi Gras in the heart of Louisiana) spirit takes hold.

If you would like to see for yourself what all the excitement is about, here is a listing of just a

few of the Mardi Gras celebrations that will be taking place across the state:

### 2019 Leesville Mardi Gras parade:

- March 2 — The Mardi Gras parade takes place at 2 p.m. along Third Street.

### 2019 Lafayette Mardi Gras events:

- Feb. 22 — Krewe de Canailles Walking Parade. Downtown, 6:30 p.m.

- Feb. 23 — Krewe of Carnivale en Rio Mardi Gras Parade. Downtown to Cajun Field at 6:30 p.m. For more information call (337) 984-6522 or visit [RioLafayette.com](http://RioLafayette.com).

- Feb. 23 — Krewe des Chiens. Downtown at 2 p.m. For more information call (337) 984-6522.

- March 1-5 — Le Festival de Mardi Gras à Lafayette. Carnival rides & games, live music, food vendors, parades roll through festival grounds at Cajun Field. Times vary.

- March 2 — Krewe of Bonaparte Mardi Gras Parade at 6:30 p.m.

- March 2 — Children's Parade begins at 12:30 p.m.

- March 4 — Queen Evangeline's Parade takes place at 6 p.m.

- March 5 — Mardi Gras Show at Clark Field. Clark Field Stadium.

- March 5 — King Gabriel's Parade takes place at 10 a.m.

- March 5 — Lafayette Mardi Gras Festival Parade takes place at 1 p.m.

- March 5 — TownSquare Media Independent Parade takes place at 2:30 p.m. For more information call (800) 346-1958 or visit [www.lafayette-travel.com](http://www.lafayette-travel.com) or [GoMardiGras.com](http://GoMardiGras.com).

2019 Lake Charles Mardi Gras events

- Feb. 28 — Mardi Gras lighted boat parade at 7 p.m. along the Lakefront Promenade, 900 Lakeshore Dr. Watch a Mardi Gras parade on the lake.

- March 1 — Mardi Gras merchants' parade takes place at 7 p.m. It begins downtown and travels down Ryan Street. Local business leaders and social organizations take to the streets on festive Mardi Gras floats from the Lake Charles Civic Center to Ryan Street, ending at Sale Road.

- March 2 — Krewe of Barkus Parade begins at 2 p.m. at the Civic Center, 900 Lakeshore Dr. A parade of costumed pets and their owners makes for a whimsical, carnival atmosphere.

- March 3 — Mardi Gras Children's parade begins at 3:30 p.m. The parade route travels along Ryan Street.

- March 5 — Krewe of Krewes Mardi Gras parade begins at 5 p.m. from downtown and travels along Ryan Street.

For more information visit [www.visit-lakecharles.org](http://www.visit-lakecharles.org).

### 2019 Alexandria Mardi Gras events:

- March 1 — Hixson Classic Cars and College Cheerleader Parade begins at 4 p.m.

- March 2 — Children's Parade begins at 10 a.m. and travels along Murray street.

- March 2 — Alexandria Zoo Mardi Gras party takes place from 2-4 p.m. Admission is regular price. For more information visit [www.thealexandriazoo.com](http://www.thealexandriazoo.com).

- March 3 — Krewes parade begins at 2 p.m. For more information visit [www.alexmardi-gras.net](http://www.alexmardi-gras.net).

2019 Monroe Mardi Gras parade:

## NOTICE OF AVAILABILITY OF ENVIRONMENTAL ASSESSMENT

Fort Polk has completed an Environmental Assessment (EA) for the Expansion and Operation of Geronimo Drop Zone Support of the Dual Row Airdrops System (DRAS) Operations at Joint Readiness Training Center (JRTC) and Fort Polk, Louisiana. The EA and Draft Finding of No Significant Impact (FNSI) are being made available on February 8, 2019 for a 30-day public review and comment period ending on March 11, 2019. A copy of the EA and Draft FNSI is available on-line at <https://home.army.mil/polk/index.php/about/garrison-directorates-and-support-offices/public-affairs/media-relations> under the Environmental Assessment Reports tab or may be requested by contacting the JRTC and Fort Polk Public Affairs Office at the number and address below. Comments must be postmarked or received within the 30-day comment period. Copies of the EA and Draft FNSI are also available at the following libraries: Beauregard Parish Library, 205 South Washington Avenue, DeRidder and Vernon Parish Library, 1401 Nolan Trace, Leesville.

Please address questions or comments to: Public Affairs Office, 7033 Magnolia Drive, Building 4919, Fort Polk, LA 71459-5342; or email: [usarmy.polk.imcom.mbx.pao-public-response@mail.mil](mailto:usarmy.polk.imcom.mbx.pao-public-response@mail.mil).



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# Sipping, snacking, tooth decay – don't let this happen to your children

## AMERICAN DENTAL ASSOCIATION

NIAGRA FALLS, N.Y. — February is Children's Dental Health Month. This month-long national health observance brings together thousands of dedicated professionals, health-care providers and educators to promote the benefits of good oral health to children, their care givers, teachers and others.

Now more than ever, kids are faced with a bewildering array of food choices — from fresh produce to sugar-laden processed convenience meals and snack foods. What children eat and when they eat it may affect not only their general health but also their oral health.

Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before. It's clear that junk foods and drinks gradually have replaced nutritious beverages and foods for many people. For example, the average teenage boy in the U.S. consumes 81 gallons of soft drinks each year. Alarmingly, a steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day. Some activities that may contribute to the tendency toward tooth decay include grazing habitually on foods with minimal nutritional value and frequently sipping on sugary drinks.

When sugar is consumed over and over again

in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. The acid in turn can eat away the enamel on teeth.

Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these foods contain important nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from bread to pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious diet for you and your kids. Reduce your children's risk of tooth decay:

Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.

Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.

If your kids chew gum, make it sugarless — chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.

Monitor beverage consumption — instead of soft drinks all day, children should also choose water and low-fat milk.

Help your children develop good brushing and flossing habits.

Schedule regular dental visits.



## Take note of some interesting dental facts

### AMERICAN DENTAL ASSOCIATION

It's Children's Dental Health Month, so why not have some fun by learning a few interesting facts about your teeth and how to keep them healthy.

- Dental students in Japan practice on robots.
- Prehistoric kids almost never had cavities because they didn't eat sugar.
- One in every 2,000 babies is born with a tooth.
- The average human produces 25,000 quarts of spit in a lifetime — enough to fill two swimming pools.
- Every person has a unique tongue print.

- It takes 17 muscles to smile but 43 to frown.
- Teeth are as unique as fingerprints. Even identical twins have different dental patterns.
- The first electric toothbrush was sold 40 years ago.
- People don't chew up and down; they chew side to side just like cows.
- Close to three million miles of dental floss is purchased in the United States every year.
- Tooth enamel is the strongest substance in the human body; because it's so durable, healthy tooth enamel protects teeth from cavity-causing oral bacteria.
- Teeth contain stem cells. In fact, according to SingularityHUB, some researchers are using dental stem cells to regrow human teeth. If successful, this technology would mean we can biologically replace lost adult teeth for the first time in history.
- Unlike bones or other parts of the body, teeth are incapable of self-repair. This is why receiving fillings and other dental work is necessary to protect teeth from further damage.

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CALL NOW  
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# Lagniappe

## BOSS

Check out Fort Polk's Better Opportunities for Single Soldiers. The organization offers single Soldiers the opportunity to volunteer, as well as participate in fun events. Don't miss your opportunity to take part.

### • Basketball game

Fort Polk BOSS is taking a trip to New Orleans as the Pelicans host the Suns March 16. The cost is \$70 per Soldier, which covers transportation, hotel, ticket and VIP game experience. Space is limited so don't miss your chance to watch basketball at its best. Departure is from the Home of Heroes Recreation Center at 9 a.m. For more information on BOSS events call 531-1948.

## Festivals

### • Black Heritage Festival

The annual Black Heritage Festival takes place March 9 at the Lake Charles Civic Center, 900 Lakeshore Dr., Lake Charles, from noon to 6 p.m. The festival features live entertainment, mouth-watering food and family fun. The event brings together the cultures of Africa and Southwest Louisiana and highlights the best in the community.

Celebrating diversity, culture and education, the festival is filled with legendary Zydeco, jazz, rhythm and blues and gospel performers. Food booths will serve plenty of great tasting Louisiana Creole and traditional African-American foods, including gumbo, jambalaya and barbecue.

The vendor marketplace will be open with an array of art, books, jewelry, African artifacts, clothing, collectibles, Greek paraphernalia and more. Admission is \$5 per person. Children 5 and under get in free.

For more information visit [www.bhflc.org](http://www.bhflc.org).

### • Rabbit Festival

The Iowa Rabbit Festival takes place March 14-16 at the Burton Coliseum Complex, 7001 Gulf Hwy., Lake Charles.

March 14 from 5 p.m.-midnight is free admission night. The carnival and vendors will be open and accessible, but the Burton Coliseum will be closed.

March 15 the festival takes place from 5 p.m.-midnight. Admission is \$5 per person for those 12 years and older.

March 16 the festival opens at 10 a.m. and ends at midnight. Admission is \$5 per person for those 12 years and older.

Live entertainment includes local musicians Dustin Sonnier, Wayne Toups, Jamie Bergeron and more.

For more information visit [www.iowarabbitfestival.org](http://www.iowarabbitfestival.org).

### • Nursery Festival

Get a jump start on your spring planting at the 34th annual Louisiana Nursery Festival March 15-17 in Forest Hill. Hours are March 15-16 from 8 a.m.-6 p.m. and March 17 from 10 a.m.-4 p.m.

Vendors host booths offering a wide variety of handmade crafts and other wares. In addition, it's hard to decide which beautiful plants to take home. All types of shrubs and trees are available in a variety of sizes. Rose bushes, es-

pecially the disease resistant Knock-Out Rose, are offered in a host of colors. Also, be sure not to forget your bedding plants that provide color to your garden all summer long. If you are stumped as to what to plant and where, just ask one of the garden experts available on site.

Equipment displays line the back of the grounds with golf carts, lawnmowers, lawn care tools, tractors and pickup trucks for the man (or woman) to consider purchasing.

There'll be food booths that will be cooking items that will tantalize your taste buds. While doing all your shopping, the kids can enjoy the midway rides. For more information call (318) 452-2362.

## Miscellaneous

### • Texas Hold 'em

If you love a good game of poker, stop by Spare Time Lounge, 2087 Ninth St., Fort Polk, today at 6 p.m. to participate in a Texas Hold'em Tournament. The event takes place every Friday at 6 p.m. There is a \$20 buy-in and one \$20 re-buy. Weekly prizes are awarded to the top three players. Call 531-8139 for more information.

### • Community play

The Impromptu Players present "Let Him Sleep 'Til It's Time for His Funeral" by Peg Kehret, at the Wooten Theatre, 102 E 1st St, DeRidder.

The play is a comedy in which everything goes from bad to awful as Marianne decides to throw her husband, John, a surprise funeral instead of a birthday party when he confesses he is anxious about turning 50. Thinking this will show him how much he is loved, Marianne's plans obviously don't turn out as she expects them to, leading to hilarity throughout the play.

Non-dinner shows take place Saturday at 7 p.m., Feb. 15 at 7 p.m. and Sunday at 2 p.m. Dinner shows take place today and Feb. 16 at 7 p.m. Reservations are required. Call (337) 462-2751 to make reservations.

### • Garden forum

If you are itching to begin your planting season, stop by the War Memorial Civic Center, DeRidder, Feb. 15 from 9 a.m.-noon. for a Spring Garden Forum, hosted by the Beauregard Master Gardeners and the Louisiana State University Agriculture Center. Discussion topics include soil nutrition, blueberries, tomatoes and Louisiana super plants. Admission is free.

For more information call (337) 463-7006.

### • Boxing trials

USA Boxing, the national governing body for Olympic-style amateur boxing, chose Lake Charles to host the 2020 Olympic Trials in Boxing and National Championships Dec. 7-15 at the Lake Charles Civic Center, 900 Lake Shore Drive. The event will feature both male and female elite and youth boxers from across the United States. The majority of the events will take place inside the Sudduth Coliseum — within the Lake Charles Civic Center — and the Olympic Trial championship matches will be held at the Rosa Hart Theatre to determine which boxers will represent the USA in the 2020 Olympic Games in Tokyo. For more information visit [www.teamusa.org/USA-Boxing](http://www.teamusa.org/USA-Boxing).



## Clubs/groups

### • Toastmasters meet

Is Toastmasters right for you? Do you want to become a confident public speaker and strong leader?

If so, Toastmasters is the place for you. You'll find a supportive learn-by-doing environment that allows you to achieve your goals at your own pace. The Fort Polk Toastmasters Club is called Speak and Grow Toastmasters.

The club invites you to stop by and get to know them. The club meets from noon-1 p.m. at the Fort Polk Education Center, 7460 Colorado Ave., room 208, on the first and third Wednesdays of each month. The next meeting is Feb. 20. For more information call LaVersa Wiltz at (337) 208-8557.

### • Language club

Immerse yourself in learning a foreign language such as Russian, Spanish, Brazilian, Portuguese or Tagalog by attending the Language Immersion Table.

The club meets the first Wednesday of each month from noon to 1 p.m. at Tiger Hall. The next meeting is March 6. For more information call Miguel Moyeno at (636) 577-4274.

### • Lose weight

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

### • Bass Masters

If you like to fish and want to be part of a group with common interests, the Fort Polk Community Bass Masters is the right club for you.

The club meets monthly on the Tuesday before each tournament. Meetings are held at 7 p.m. at the New Llano American Legion, Post 387, 500 Vernon St., New Llano. The February tournament takes place on Toledo Bend Saturday. For more information call (337) 535-7591.

or (337) 397-0745 or visit [www.fortpolkcommunitybassmasters.com](http://www.fortpolkcommunitybassmasters.com).

# Fort Polk Guardian

www.thefortpolkguardian.com

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### SCHOOLS

**CHILD CARE OPENING'S** at First Assembly Christian Academy! 6 Weeks to 3-years-old. Also Enrolling Pre K - 4 for 2019-2020! Call 337-239-6553 or visit us at 1201 South 9th in Leesville.

### SERVICES

**INDEPENDENT CARE-GIVER** Caring & Compassionate lady who will help with personal hygiene, medication, laundry, light housekeeping and cooking. Will drive where ever you need to go, run errands and help with secretarial duties. Prefer to work 12/7 OR 24/7 (flexible but need at least 8 hours per day). \*No Inside Cats\* \*Excellent References Available\* Call Rose: 337-348-2381.

### HELP WANTED

**ATTENTION: HAIR STYLIST'S & NAIL TECH** Body & Balance is looking for Talented & Motivated Hair Stylist and a Nail Tech. I can offer booth Rental or Commission. For a Personal Interview call Callie - 337-353-4446.

### FOR SALE

**2011 JEEP LIBERTY 4X4**, 85k miles in very good cond. Try to finance it. Asking \$6500. Call 337-353-3360.

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

### FOR RENT

**LOW RATES!** Fully Furnished Studio Suites. Daily, Weekly, and monthly rates available. Full Kitchenettes with utilities & Cable included. **EARN FREE STAYS! CALL NOW** 318-370-8356

**HOUSE FOR RENT:** three bedroom one bath. \$650 per month. Available in mid-February. For more information call 337-208-9177.

### PETS

**CATAHOULA PUPS FOR SALE!** 3 Month old Catahoula Leopard Pups with Glass - Eyez, Wormed, Hunting Stock. \$100 each. Call 337-286-5446 OR 337-423-3512

### 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.

### STATEWIDES

**FAMILY ISN'T ALWAYS ABOUT GIVING BIRTH, IT'S ABOUT GIVING LOVE!** Loving, Single, Mother looking to adopt a newborn. Expenses Paid. Call 917-745-6945 (LA-SCAN)

**PREGNANT? CONSIDERING ADOPTION? CALL** us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-855-780-8359 (LA-SCAN)

**APPLYING FOR SOCIAL SECURITY DISABILITY OR**

**APPEALING A DENIED CLAIM?** Call Bill Gordon & Assoc., Social Security Disability Attorneys, 1-844-883-2045 FREE Consultations. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. (TX/NM Bar)] (LA-SCAN)

**LANE GASPARD FARM LIQUIDATION** Auction Saturday | Feb. 23rd | 10am Farm Tractors, Implements, Construction Equip., Trailers, Trucks and More!! Limited Consignments Accepted Call: 225-686-2252 www.HendersonAuctions.com Auctioneer: M.Henderson 136-19 (LA-SCAN)

**PREMIER EQUINE AUCTIONS** Spring Fling Horse Sale April 5th & 6th Lufkin, Texas Consignment deadline is March 1st premierequineauctions.com Mike Pedersen & Steve Friskup owners Phone (337) 494-1333 (LA-SCAN)

**AIRLINE MECHANIC TRAINING GET FAA CERTIFICATION.** No High School Diploma or GED-We can help. Approved for military benefits. Financial aid if qualified. Job placement assistance. Call Aviation

Institute of Maintenance. 877-902-6315 (LA-SCAN)

**HEALTHCARE CAREER TRAINING ONLINE.** Start a New Career in Medical Billing & Coding. Medical Administrative Assistant. To learn more, call Ultimate Medical Academy. 1-855-400-1967 (LA-SCAN)

**FINANCIAL BENEFITS FOR THOSE FACING SERIOUS ILLNESS.** You may qualify for a Living Benefit Loan today (up to 50 percent of your Life Insurance Policy Death Benefit.) Free Information. CALL 1-844-297-7783 (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)

**DIRECTV & AT&T 155 CHANNELS & 1000s of Shows/Movies On Demand (w/SELECT Package.)** AT&T Internet 99 Percent Reliability. Unlimited Texts to 120 Countries w/AT&T Wireless. Call 4 FREE Quote- 1-866-734-0452 (LA-SCAN)

**GET A SMARTPHONE FOR \$0 DOWN\*** with

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

call Theresa Larue

337-404-7242

or email her at

sales@thefortpolkguardian.com



## Guardian Tradin' Post Ad

\* Advertising is FREE for soldiers, family members and DA civilians.

\* Businesses will not receive free advertising. All business ads must be prepaid. We accept Visa and Mastercard. (This includes child care, quarters-cleaning, or the sale and/or breeding of multiple pedigreed/registered animals)

\* Only single soldiers living in barracks may list numbers with 531 prefixes.

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

Deadline for FREE ads is NOON Tuesday.

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

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


I am a:  Soldier  Retiree  DA Civilian  Military family member

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

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

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

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## REGION'S LEADER IN ADVANCED HEART CARE

When it comes to the heart, Rapides Regional Medical Center provides cardiac care on a higher level.

Our physicians and staff provide a variety of advanced treatments only available here.

### SMALLEST PACEMAKER

World's smallest leadless pacemaker for patients experiencing irregular or slow heartbeats

### ELECTROPHYSIOLOGY

Cardiac ablations to correct heart rhythms in a cath lab setting

### TAVR

Transcatheter Aortic Valve Replacement for patients with aortic stenosis

### CATH LAB AND OPEN HEART SURGERY

The most complex heart cath and surgeries performed by skilled specialists

For a list of cardiologists and cardiovascular surgeons, visit rapidesregional.com



**Rapides Regional Medical Center**

HEALTH CARE ON A HIGHER LEVEL

AT&T Next® and AT&T Next Every Year? \$250 Gift Card for Switching to AT&T! (\*Req's well-qualified credit. Limits & restr's apply.) 1-844-334-8365 (LA-SCAN)

**HUGHESNET SATELLITE INTERNET** - 25mbps starting at \$49.99/month! Get More Data FREE Off-Peak Data. FAST download speeds. Wi-Fi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-844-253-8788 (LA-SCAN)

**SPECTRUM TRIPLE PLAY! TV, Internet & Voice** for \$29.99 each. 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! 1-855-801-0860 (LA-SCAN)

**ATTENTION: OXYGEN USERS! GAIN** freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 844-282-3397 (LA-SCAN)

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**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)

**SLEEP APNEA PATIENTS** - If you have Medicare coverage, call Verus Healthcare to qualify for CPAP supplies for little or no cost in minutes. Home Delivery, Healthy Sleep Guide and More - FREE! Our customer care agents await your call. 1-855-235-8207 (LA-SCAN)

**START SAVING BIG ON MEDICATIONS!** Up To 90% Savings from 90DAYMEDS! Over 3500 Medications Available! Prescriptions Required. Pharmacy Checker Approved. CALL Today for Your FREE Quote. 1-855-631-6419 (LA-SCAN)

**STAY IN YOUR HOME LONGER** with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-855-776-5828 (LA-SCAN)

# Put Your Career In High Gear!



**CALL 1-800-443-3780**

Class openings now in Alexandria, Baton Rouge, Hammond, Harvey, Lafayette, and Monroe.

## Earn a Class A, B or C CDL

- FULL-TIME 4 WEEK PROGRAM -160 Hours
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- Refresher Course -40 Hours
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We are a 3rd party tester.

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**YOUR MEDICATION, MADE EASY!** PillPack is a full-service pharmacy that sorts your medication by the dose and delivers to your door -- For free. Learn more: 877-811-5046 (LA-SCAN)

**BATHROOM RENOVATIONS. EASY ONE DAY** updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 1-855-798-4865 (LA-SCAN)

**AT&T INTERNET. GET MORE** For Your High-Speed Internet Thing. Starting at \$40/month with 12-month agreement. Includes 1 TB of data per month. Ask us how to bundle and SAVE! Geo & service restrictions apply. Call us today 1-866-297-0160 (LA-SCAN)

**DIRECTV NOW. NO SATELLITE** Needed. \$40/month. 65 Channels. Stream Breaking News, Live Events, Sports & On Demand Titles. No Annual Contract. No Commitment. CALL 1-877-201-3648 (LA-SCAN)

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

**EARTHLINK HIGH SPEED INTERNET.** As

Low As \$14.95/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)

**HOME BREAK-INS TAKE LESS THAN 60 SECONDS.** Don't wait! Protect your family, your home, and your assets NOW. Get a FREE Quote! Call 1-888-694-2603 (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! 1-855-222-0483 (LA-SCAN)

**SECURE YOUR HOME WITH VIVINT SMART HOME TECHNOLOGY.** Call 1-888-894-0402 to learn how you can get a professionally installed security system with \$0 activation. (LA-SCAN)

**AUTO INSURANCE STARTING AT \$49!**

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

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**MONTH!** Call for your fee rate comparison to see how much you can save! Call: 844-430-4651 (LA-SCAN)

**DENTAL INSURANCE. CALL PHYSICIANS** Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 1-855-268-0108 or <http://www.dental50plus.com/morningAd#6118> (LA-SCAN)

**WE SHOP; YOU SAVE ON YOUR MEDICARE SUPPLEMENT INSURANCE!** Call 1-844-318-1309 today to compare Medicare benefits and costs from up to 20 top-rated carriers. Receive the best option for you. (LA-SCAN)

**SAVE ON YOUR NEXT PRESCRIPTION!** World Health Link. Price Match Guarantee! Prescriptions Required. CIPA Certified. Over 1500 medications

available. CALL Today For A Free Price Quote. 1-877-784-6520 Call Now! (LA-SCAN)

**CRAFTMATIC ADJUSTABLE BEDS FOR LESS!** Up to 50% Off Leading Competitors. #1 Rated Adjustable Bed. Trusted Over 40 Years. All Mattress Types Available. Shop by Phone and SAVE! CALL 1-877-852-8167 (LA-SCAN)

**PORTABLE OXYGEN CONCENTRATOR MAY BE COVERED BY MEDICARE!** Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 1-855-636-1667 (LA-SCAN)

## HELP WANTED

Custodians on Fort Polk Please apply in person at Town of Rosepine located at 18846 Johnny B Hall Memorial Hwy Rosepine, La.

**BECOME A PUBLISHED AUTHOR!** Publications sold at all major secular & specialty Christian bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-866-749-2897 (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)

**LUNG CANCER? AND AGE 60+?** You And Your Family May Be Entitled To Significant Cash Award. No Risk. No Money Out Of Pocket. For Information

### 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**


Call 1-877-703-7011 (LA-SCAN)

**STUDENT LOAN HELP IS HERE!** Out of school & OVERWHELMED with federal STUDENT LOAN DEBT? We may be able to help reduce your debt with loan consolidation! Call: 1-877-625-1059 (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: 1-866-233-2480 (LA-SCAN)

**VIAGRA AND CIALIS USERS!** Cut your drug costs! SAVE \$Money! 50 Pills for \$99.00. FREE Shipping! 100% Guaranteed and Discreet. CALL 1-866-565-8358 (LA-SCAN)

### 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
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Units may be combined Six Month and Up Lease Terms  
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## JOINT READINESS TRAINING CENTER



### FORT POLK HOME OF HEROES

## Waste Connections, Inc.

Connect with the Future®

# Waste Connections is proud to be serving Fort Polk Home Of Heroes

We would like to provide some information each month to help us give Ft. Polk the best service possible

1. All dumpsters on Fort Polk are required to have top lids and side doors closed at all times, we ask that when you are done placing items in the container you ensure lids and doors are closed.
2. Please do not place any items in front of dumpsters as this prevents the driver from being able to service the dumpster.
3. There should be no field trash placed in any dumpster not marked "Mixed Field Waste", if a unit has field training to conduct they can call 535-1155 and schedule containers to be placed at their training location.
4. Please do not park vehicles around dumpsters, this will prevent the dumpster from being serviced.

If there are any questions and or concerns about dumpsters, bulk items or containers for field training please contact us at 535-1155 for Assistance.



## Dental Plus COMPLETE FAMILY DENTISTRY

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# Fort Polk Guardian

[www.thefortpolkguardian.com](http://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  
Benoit Ford

