FORT POLK, La. — Col. Roger L. Shuck received the Installation Management Command colors and the office of garrison commander from outgoing garrison commander Col. Francis B. Burns during a garrison change of command ceremony July 6.

Before the ceremony, the patriotic sounds of “Yankee Doodle Dandy” and “My Country, ‘Tis of Thee” played for the large crowd of attendees, reminding onlookers of, said keynote speaker Davis D. Tindoll Jr., Director of IMCOM-SE Region, “an Army who protects us from the enemies who challenge our freedom.”

“It’s a privilege for me to be on this installation,” said Tindoll during his keynote speech.

“I thank (Brig. Gen.) Clarence K.K. Chinn, commanding general of the Joint Readiness Training Center and Fort Polk, for his dedication and leadership.

“Colonel Burns successfully obtained funding for Picerne Military Housing neighborhood centers, for renovations of barracks; he improved recreational facilities and much more,” said Tindoll. “He ensured the signing of the Army Family Covenant.

“Burns has done his part in making Fort Polk a better installation. We wish him nothing but the best as he puts himself in harm’s way for our nation.”

Shuck, Tindoll said, “offers impeccable credentials to fill this position.”

Shuck entered the Army in January 1989 after receiving his commission as a second lieutenant through Army Reserve Officer Training Corps.

He has served as the Chief of Staff of the Joint Readiness Training Center and Fort Polk since July 2010.

After passing the unit colors to Shuck, Burns said a few words to the installation where, he said, “I’ve learned so much.

“My life has been a gift from my creator. What I do with it is my gift to Him,” he said.

He commended his wife, calling her “my north, south, east and west and my advisor.”

In a humorous anecdote, he told the story of the time he served in Iraq and his son used to pray to God to “help my dad in the rack.”

“The key to failure is trying to please everyone,” he said. “I’ve gained from the criticism I have received and have never suffered from the lack thereof.”

He spoke of Shuck, his neighbor “in every way,” and presented Shuck with his golf club.

“He came by every weekend to borrow my driver — we both love golf — so Roger, here it is. Use it in good health.”

In speaking of the position of garrison commander, Tindoll said, “The Army does not train garrison commanders — it trains leaders.”

He compared the office of garrison commander to that of a mayor. The garrison commander is in charge of a facility (in this case, Fort Polk) and all its day-to-day operations.

A majority of the civilian workforce on post work for the garrison

Shuck takes colors, assumes command of Fort Polk garrison

By RACHEL REISCHLING
Guardian staff writer

Please see Shuck, page 7
Polk people

It seems those little technological gadgets called cell phones have become extensions of the human hand. That’s why Guardian staff asked members of the Fort Polk community, “What annoys you most about cell phones?”

Tiffany Gregory: “The phones that you can press any key to answer. I hate when I press a key by accident when I didn’t really want to talk.”

Laura and Victoria (8) Roche: “They hurt our ears when we talk too much. Also, it’s easy to make mistakes when you have a touch screen.”

Spc. Johannes Cawood: “I would say people driving while talking on their cell (prohibited on post).”

Melissa Cebeliot: “When people are eating out and the phone rings at another table and you have to listen to another person’s conversation.”

India Cannon: “When I’m texting and the phone predicts the wrong word and I have to go back and change it.”

2nd Lt. Jason Albano: “I’d have to say the reception. It’s splotchy and when you go into a building, it can be nonexistent.”

EFMP respite care: Enhancing quality of life

By Gen. RICK LYNCH
IMCOM commander

Starting in July, the Exceptional Family Member Program is standardizing and streamlining the process for delivering respite care to eligible Families in need of support. The EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive, coordinated community support, housing, educational, medical and personnel services to Families with special needs.

It is focused on helping these Families find the support and care needed to ensure all their members can thrive.

Respite care is one way EFMP helps to provide support for all Family members — in this case, the caregivers. Caring for a Family member with special needs, especially severe chronic medical conditions, is an around-the-clock job. There may be no end to a caregiver’s love, but everyone who shoulders such responsibilities needs a break to rest and recharge.

EFMP respite care provides that break. Qualifying Families are eligible for up to 40 hours of respite care a month for each certified Family member. In an effort to enhance service delivery to EFMP-enrolled Families, IMCOM has revised EFMP respite care policies and procedures.

The revision is effective this month. It includes changes in eligibility criteria and the Family Services Needs Matrix, and online training for EFMP managers and physicians. An EFMP respite care panel will be established at each garrison to review and recommend approval or disapproval of all respite care submissions to the garrison commander, who is the decision authority.

Garrison EFMP Managers are available to provide more detailed information. Please see Care, page 7.
Briefs

BJ ACH clinic moves

Due to renovations at Bayne-Jones Army Community Hospital, the Occupational Therapy Clinic, chiropractor, Veteran’s Affairs and Managed Care offices are closed through Monday as they move into bldg 108, located adjacent to the first floor main entrance.

The Medical Evaluation Board is also closed through Monday as it relocates to the fifth floor, adjacent to the Progressive Care Unit.

All clinic phone numbers and operating hours remain the same and reopen Tuesday.

Post improvements

The following post improvements may impact motorist and pedestrian traffic at Fort Polk:

- Access to the rear/loading dock of the 1st Maneuver Enhancement Brigade dining facility in bldg 2382, the 1st MEB Aide Station in bldg 2380 and the 1st MEB Gym in bldg 2276, as well as 20 parking spaces to the immediate east of these buildings, will be disrupted Monday through July 17 for asphalt repavement following excavation for pipe replacement.

The large parking lot east of these buildings will accommodate this 10-day loss of parking spaces with minimal inconvenience.

- Work crews will replace 3,000 linear feet of natural gas pipeline located west of Chaffee Road’s landfill. Estimated work time is 30 days and expected to begin Monday.

Minimal impact to traffic on Chaffee Road is expected but motorists need to reduce their speed and use caution as trucks will be entering and leaving the work site. The asphalt running trail will be protected from vehicle crossings by using sheets of plywood.

Trail users may proceed with caution and workers will be given safety briefings to watch out for pedestrians and runners.

DTS training

Defense Travel Service classes are ongoing at Fort Polk’s Library and Education Center, bldg 660.

Each class has 20 computers, so space is limited.

- Thursday from 1-3:30 p.m., “approving and reviewing official,” room 215.
- July 19-21 from 9 a.m.-3:30 p.m., “Organizational Defense Travel Administrator (requires certifying officers legislation training certificate to attend), room 215.
- For more information call 531-0421 or email Rene.Pardue@us.army.mil.

Please see Briefs, page 5

705th EOD Soldiers honor fallen comrade

By Sgt. 1st Class MATT MEADOWS

Task Force Patriot

LOGAR PROVINCE, Afghanistan – Soldiers from 705th Explosive Ordnance Disposal Company remember Staff Sgt. Michael J. Garcia as a brave, unshakeable and excellent EOD technician and mentor who had a positive, jovial disposition.

Garcia was a 27-year-old Bossier City, La., native assigned to 705th EOD based at Fort Polk. He died as the result of an improvised explosive device explosion in Wardak Province, July 4. While deployed in Afghanistan, Garcia and his team supported 2nd Battalion, 4th Infantry Regiment’s Task Force Warrior, 4th Brigade Combat Team, 10th Mountain Division.

“Staff Sergeant Garcia was always known to me to look at the positive side of people and the positive side of things,” said Sgt. 1st Class Willis Fontenot, a 705th EOD noncommissioned officer from Mamou, La. “When something went wrong or didn’t seem to work out he never got rattled or lost his temper, he simply fixed it and moved on.”

“He loved the EOD community and witnessed many sacrifices throughout his career,” continued Fontenot. “He gave the ultimate sacrifice so that others may cherish life. He will be missed but not forgotten. God bless him and his family.”

Spc. Dwayne Rhymes remembered his fallen 705th EOD brother as a good friend who was a fun person to be around. Although Garcia was usually smiling and joking, his comrades could always count on him to get a job done and to accomplish a mission, said Rhymes.

705th EOD Soldier Spc. Andrew Cancienne called Garcia “a big man, with a much bigger heart.” Garcia could light up a day just with his laugh or even a joke about himself.

“He was a great tech, mentor and NCO,” said Cancienne, a native of Metairie, La. “But more importantly, he was one of my best friends.”

Spc. Adam Wright of Decatur, Ill. considered Garcia the core of the 705th EOD and said his

Please see Garcia, page 5

Searching for job? Check out Fort Polk ACAP

ACAP

FORT POLK, La. — The Army Career and Alumni Program will host multiple employers throughout July. Active-duty military service Members, retired military, federal civil service employees and civilian Families are welcome on those days to meet and greet with businesses. The schedule is:

- Government Personnel Mutual and Military Benefit Association, which has openings for tools and parts attendant, warehouse special-

ing and referral services to military personnel interested in beginning a second career in public education, will be at ACAP Wednesday from 8 a.m.-noon.
- Danos & Curole, a progressive oilfield service company, has openings for production labor services, shore-based management, construction and fabrication and more, and will be at the ACAP Wednesday from 9 a.m.-1 p.m.
- Representatives from Central Texas College will be at the ACAP Center Thursday from 12-3 p.m. and July 28 from 8 a.m.-noon. Open positions include adjunct faculty in speech, history, aviation science, math and developmental math.
- Universal Technical Institute will be at the ACAP Center Thursday, July 21 and July 28 from 9 a.m.-noon.

For more information call the ACAP Center, which is located at 7950 Alabama Ave, bldg 2155, at 531-1591.

A U.S. Army carry team transfers the remains of Army Staff Sgt. Michael J. Garcia, of Bossier City, La., at Dover Air Force Base, Del., July 6. Garcia was assigned to Fort Polk’s 705th Explosive Ordnance Disposal Company.
Brothers serve combined half century with Iowa National Guard

By Capt. JASON BECK
Combined Task Force 1, Afghanistan

LAGHMAN PROVINCE, Afghanistan — Fifty years. That’s how long Sgt. 1st Class Tim Fiedler Jr., and his younger brother, Staff Sgt. Rich Fiedler, combined have served not just in the Iowa National Guard, but in the same unit, Company A, 1st Battalion, 133rd Infantry Regiment.

So what drove Tim to serve in the National Guard for 29 years, and Rich to serve for 22 years? One might guess carrying on a family tradition or a lifelong desire to be a Soldier.

“Nope,” Tim, 47, said, honestly. “I got in for the college money.”

The college money may have gotten them in the Guard, but both brothers said it is a sense of family that kept them in Company A all these years later.

“A Company is a pretty tight knit group,” Tim explained. “Some of the people have been here a long time. Working with the younger guys for me has been enjoyable. I could have retired before I came over, I didn’t have to come but this is something I wanted to do. I enjoy it.”

“I met the Fiedlers through the Guard,” Sgt. David Tielbar, the company’s senior radio telephone operator, who also served in Company A for 22 years, said. “I’ve had them both as team and squad leaders, but we’re family — this company is a family. We’ve watched the company grow and shrink, but we always stuck together. They’ll tell me like it is, and I respect their honesty. But above it all, they care about the company’s Soldiers.”

Tim said he sold cars for a brief period of time following college, but Rich said, aside from a few part-time jobs, he has never worked outside Company A, and the Iowa National Guard.

Neither brother said they thought when they joined they would be still in the Guard two and three decades later.

“I hated Camp Ripley,” Tim said. “One year I did recruiting duty instead.”

“I wasn’t going to re-enlist and the recruiter asked why. I told him I didn’t want to go to Camp Ripley. So they made me a deal — for two years I didn’t have to go to Camp Ripley. One year I went to the primary leadership course, and one year I did recruiting duty instead.”

Tim, now Company A’s acting first sergeant, said he still wound up going back to Camp Ripley about 25 more times anyway.

A third Fiedler brother, Kenny, also served in Company A, but got out after nine years with the National Guard.

Younger brother Rich said he followed Tim’s lead in the Iowa National Guard in many ways.

“I joined because Tim and Kenny joined, and they went to college and I wanted to do the same things,” Rich, 39, said.

Both brothers enlisted as infantrymen and held some of the same positions within the unit.

“The Fiedler brothers have been the company’s supply sergeants for the past 16 years,” Rich said.

Since 1988, Tim served as a full-time Active Guard Reserve Soldier, and Rich served full-time since 2002. Tim served six years as the administrative clerk, then as the company’s supply sergeant for the following 12 years. After Tim went on to become the readiness noncommissioned officer platoon sergeant, Rich stepped in to fill his brother’s vacated position as supply sergeant, a role he has filled since 2007.

Before then, Rich served as an intelligence analyst for the state’s counter drug task force, an assignment he said he looks upon as the highlight of his military career thus far.

“It’s a federally funded project. Every state has one,” Rich explained. “That was probably the most fun I’ve had in the Guard. I didn’t have to wear a uniform or shave and got to do a lot of neat operations, working with different agencies like the Drug Enforcement Agency and Federal Bureau of Investigation.”

Tim said he is living the highlight of his career right now, serving as the company’s first sergeant while on a combat deployment to Afghanistan. It is also the first time he has deployed with his brother Rich.

“It’s always been a dream to be the first sergeant, but my full-time AGR job prevented me from doing that,” Tim said. “But being the acting first sergeant of an infantry company at Combat Outpost Najil is a pretty big accomplishment for me. With all the things we accomplished here, it was really rewarding.”

“The guys all kid me a lot, and call me ‘dad’, but in the two and a half years we spent training up to being here, I’ve seen a lot of them change and become more mature,” he said. “It’s been challenging and also rewarding.”

A big factor in their decision to spend a combined 50 years in the same company is the brothers’ love of their hometown, Dubuque, Iowa, Tim said.

“We were born and raised there, went to high school there,” he said.

“In fact my oldest son, Tim Fiedler III goes to school there and my youngest son Tyler will be a freshman.”

Tim still lives in Dubuque, and Rich lives in nearby Epworth, Iowa.

“You’re limited in the jobs you can do once you get in the full-time system,” Rich explained. “I could have gotten promoted and moved, but I don’t want to move. I don’t want to live anywhere else.”

Tim said he could have also gotten promoted 15 years ago, and been at least a master sergeant by now, but said you can’t put a price on living where you want to live and working with the people you want to work with.

“Staying and living in Dubuque is the trade off,” Tim said. “But it’s where I’ve always wanted to live and raise my family. That’s where our family lives — my two brothers and sisters and in-laws.”

Through more than 50 years and five combined deployments, the Fiedlers have been a staple of Company A, and they’re still going strong.

“I’ve got a little over three more years I can still do to get 26 years full-time,” Tim said.

With Rich still having some full-time left, the Fiedlers could be up near six decades before both finish their careers.
Briefs

Continued from page 3

Thrift Shop

Fort Polk’s Thrift Shop, located in bldg 2531 on Alabama Avenue (last building on the right), is open Tuesdays and Thursdays from 9:30 a.m.-4:30 p.m., the first Saturday of the month from 9:30 a.m.-1:30 p.m. and the third Wednesday of the month from 9:30 a.m.-2 p.m. Donations can be dropped off any time. Call 537-0459.

Drivers course

The following drivers courses are offered by the Garrison Safety Office. Classes are held in bldg 4209, module D, Pennsylvania Loop:

- Local hazards: This is a requirement for all newcomers to Fort Polk and is renewed every four years. It is a requirement for a Government Motor Vehicle License. Classes are held Wednesdays from 9-9:30 a.m. and from 1-1:30 p.m.
- Intermediate drivers course: This is a requirement for newly assigned Soldiers (first permanent duty station), age 26 and younger. IDC is the follow on course to the basic drivers course given during advanced individual training. Classes are held Wednesdays from 9:30 a.m.-noon and 1:30-4 p.m.
- Driver proficiency: This is a requirement for newly assigned Soldiers (first permanent duty station), age 26 and younger. Classes are held Wednesdays from 9-9:30 a.m. and from 1-1:30 p.m.
- Night driving: This is a requirement for those driving in high-risk areas. Classes are held Tuesdays from 9-9:30 a.m. and 1-1:30 p.m.
- Joint Readiness Training Center and Fort Polk Headquarters, bldg 350 — July 21 from 10 a.m.-4 p.m.
- Picerne Military Housing — July 28 from 10 a.m.-2 p.m.
- 162nd Infantry Brigade Gym — July 29 from 9 a.m.-4 p.m.

Change of command

Col. Jamie P. Houston relinquishes command of the U.S. Army Dental Activity to Col. David G. Smith today at 9 a.m. at Warrior Field.

CTC classes

Central Texas College offers summer classes that begin Monday. Four-week classes include criminal justice, composition, ethics, human relations, algebra and more. One-week Leadership Accelerated Management Program classes include Microsoft Word, Excell and Access courses, database applications, webpage development, managing resources, time management, problem solving and more. For a full schedule and more details visit the website at www.ctcpolk.com.

Resource guide


It serves as an all-inclusive directory of installation services and includes classes and programs as well as their location, time, date, costs and contact information.

WSTV on air

Watch “Around the Services” on Fort Polk’s own WSTV on channel 3, on and off post.

The daily, half-hour program features military news from top defense officials and military services from around the world.

The show airs Mondays at 11:30 a.m. and 4:30 p.m., Tuesdays at 3 a.m. and 3 p.m. and 6:30 p.m., Wednesdays at 3 a.m., 11:30 a.m. and 6:30 p.m., Thursdays at 7 a.m. and 6:30 p.m. Fridays at 3 a.m. and 2:30 p.m. and Saturdays at 11:30 a.m.

For more information about WSTV or to learn how to post your organization’s information call 531-1392.

Off limits

Pursuant to the Armed Forces Disciplinary Control Board meeting of Dec. 9, off limits restrictions have been placed on the following local businesses:

- Junior Snider, S&S Construction, 1801 South 5th Street, Leesville
- Reflections Lounge, 1408 South 5th Street, Leesville

Military personnel are prohibited from entering or doing business with these establishments or businesses.

Violators are subject to Uniform Code of Military Justice disciplinary actions.

For more information or additional details call 531-7020.

Guardian
July 8, 2011
/5

Garcia
Continued from page 3

loss leaves a “great void.” Wright learned much of his EOD knowledge and acquired skills as a result of Garcia’s training and experience, he said.

Garcia had been with 705th EOD longer than any Soldier currently assigned to the unit, said Wright. He had a vast amount of experience and knowledge, and he was an NCO his leadership always could rely upon.

“Staff Sergeant Garcia was the NCO that I knew was going to ‘make it happen,’” said 1st Lt. Eric Soto.

“He was an NCO to his core, but he still knew how to make you laugh till your sides split. He will never be forgotten.”

Capt. Aaron Teller, commander of 705th EOD, said Garcia will be remembered always as a “stellar” EOD technician and a leader of Soldiers. All of the Soldiers assigned to 705th EOD looked up to Garcia because of his tenure within the unit and his extensive EOD knowledge base, said Teller.

“You could always count on his rock solid judgment and his common sense approach to all challenges,” said Teller.

“Staff Sergeant Garcia simply drove on to get the mission done. Regardless of complexity or roadblocks, he never stopped until he had accomplished his mission.”

“Staff Sergeant Garcia is a true American Hero who gave all for his country and his fellow Soldiers,” continued Teller. “You would never know from his down-to-earth demeanor that this great Soldier and EOD tech had two previous Purple Hearts and a Bronze Star for Valor.”

Garcia’s awards and decorations include the following: Bronze Star Medal, with Valor device; Bronze Star Medal; Purple Heart Medal, third award; NATO Medal; Army Commendation Medal; Army Achievement Medal, third award; Navy Achievement Medal; Joint Meritorious Unit Award; Valorous Unit Award; Meritorious Unit Citation; Army Good Conduct Medal, second award; National Defense Service Medal; Afghan Campaign Medal, with two campaign stars; Iraq Campaign Medal, with two campaign stars; Global War on Terror Service Medal; Humanitarian Service Medal; Army Service Ribbon; Overseas Service Ribbon, second award; Combat Action Badge; Senior EOD Badge; EOD Badge; Driver and Mechanic Badge, Wheeled Vehicles; Driver and Mechanic Badge, Operator, Operator.

Garcia

“Garcia’s training and experience, he said.

Garcia had been with 705th EOD longer than any Soldier currently assigned to the unit, said Wright. He had a vast amount of experience and knowledge, and he was an NCO his leadership always could rely upon.

“Staff Sergeant Garcia was the NCO that I knew was going to ‘make it happen,’” said 1st Lt. Eric Soto.

“He was an NCO to his core, but he still knew how to make you laugh till your sides split. He will never be forgotten.”

Capt. Aaron Teller, commander of 705th EOD, said Garcia will be remembered always as a “stellar” EOD technician and a leader of Soldiers. All of the Soldiers assigned to 705th EOD looked up to Garcia because of his tenure within the unit and his extensive EOD knowledge base, said Teller.

“You could always count on his rock solid judgment and his common sense approach to all challenges,” said Teller.

“Staff Sergeant Garcia simply drove on to get the mission done. Regardless of complexity or roadblocks, he never stopped until he had accomplished his mission.”

“Staff Sergeant Garcia is a true American Hero who gave all for his country and his fellow Soldiers,” continued Teller. “You would never know from his down-to-earth demeanor that this great Soldier and EOD tech had two previous Purple Hearts and a Bronze Star for Valor.”

Garcia’s awards and decorations include the following: Bronze Star Medal, with Valor device; Bronze Star Medal; Purple Heart Medal, third award; NATO Medal; Army Commendation Medal; Army Achievement Medal, third award; Navy Achievement Medal; Joint Meritorious Unit Award; Valorous Unit Award; Meritorious Unit Citation; Army Good Conduct Medal, second award; National Defense Service Medal; Afghan Campaign Medal, with two campaign stars; Iraq Campaign Medal, with two campaign stars; Global War on Terror Service Medal; Humanitarian Service Medal; Army Service Ribbon; Overseas Service Ribbon, second award; Combat Action Badge; Senior EOD Badge; EOD Badge; Driver and Mechanic Badge, Wheeled Vehicles; Driver and Mechanic Badge, Operator.

Garcia

“Garcia’s training and experience, he said.

Garcia had been with 705th EOD longer than any Soldier currently assigned to the unit, said Wright. He had a vast amount of experience and knowledge, and he was an NCO his leadership always could rely upon.

“Staff Sergeant Garcia was the NCO that I knew was going to ‘make it happen,’” said 1st Lt. Eric Soto.

“He was an NCO to his core, but he still knew how to make you laugh till your sides split. He will never be forgotten.”

Capt. Aaron Teller, commander of 705th EOD, said Garcia will be remembered always as a “stellar” EOD technician and a leader of Soldiers. All of the Soldiers assigned to 705th EOD looked up to Garcia because of his tenure within the unit and his extensive EOD knowledge base, said Teller.

“You could always count on his rock solid judgment and his common sense approach to all challenges,” said Teller.

“Staff Sergeant Garcia simply drove on to get the mission done. Regardless of complexity or roadblocks, he never stopped until he had accomplished his mission.”

“Staff Sergeant Garcia is a true American Hero who gave all for his country and his fellow Soldiers,” continued Teller. “You would never know from his down-to-earth demeanor that this great Soldier and EOD tech had two previous Purple Hearts and a Bronze Star for Valor.”

Garcia’s awards and decorations include the following: Bronze Star Medal, with Valor device; Bronze Star Medal; Purple Heart Medal, third award; NATO Medal; Army Commendation Medal; Army Achievement Medal, third award; Navy Achievement Medal; Joint Meritorious Unit Award; Valorous Unit Award; Meritorious Unit Citation; Army Good Conduct Medal, second award; National Defense Service Medal; Afghan Campaign Medal, with two campaign stars; Iraq Campaign Medal, with two campaign stars; Global War on Terror Service Medal; Humanitarian Service Medal; Army Service Ribbon; Overseas Service Ribbon, second award; Combat Action Badge; Senior EOD Badge; EOD Badge; Driver and Mechanic Badge, Wheeled Vehicles; Driver and Mechanic Badge, Operator.
Disasters, terrorist threats, severe weather

Fort Polk’s EOC remains vigilant, prepared

By JEAN DUBIEL
Guardian editor

FORT POLK, La. — An 18-wheeler hauls a trailer north on U.S. 171 near Fort Polk. It appears to be carrying fresh flowers. A look inside reveals boxes of refrigerated roses, carnations, daisies ... and a few vials of something called the Hannibal Virus.

The shipment was covert, destined for a secret lab somewhere in New Mexico for study, but the unsuspecting driver has hit an awful snag. After a speeding car forces his rig to careen into the median, snag. After a speeding car forces his rig to careen into the median,

The driver attacks the trooper’s body. The trooper reaches for his pistol, but it’s too late ... his eyes are watering now, and his breath is labored. He has become infected, and as more people arrive at the accident, more become infected. It seems people don’t have to be bitten — they just need to be within breathing distance of a victim to contract the Hannibal Virus.

This disaster occurs just five miles from the main gate at Fort Polk. How will the post protect its charges from this impending doom?

Enter the Emergency Operations Center.

Under normal, non-crisis conditions, the EOC is called the Installation Operations Center. It monitors Directorate of Emergency Services calls and actions, keeps an eye on the weather and news, checks with range officers for training activities and more.

But when there is a crisis, such as a hurricane or deadly virus outbreak, Fort Polk directorate representatives band together to form a “crisis action team,” managed by the Directorate of Plans, Training, Mobilization and Security, and headed by the G3.

“When an incident occurs, the IOC, or DPTMS Operations folks, put together a summary, brief the commander and give a recommendation to operate the EOC at full or partial strength,” said Howard Thrasher, Operations Branch chief.

“The command then makes the call based on that information.”

Once the EOC is officially stood up, it is manned 24-hours a day with unit and directorate representatives. The Public Affairs Office gets information out through public channels, such as television, radio, Internet and the Command Information marquee on Louisiana Avenue. DES personnel can do a door-to-door check (for evacuations) or ride through housing areas with a public address system to get information to residents (as in the case of the Hannibal Virus outbreak, “stay indoors, do not approach strangers, do not try to assist sick people in the streets.”).

Soldiers may be placed on guard duty, or other after-the-fact situations) or ride through housing areas with a public address system to get information to residents (as in the case of the Hannibal Virus outbreak, “stay indoors, do not approach strangers, do not try to assist sick people in the streets.”)

Soldiers may be placed on guard duty, or they may help in evacuation shelters and distribution sites.

These and other post entities all connect with and report to the EOC. The EOC collects data and manages all available resources to manage the crisis.

Teamwork plays an essential role during any emergency, so training becomes paramount to the successful operation of the EOC.

“The crisis action team trains four hours a month, conducting scenario-based training that is made hard and realistic,” said Thrasher. “The team is stressed during training to identify weaknesses or gaps in planning. We correct these issues, and that way, when there is a real emergency, everything runs smoother.”

Once the immediate threat or crisis has passed, the EOC may remain in place for clean up efforts, as with hurricane or storm damage, or other after-the-fact situations that would need to be addressed.

For the Hannibal Virus example, people may need to find an immunization station for vaccination, debris has to be cleared from the roads, other damage assessed, a “missing persons” station may need to be manned, and all still managed by the EOC.

So no matter the emergency — natural disaster, terrorist threat, hurricanes or zombie-inducing virus outbreak — the EOC has every angle covered for your protection.

“The IOC/EOC are the eyes and ears of the command,” said Thrasher. “We keep an eye on anything that affects the installation or any of its training areas. When there is a crisis, the Fort Polk team always stands ready to do what is needed to protect, inform and guide the post community.”
Continued from page 1

commander, who is responsible for the construction and renovations on post, as well as all other Department of Public Works responsibilities. The GC is also responsible for enforcing traffic, child-care and pet care regulations. Besides all of his official obligations, he is often the VIP of the community, expected to cut every ribbon, present every certificate, shake every hand, go to every function and to do it all with tact, diplomacy, concern and care.

Burns, known for quoting Latin (he received a minor in Latin from the University of Massachusetts at Amherst), said, “Everyone knows I can’t get through a speech without a Latin quote, so here it is: Vivere militare est (to live is to fight).”

Shuck took the podium for only a minute and thanked his wife first, for his achievements: “Honey, without you, none of this would be possible.”

“I’m well aware of the gift I’ve been given in this command,” he said.

He also commended Burns, “who has helped Fort Polk become the best hometown in the Army. “Godspeed and good luck in Iraq,” he said to Burns. “We’ll look after your Family the whole way.”

“I’m grateful for the great support from the community and from local leaders,” he added.

“Support and defend — Army Strong!”

Continued from page 2

information to Families currently receiving respite care. Soldiers or Family members who have questions about it or other EFMP-related services can also visit the EFMP web page at Army OneSource www.myarmyonesource.com. This revision to policy and procedures is part of the Army EFMP Strategic Action Plan to improve services and support for Families with special needs. Also as part of the strategic action plan, at the beginning of this fiscal year EFMP added 43 Systems Navigators, or non-clinical case managers, at 26 garrisons stateside and overseas to connect Families with required systems of care. The focus on enhancing the effectiveness of EFMP could not be more important or timely.

Important, because the EFMP is one way the Army keeps key promises it made in the Army Family Covenant: Providing access to high-quality medical care, educational opportunities and Family programs that foster an environment in which Families can thrive.

Timely, because while the Army’s commitment remains as strong as when the covenant was signed in 2007, we are operating in a different fiscal reality in 2011. Just as any Soldier or Family member asks “Is it worth it?” before opening their wallet, we are doing the same, making sure we are using resources as efficiently as possible to provide quality services to Families.

Army life poses challenges for any Family, but especially for Families with special needs. It is part of our job, our commitment, to make sure we are delivering the right services in the right way to support the health and well-being of all Family members. Support and Defend!”

Col. Roger L. Shuck, incoming Fort Polk garrison commander, receives the IMCOM colors from Davis D. Tindoll Jr., director, IMCOM-SE, during the garrison change of command ceremony at Warrior Field July 6.

Left: Kim Shuck, the spouse of Fort Polk’s new garrison commander, Col. Roger Shuck, receives a bouquet of yellow roses in full bloom for her contributions to Fort Polk.

Right: Garrison Commander Col. Roger L. Shuck (left) stands with outgoing commander Col. Francis B. Burns after the hand-off of the unit colors.
Nurses provide new system of patient care

By ANGIE THORNE
After Hours editor

FORT POLK, La. — When people are sick or injured, they are at their most vulnerable. They need a dependable organization filled with individuals who can trust to help them heal. That’s one of the reasons Bayne-Jones Army Community Hospital introduced the Patient Caring Touch System initiative to hospital staff and the Fort Polk community July 5.

The system is an Army-wide program that promotes enhanced communication, improved customer service, evidence-based medicine and places the patient at the center of care.

Col. Karen Dunlap, deputy commander of nursing at BJACH, presented opening remarks at the event. “The Patient Caring Touch System is an extension of what the Surgeon General calls the Culture of Trust Initiative and reinforces the transition from a health care system to a system of health,” said Dunlap.

She said a large-scale survey was conducted that revealed a lack of consistency across medical treatment facilities and was a sore spot for Soldiers, Family members and beneficiaries. The belief is that the Patient Caring Touch System will bridge the gap from facility to facility and offer a uniformity of service across the board. “Patients place trust in BJACH’s medical staff in both critical and routine situations and our patients expect and deserve world class care regardless of location,” said Dunlap.

She said patients have always been the focus of care, but now BJACH is implementing processes that will be shared by all medical treatment facilities. “Army hospitals are changing. They really aren’t doing anything new, but what they are doing is restructuring, reinforcing and synchronizing their best practices,” said Dunlap. “BJACH patients will no longer wonder if the way care is provided at Fort Polk is different. That’s why TRICARE is trying to keep its members informed about the different TRICARE options available to them.

For instance, what distinguishes TRICARE Reserve Select from TRICARE Retired Reserve? Or, is it necessary to purchase Medicare Part B to qualify for TRICARE For Life?

The answers to these questions and more are found in the free online courses offered by TRICARE University. The courses are a review of TRICARE benefits designed to help beneficiaries, health care staff and anyone else who wants to know more about TRICARE. Covered topics include TRICARE history, eligibility, programs, plans and online resources.

TRICARE University offers two basic online courses. The TRICARE Fundamentals public course is a general overview of TRICARE and teaches basic knowledge of the many programs. The TRICARE Reserve Select / TRICARE Retired Reserve course details plans geared toward Reserve component members. Guard and Reserve members and their Families may find these courses help them understand their changing health care benefits as they go on or off active duty.

TRICARE University also offers certification versions of the online courses. These courses are for those who provide counseling and assistance to TRICARE beneficiaries, going into greater detail than the public courses. Registration is needed to take these courses and students who pass the final exam receive a certificate.

Another helpful resource from TRICARE University is the TRICARE Fundamentals course participant guide. This guide offers in-depth information about TRICARE benefits in far greater detail than the online courses. There are 18 comprehensive chapters covering almost every TRICARE topic imaginable. There is also a guide designed for TRICARE Overseas Program participants.

The depth and breadth of TRICARE benefits can be confusing under the best of circumstances. This is especially true since eligibility can change when a sponsor’s duty status changes. The better beneficiaries understand their coverage, the easier it is get their Family the health care they need.

To take any of the offered courses or use the participants guides, go to www.tricare.mil/tricareu. A wealth of additional information about TRICARE programs is available online at www.tricare.mil.

Take advantage of TRICARE benefits

By PETER HOLSTEIN
TRICARE Management Activity

Learning about health insurance can be intimidating, but the more information you know, the better off you’ll be. That’s why TRICARE is trying to keep its members informed about the different TRICARE options available to them.

The courses are a review of TRICARE benefits designed to help beneficiaries, health care staff and anyone else who wants to know more about TRICARE. Covered topics include TRICARE history, eligibility, programs, plans and online resources.

TRICARE University offers two basic online courses. The TRICARE Fundamentals public course is a general overview of TRICARE and teaches basic knowledge of the many programs. The TRICARE Reserve Select / TRICARE Retired Reserve course details plans geared toward Reserve component members. Guard and Reserve members and their Families may find these courses help them understand their changing health care benefits as they go on or off active duty.

TRICARE University also offers certification versions of the online courses. These courses are for those who provide counseling and assistance to TRICARE beneficiaries, going into greater detail than the public courses. Registration is needed to take these courses and students who pass the final exam receive a certificate.

Another helpful resource from TRICARE University is the TRICARE Fundamentals course participant guide. This guide offers in-depth information about TRICARE benefits in far greater detail than the online courses. There are 18 comprehensive chapters covering almost every TRICARE topic imaginable. There is also a guide designed for TRICARE Overseas Program participants.

The depth and breadth of TRICARE benefits can be confusing under the best of circumstances. This is especially true since eligibility can change when a sponsor’s duty status changes. The better beneficiaries understand their coverage, the easier it is get their Family the health care they need.

To take any of the offered courses or use the participants guides, go to www.tricare.mil/tricareu. A wealth of additional information about TRICARE programs is available online at www.tricare.mil.
There are scads of friendly kittens and cats looking for a place to call home. The Stray Animal Facility will help you find the right pet. The facility is located off La. Hwy 10 after you pass La. Hwy 467 heading south and is open Monday through Friday from 10 a.m.-3 p.m. For more information or to be sure someone is able to help you call 531-1322.

Pretty kitties

With subtropical summer in full swing, Louisiana residents should keep their furry friends in mind. Though cats are usually indoor companions, dogs are often left outside in fenced areas or on leashes. In 100 degree heat, this can prove deadly. Here are some musts when considering the wellbeing of the family pet, who counts on his owner to keep him safe.

- Overheating can kill an animal. Never leave an animal alone in a vehicle; even with the windows open, a parked car can quickly become a furnace. Parking in shade offers little protection. When traveling, carry a gallon thermos filled with fresh, cool water.

- Don’t force an animal to exercise after a meal in hot, humid weather. Always exercise a pet in the cool of early morning or evening.

- Always provide plenty of shade for an animal staying outside of the house. A properly constructed dog house serves best. Bring the dog or cat inside during the heat of the day and let him rest in a cool part of the house. Always provide plenty of cool, clean water.

- Avoid walking dogs in areas that may have been sprayed with insecticides or other chemicals, as poisonings increase during the summer when gardens, lawns and trees are sprayed. These chemicals can sicken or kill an animal. Call your veterinarian or the American Society for the Prevention of Cruelty to Animals poison control center if poisoning is suspected.

- Be sensitive to old and overweight animals in hot weather. Snub-nosed dogs (especially bull-dogs, Pekingese, Boston terriers and shih tzus) and those with heart and lung diseases should be kept inside in air-conditioning as much as possible.

- Be alert for coolant leaking from vehicles. Animals are attracted to the sweet taste of coolant and ingesting just a small amount can cause an animal’s death.

- A clean coat can help to prevent summer skin problems so keep dogs and cats well groomed. If your dog has a heavy coat, shaving the hair to an inch length will help prevent overheating. Don’t shave a dog’s hair down to the skin; this robs him of protection from the sun.

- Take pets to the veterinarian for a summer checkup, including a heartworm test if the animal isn’t on heartworm medication.

- Never tie an animal outside on a correction collar. He can choke to death. If the pet must be tethered, use a buckle collar with identification tags instead. (This applies in any season.)

- Never let an animal run loose. Your animal can contract disease this way and it is against post regulation.

For more information, visit www.aspca.org.
NOW THRU JULY 11th GET

$1,000 MILITARY TOTAL BONUS CASH
IN ADDITION TO MOST CURRENT OFFERS(1)

HURRY! OFFERS END 7/11/2011

CELEBRATE YOUR INDEPENDENCE WITH THESE EXCLUSIVE OFFERS ON RAM TRUCKS.
AVAILABLE TO ALL SERVICE MEMBERS.

RAM 1500 CREW CAB SLT

0% APR FINANCING FOR 60 MONTHS(4)

-PLUS-

$1,000 MILITARY TOTAL BONUS CASH

OR

$7,500 TOTAL VALUES(3)
WHEN FINANCED THROUGH ALLY FINANCIAL

-INCLUDES-

$1,000 MILITARY TOTAL BONUS CASH

RAM 1500 CREW CAB SLT

DAKOTA CREW CAB

0% APR FINANCING FOR 72 MONTHS(4)

-PLUS-

$1,000 MILITARY TOTAL BONUS CASH

HURRY! OFFERS END 7/11/2011

RAMTRUCKS.COM

(1) 1500 Southwest Business Center Military Bonus Cash Allowance offer plus $500 Military Bonus Cash Consumer Cash offer for a combined total of $1,000 towards the retail purchase or lease of select new, 2011 Chrysler, Jeep, Dodge and Ram vehicles (excludes Viper). Offer available for active military, active military reserve, retired military and retired military reserve (honorable discharge and 20 years of service required). Honorably discharged veterans are eligible within 6 months of discharge date. Residency restrictions apply. See dealer for details. Offer ends July 11, 2011. (2) 0% APR financing for 60 months equals $16.67 per month for every $1,000 financed through Ally Financial for well-qualified buyers. Not all buyers will qualify. (3) Total values includes $750 Lone Star/Big Horn package discount, $1,000 military bonus cash and $5,750 in cash allowances. Offer based on factory-to-dealer reimbursement. Dealer contribution may affect final price. Package values based on package items if purchased separately vs. package MSRP Financing for well-qualified buyers. Not all buyers will qualify. (4) 0% APR financing for 72 months equals $13.89 per month for every $1,000 financed through Ally Financial for well-qualified buyers with 10% down. Not all buyers will qualify. Chrysler, Jeep, Dodge and Ram are registered trademarks of Chrysler Group LLC.

July 8, 2011
Army Ten-Miler

The intramural sports office hosts an Army Ten-Miler qualifier July 20 at 6:30 a.m. on the running trail adjacent to Bayne-Jones Army Community Hospital. Preregistration is held from 6-6:20 a.m. Reflective belts are required. For more information call 531-2056.

Largest Loser

Cantrell Gym hosts Fort Polk’s “Largest Loser” competition in July. The competition lasts six weeks. At the end, male and female participants with the largest percentage of body fat lost win a prize and the title of Fort Polk’s largest loser. To enter, make an appointment with Victoria Clark for an official start weight. Cantrell offers fitness classes and personal trainers to help participants reach their goals. Trainers cost $25 per session. Participants must be 18 or older. Call 531-1935 for more information.

Health program

Lifestyle professionals are available at Picerne Military Housing neighborhood centers to help you achieve your weight loss goals. Those interested meet from 6-7:30 p.m. on the following Tuesdays: Dogwood Terrace, Tuesday; Maple Terrace, July 19; Palmetto Terrace, July 26; and Camellia Terrace, Aug. 2.

Pool activities

The South Fort 50-meter pool offers these programs:

- Swim classes, Saturdays: Adult classes are held from 9-10 a.m. and youth classes from 10:30-11:30 a.m. The fee is $5 per person, per lesson. Space is limited to 25 students per session, so register early. Children must be potty trained to participate. Call 531-1988 for details.
- Lifeguard certification: A pretest for the American Red Cross lifeguard certification class is held Tuesday through July 15 from 11:30 a.m.-2:30 p.m. Participants must be 15 or older, provide two forms of ID and complete a 300-meter swim and retrieve a brick in 1 minute, 40 seconds. The lifeguard certification class is held July 16-21. Cost is $105 and includes all supplies. For more information call 531-1988.

Summer trips

Child, Youth and School Services is registering youth in grades six-12 for Middle School and Teen Program summer trips.

Children must be registered with CYSS. The following trips are held from 1-6 p.m. unless otherwise stated:

- Saturday — Atchafalaya experience. Cost is $45 and kids need to bring a packed lunch. The trip is from 9 a.m.-6 p.m.
- Wednesday — Buhlow Fun Park. Cost is $5 but participants are encouraged to bring an additional $25 for spending.
- July 20 — Safari tour. Cost is $5 and participants should bring an additional $25 for spending.
- Aug. 3 — Avery Island (9 a.m.-6 p.m.). Cost is $5 but participants are encouraged to bring an additional $25 for spending.
- Aug. 5 — Back-to-school party (7-9 p.m.). Cost is $3 for members and $5 for guests. For more information call 531-1991.

briefs

Continued from page 8

swap will be announced later.

Pool activities

The South Fort 50-meter pool offers these programs:

- Swim classes, Saturdays: Adult classes are held from 9-10 a.m. and youth classes from 10:30-11:30 a.m. The fee is $5 per person, per lesson. Space is limited to 25 students per session, so register early. Children must be potty trained to participate. Call 531-1988 for details.
- Lifeguard certification: A pretest for the American Red Cross lifeguard certification class is held Tuesday through July 15 from 11:30 a.m.-2:30 p.m. Participants must be 15 or older, provide two forms of ID and complete a 300-meter swim and retrieve a brick in 1 minute, 40 seconds. The lifeguard certification class is held July 16-21. Cost is $105 and includes all supplies. For more information call 531-1988.

Summer trips

Child, Youth and School Services is registering youth in grades six-12 for Middle School and Teen Program summer trips.

Children must be registered with CYSS. The following trips are held from 1-6 p.m. unless otherwise stated:

- Saturday — Atchafalaya experience. Cost is $45 and kids need to bring a packed lunch. The trip is from 9 a.m.-6 p.m.
- Wednesday — Buhlow Fun Park. Cost is $5 but participants are encouraged to bring an additional $25 for spending.
- July 20 — Safari tour. Cost is $5 and participants should bring an additional $25 for spending.
- Aug. 3 — Avery Island (9 a.m.-6 p.m.). Cost is $5 but participants are encouraged to bring an additional $25 for spending.
- Aug. 5 — Back-to-school party (7-9 p.m.). Cost is $3 for members and $5 for guests. For more information call 531-1991.

auto rates as low as

3.89% APR

for up to 78 months

1-800-647-2328

bfcu.org

Barksdale Federal Credit Union

Your Financial Partner for Life

*Annual Percentage Rate. Membership eligibility required. Barksdale Federal is offering auto loan financing rates as low as 3.89% APR up to 78 months on new and used [2008 and newer] vehicles. Minimum loan amount for new car rate on used vehicles is $15,000. The APR on new vehicles range from 3.89% APR — 12.79% APR. Loan example on a $20,000 new vehicle loan at 3.89% APR you would make 78 monthly payments of $290.00. Ask about rate and terms on older and used models. Vehicles already financed at Barksdale Federal Credit Union do not qualify for refinancing. The rate you pay will be determined by your credit qualifications. Not every member will qualify for the lowest rate and/or longest term. Ask a Barksdale Federal loan associate for details. Some restrictions apply. Rates are subject to change at any time. You may defer your first payment 90 days. Interest will accrue during the 90 day deferral period.
Freedom Fest 2011 celebrates America’s Independence with Blake Shelton, games, weapons displays, fun

Blake Shelton, country singer and star of the show, “The Voice,” came to Fort Polk to celebrate Independence Day with Soldiers and their Families for Freedom Fest 2011 at Headquarters Field. The River Road Band, specializing in Cajun rock-n-roll and country music, and The Joel Martin Project, a mix of Zydeco, blues and rock, opened for Shelton.

Joint Readiness Training Center and Fort Polk Command Sgt. Maj. Jeffery Mof gets back in the dunk tank seat as a fund-raiser for the Sgt. Audie Murphy Club, Fort Polk Bayou Chapter for Freedom Fest, July 2. Some of the game participants had good arms and sent Mof into the tank a few times.

Crowds of Fort Polk Soldiers, Families and civilians gathered at Headquarters Field July 2 for food, games, inflatables for the children and a special performance by Blake Shelton. The celebration came to a close with a fireworks display.

Sophia Smith, 2, enjoys Freedom Fest while getting balloons at a Harley Davidson vendor July 2.

Left: Eric Packer, 11, gets prepped and ready dressed in paratrooper gear at the Fort Polk Operations Group display. Sgt. Brandon Teaster and Spc. Benito Espanza were on hand to answer questions about the life and gear of a paratrooper. Right: Packer, 11, gets a feel for the M2 .50-caliber machine gun at a static weapons display. The Fort Polk Operations Group was on hand to assist children and parents with the weapons. Visitors could handle a variety of weapons and Soldiers were available to answer any questions.

SARAH PEACHEY / GUARDIAN

Crowds of Fort Polk Soldiers, Families and civilians gathered at Headquarters Field July 2 for food, games, inflatables for the children and a special performance by Blake Shelton. The celebration came to a close with a fireworks display.
Protect yourself with these ultraviolet sun safety tips

By JENNIFER DAVIS
U.S. Army Public Health Command (Provisional)

Summer is here and that means more swimming pools, beach time, outdoor activities and sunlight. While some exposure to sunlight can be enjoyable, too much can be dangerous.

Sunlight contains ultraviolet rays that can be harmful to your skin, cause redness and sunburn and even skin cancer. To ensure your summer is both fun-filled and sun-safe, consider adopting a few simple sun safety action steps endorsed by the U.S. Environmental Protection Agency’s SunWise School Program, a health education program that teaches children and parents how to protect themselves from overexposure to the sun.

Action steps for sun safety:
• Do not burn: Sunburns significantly increase one’s risk of developing skin cancer, especially for children.
• Avoid sun tanning and tanning beds: UV light from tanning beds and the sun causes skin cancer and wrinkling.
• Generously apply sunscreen: Apply about one ounce to cover all exposed skin 20 minutes before going outside. Sunscreen should have a sun protection factor, abbreviated “SPF,” of at least 15 and provide protection from both UV-A and UV-B rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.
• Wear protective clothing: Wear a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
• Seek shade when possible and remember that the sun’s UV rays are strongest between 10 a.m. and 4 p.m.
• Use extra caution near water and sand: Water and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.
• Check the UV index: It provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA. Visit www.epa.gov/sunwise/uvindex.html to determine the UV index for a given day.
• Get Vitamin D safely: Get Vitamin D through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don’t seek the sun.

Remember all sunlight is not bad. Small amounts of the UV contained in sunlight is essential for the production of vitamin D in people; however, overexposure may result in short- and long-term negative health effects. Adopting one or more of these action steps could help ensure that you and your family can enjoy the pool, beach and many other outdoor activities all season long.

For more information on protecting yourself from harmful UV rays, visit the U.S. Environmental Protection Agency website at: www.epa.gov/sunwise/actionsteps.html or the World Health Organization website at: www.who.int/uv/en/.

Enjoy eating your way through summer with safe grilling tips

By Lt. Col. TWYLA LEIGH
U.S. Army Public Health Command (Provisional)

Summer is in full swing but the American appetite for outdoor barbecue grilling never goes out of season.

Whether you are grilling traditional burgers, hot dogs and steak, or going “healthy gourmet” with fish, shrimp skewers, chicken and vegetable kabobs or grilled vegetables, foods need to be prepared safely.

Food borne illness occurs when the conditions for bacteria growth are present, causing bacteria to multiply quickly.

Although most food borne illness happens at home and the summer heat increases the risk of bacterial growth in food, food borne illness is preventable.

Preventive measures include marinating with acidic marinades that contain vinegar or citrus juice to decrease potentially harmful bacteria growth. And, be sure to return marinated food to the refrigerator until it is time to grill. You should also practice the following basics of food safety:
• Freshness: Buy and use fresh food that is still in date or food that has been properly frozen and thawed.
• Frozen food that will be grilled should be thawed in the refrigerator, microwave or as part of the cooking process. Never thaw food on the counter or in the sink.
• Hygiene: Wash hands with soap and dry with a clean paper towel before handling food. After touching raw food and after touching anything else — face, skin, pets, children, phone, cigarettes. Use clean utensils, cutting boards (always wash them between raw food and ready-to-eat food) and use a clean platter when taking the grilled food off the grill. Do not use the unwashed platter or container that the raw food touched.

Single-service gloves and hand sanitizer are helpful, but are not substitutes for proper and frequent hand-washing.

• Temperature: Keep cold foods cold and hot foods hot to decrease bacteria growth.
• Bacteria grow fastest in the danger zone between 40 and 140 degrees Fahrenheit.
• Cold foods should be kept below 40 degrees Fahrenheit in the refrigerator or on ice.
• Cooked food should be cooked and held at the proper temperatures.
• Chicken and turkey need to reach 165 degrees, ground meats 160 degrees, steaks and chops 145 degrees, and hot dogs 140 degrees.

Grilled vegetables and seafood should reach 140 degrees. Leftovers need to reach a temperature of 165 degrees. Food should be held at 140 degrees or higher until served.

A pocket test thermometer (like a chef wears on a jacket pocket) is a great investment at about $10 and the best bet for knowing if food has reached the proper temperature.
• Time: Bacteria grow quickly in food that has been in the temperature danger zone for two to four hours.

Take care to serve food as soon as it is cooked, hold food at the proper temperature and store leftovers in refrigeration or on ice.

For more information on safe summer grilling visit the U.S. Department of Agriculture website at: www.fsis.usda.gov/Fact_Sheets/Barbecue_Food_Safety/index.asp.

---

East Texas Gold Buyers
NEW LOCALLY OWNED

We Buy Scrap Gold Jewelry and Silver
* Gold Jewelry
* Silver
* Platinum
* Sterling Flatware
* Coins (prior to 1964)
* Dental Gold
* Broken Jewelry
* Class Rings

With Gold prices high, BROKEN JEWELRY OR OLD FORGOTTEN PIECES OF JEWELRY ADD UP VERY QUICKLY. Don’t assume your broken items aren’t worth enough to bother with!

Hours: M-F 9:30 – 5:30 • Sat 10:00 – 2:00
Closed Sunday

301 S. 3rd Street, Leesville (located next door to Scott Wescotll Law Office, across from the old Court House)
(337) 238-4041

---

July 8, 2011

14/
LINKS registration mandatory for enrollment

BJACH

FORT POLK, La. — Louisiana requires that all school children be registered with LINKS (Louisiana Immunization Network for Kids).

Bayne-Jones Army Community Hospital beneficiaries can update their children’s records in LINKS and obtain a printout by taking all copies of their immunizations records to the Immunizations Clinic.

Current turnaround time is 48 hours. However, as the school start date gets closer, turnaround times may increase.

Parents can also call the Immunizations Clinic nurse at 531-3593/3682/3991 about updating LINKS.

Louisiana requires the following immunization schedule for entry into school:
- Birth: Hepatitis B
- 2 months: Pediarix - HBV, Hib, Prevnar and RotaTeq
- 4 months: Pediarix, Hib, Prevnar and RotaTeq
- 6 months: Pediarix, Hib, Prevnar and RotaTeq
- 12 months: Hib, Prevnar, HepA MMR and Varivax
- 18 months: DTAP, Hep A
- 4-6 years: DTAP, IPV, MMR, Varivax
- 11-12 years: Tdap, MCV4 and Gardasil (optional)
- Students age 11 are required to have proof of T-DAP, Meningococcal, two doses of varicella, two doses of MMR, three doses of Hepatitis B, two doses of Hepatitis A (recommended)
- 16-18 years: MCV4 (second dose recommended by the Center for Disease Control and Prevention)

BJACH’s Immunization Clinic is an appointment-only clinic.

Appointments can be made by calling 531-3593/3682/3991. If a child has a well child or Child, Youth and School Services/sports physical appointment at BJACH, then they can be seen on a walk-in basis at the Immunizations Clinic. Parents need to bring their child’s shot records with them. The clinic is located on BJACH’s second floor near the Pediatric and Internal Medicine Clinics.

Follow these summer vacation tips

U.S. ARMY PUBLIC HEALTH CMND

Nothing defines the summer season better than the ultimate vacation. In 2009, U.S. residents logged 1.5 billion trips for leisure and most often traveled to visit relatives, friends, beaches, shop and sightsee.

Preparing for a vacation requires planning. In the midst of making those preparations, however, remember to plan for your safety as well. To help make your next vacation worry-free, follow these simple travel tips that spell “TRAVEL”:
- Tell a trusted friend. Make sure someone knows where you are going, the route you’ll take and when you plan to arrive and return. Give them the phone number of the place where you are staying and your cell phone number.
- Route it out. Know before you leave the route you plan to take. Make an itinerary and include contact information for the airline and rental car company. If you’re driving, identify safe places to stop for a meal or stretch your legs about every two hours.
- Action plan for emergencies. Pack a basic first aid kit and copies of important paperwork, especially for international travel. If you’re traveling with children, make sure they know what to do if they become lost or separated from you.
- Vigilance is key. Educate yourself on the area before you head out to explore. Always stay alert and aware of your surroundings.
- Exercise caution when discussing your vacation plans. You may be making polite conversation when you post on social networking sites about your vacation plans, but remember that you are also advertising that you won’t be home for a specific length of time.
- Lock it up. Keep your valuables safe by locking up your house and leaving the key with a friend, not under a doormat. Do not leave valuables in plain sight in your rental car.

For more information on safe summer travel visit the U.S. Travel Association website at wwwustravel.org/sites/default/files/page/2009/11/USTravelAnswerSheet.pdf.
Core Passion
CSF program helps Fort Polk become resilient

HEALTH PROMOTION OPERATIONS OFFICE

Articles for “Core Passion” are written by authors across the installation who are innovators and leaders in their health arenas, dedicated to keeping Fort Polk as healthy as possible. “Core Passion” is written by specialists in behavioral health, suicide prevention, Comprehensive Soldier Fitness, risk reduction, military Family life consultants, and more.

Health promotion is a concept that not only deals with the physical health, but also mental, spiritual and community wellbeing.

Health promotion is a holistic view of health, not just of your outside, but your inside, your core. The following article was written by Master Sgt. Scot Cates, Installation CSF coordinator.

The Army’s Comprehensive Soldier Fitness program is a long-term strategy for Soldiers, Family members and Army civilians to better prepare them to grow and thrive in the face of challenges that are encountered in daily life. The CSF program continues to grow every day.

There are four pillars of the CSF program:
1. Global Assessment Tool: GAT is a confidential online survey that identifies areas where resilience can be built; it is an annual requirement for Soldiers.
2. Comprehensive Resilience Modules: CRMs follow the GAT and are determined based on feedback from your survey. They focus on specific resilience skills for social, emotional, spiritual and Family dimensions.
3. Master Resilience Trainer: MRT is a two-week course learning all the resilience skills and best practices to teach them, then the student returns to the unit as the commander’s subject matter expert on resilience.
4. Institutional Resilience Training is being incorporated into every level of officer and NCO professional development courses to reinforce resilience skills throughout the life of the Soldier.

What can the CSF program do for you?
Soldiers, Family members and Army civilians can enhance their quality of life and ability to deal with life’s stressors by receiving resilience training learning skills such as “Put it in Perspective,” which helps to reduce anxiety and improves problem solving; assertive communication that builds connections with others through clear, confident and controlled interaction; and “Hunt the Good Stuff,” which builds optimism and a positive outlook on life.

Where can you get the training?
Each battalion and above has a certified MRT. Each platoon and company has a Resilience Training Assistant, and Army Community Service has two MRTs. Family Readiness Groups can coordinate through the unit MRT or contact ACS. Soldiers receive mandatory resilience training quarterly through their units. Online training (GAT/CRMs) is accessible at http://csf.army.mil/

A new addition to the existing programs and services for building resilience is the Virtual Resilience Campus, accessed at the www.myarmyonesource.com website, where Soldiers and Families can create interactive avatars for online interaction and information.

The Army OneSource Community in Second Life is a virtual world that geographically dispersed Soldiers, Family, friends and other community members can use to keep in touch with each other and their Army community. By using an avatar, users can meet virtually to collaborate, socialize and participate in activities.

As part of Second Life, the Virtual Resilience Campus offers users engaging and enjoyable ways to build strength based on the five pillars of strength: Spiritual, family, social, emotional and physical.

Just as physical fitness takes regular sessions to maintain, resilience is not a one-time training or single event. Improving resilience requires training, practice and more training to continue to improve and increase quality of life.
GSA pay-at-pump
Drivers with General Services Administration fleet vehicles on Fort Polk will soon find it much quicker to fuel up at the Exchange Express facilities as the Army and Air Force Exchange Service will soon accept the Wright Express fleet card at the pump.
Currently, drivers using the Wright Express card must go into the Express to pay.
This new procedure will allow GSA fleet vehicle drivers to pay for fuel at the pump.

Enter sweepstakes
The Army and Air Force Exchange Service is partnering with Unilever to offer vacations to patriotic destinations as well as cash prizes to Exchange shoppers worldwide.
The "Red, White and Blue Sweepstakes" rewards $50,000 in prizes including vacation getaways and Exchange gift cards.
Five eligible Exchange shoppers and their families will win a trip to visit one of five national parks for the grand prize.
To enter the sweepstakes, Exchange shoppers must compose a 500 words or less essay about why their family deserves to win a trip.
The winning families will book their vacations to Yellowstone, Yosemite, Grand Canyon, Smoky Mountains or the National Parks and Memorial Mall in Washington D.C.
Each prize package will include airfare, hotel accommodations, park admission and spending money. In addition to the five grand prizes, 10 first-prize winners will win a $100 Exchange gift card. Essays can be submitted through 15 July to www.operationintouch.com or mailed to P.O. Box 7419, Wilton, CT 06897-7419.

IDs affect transactions
The Department of Defense has removed the nine-digit Social Security number from identification cards issued after June 1. Exchange shoppers who receive the new ID will notice some changes when writing a check, putting something on layaway or making a return at an Army and Air Force Exchange Service facility.
The absence of the Social Security number, the only number used by DoD for financial transactions to recover lost funds, means that cashiers will scan the new IDs to facilitate certain financial transactions. Information concerning the DoD’s new Smart Card is available online at http://dmdc.osd.mil/smartcard.

Win $1,000 gift card
Eligible Army and Air Force Exchange Service shoppers have until July 15 to fill out an entry form at the Exchange for a chance to win one of 15 AAFES/Unilever $1,000 gift cards. The drawing takes place on or about Aug. 24.

Gas discount
The Army and Air Force Exchange Service and MILITARY STAR are celebrating the Exchange’s 116-year anniversary with a special discount on gasoline. MILITARY STAR cardholders can save a total of 16 cents per gallon of gasoline July 25-27 when purchased on their MILITARY STAR card at the Fort Polk Exchange Express fuel stations.

Calling, gift cards
Any American can help Soldiers, Airmen, Sailors and Marines stay connected by sending All-Services Exchange long-distance calling and gift cards. Both cards are available through the Exchange 24-hours a day. Individual cards range from $10 to $500.
Individuals and organizations can buy up to 100 cards per purchase. Gift cards can be used by any military member, stateside or overseas, at any of the Exchange facilities worldwide or online. To purchase a card, log on to https://shop.aafes.com/gcs/default.aspx or call the Exchange at (800) 527-2345.
Nurses
Continued from page 8

from Fort Carson or Fort Sam Houston because every facility will operate similarly as a result of the Patient Caring Touch System,” said Dunlap.

As ambassador for BJACH’s Patient Caring Touch System, Capt. Kenora Walker said, “These are exciting times. The way we do business at all Army hospitals is changing.

“Today, BJACH celebrates the Patient Caring Touch System initiative and a recommitment of our core values to provide the highest quality health care to our wounded warriors and those entrusted in our care.”

According to the event’s program, the core values that are the foundation of the Army Medical Department and the Patient Caring Touch System include the Army values, Soldier’s creed, Army nursing team creed, American Nurses Association code of ethics, ANA scope and standards of practice, ANA standards of professional performance and civilian creed.

In his closing remarks, BJACH commander, Col. David Dunning, said that he supports the program. “We got it right this time. We are going to embrace this system and make it happen. It’s going to be part of our lives as we do business, provide health care and lead our patients to better health,” said Dunning.

He said that nurses have shown, with this program, that they are listening to patients. “They not only have the courage to go where our patients are leading us, but they are anticipating where they are going to lead us and are getting out in front,” said Dunning.

BJACH officials would also like to thank the Fort Polk community for providing feedback on patient surveys, the result of which is the implementation of evening hours appointments. “We are listening. It is only by hearing your voice that we become aware of areas in which we excel or need improvement. Continue to have your voice heard by completing the Army Patient Satisfaction Survey when it comes in the mail,” said BJACH officials.
**Unit Encounters**

**1st MEB**

*91st MP Det, 519th MP* — The Family Readiness Group hosts a meeting July 19 at the detachment from 6-7 p.m. For more information call (337) 718-6337 or e-mail maggie_piper@yahoo.com.

*204th MP Co, 519th MP* — The FRG hosts a meeting July 18 from 6-8 p.m. at the Showboat Theatre. For more information contact (337) 213-1447 or (337) 718-7300 or e-mail 204br-frg@gmail.com.

*209th MP Co, 519th MP* — The FRG hosts a meeting Monday at the Family Readiness Center from 6-8 p.m. For more information contact (832) 659-1563, (337) 304-6717 or e-mail 209MP-COFRG@gmail.com.

*258th MP Co, 519th MP* — The FRG hosts a meeting Aug. 9 from 6-8 p.m. in the battalion classroom. For more information call (337) 353-9424 or e-mail missionfield@aol.com.

*272nd MP Co, 519th MP* — The FRG hosts a meeting July 26 at Strike Zone Bowling Center from 6-8 p.m. For more information call (337) 378-9706 or e-mail FightingDeuceFRG@hotmail.com.

---

**162 Inf Bde**

*4th Bn, 353rd Inf Reg* — The FRG hosts a meeting Tuesday at the FRC beginning at 5:30 p.m. For more information call Capt. John Hatley at (337) 653-2956.

*A Co, 4th Bn, 353rd Inf Reg* — Hosts an FRG meeting at the FRC Tuesday from 5:30-7:30 p.m. with a pot luck; hosts an FRG steering committee meeting at Strike Zone Bowling Center Aug. 2 from noon-1 p.m. For more information call (337) 653-3100.

*5th Bn, 353rd Inf Reg* — Hosts an FRG meeting and ice cream social Tuesday at Alligator Lake Pavilion from 6-8 p.m.

*6th Bn, 353rd Inf Reg* — Hosts a party/ice cream social July 22 at the South Fort 50-meter pool from 8-10 p.m. For more information call (337) 653-3100.

---

**Miscellaneous**

**Pickering registration**

Pickering High School holds open student registration. Any new students can register between 8 a.m. and noon, Monday through Thursday.

Back to School Days will be held Aug. 2-4. Students may pay school fees, receive schedules, obtain locker assignments and pick up textbooks at that time.

The schedule for Back to School Days is as follows:

Aug. 2 — 8 a.m.-noon, SGA, band members; 10-11 a.m., seniors, high school football players; 11 a.m.-noon, juniors.

Aug. 3 — 8-10 a.m., sophomores; 10 a.m.-noon, freshmen.

Aug. 4 — 8-10 a.m., eighth grade; 10 a.m.-noon, seventh grade.

For more information call 537-1555.

**Hospice help sought**

Hospice of Leesville seeks individuals interested in donating time to the Vernon Parish hospice ministry. No special training or experience is needed. For more information call 239-1020.

**Trade Days**

Main Street Trade Days is held the first and third Saturday of each month on Third Street at the Third Street Market in historic downtown Leesville from 7 a.m.-2 p.m. The next Trade Days is July 16. Call 392-1776 for more information.

**Vernon Resource Center**

The Vernon Pregnancy Resource Center, 110 East Lula St., Leesville, offers free testing and supplies to women of Vernon Parish. Call 239-9863 for more information.

---

**Clubs and Groups**

**Half marathon**

A formal training group is meeting to train for a November half marathon. All runners are welcome. For more information e-mail Vernon_runs@yahoo.com.

**Recipes wanted**

The Fort Polk Spouses’ Club is looking for recipes for their Fort Polk community cookbook. The cookbooks will be ready for purchase in time for Christmas.

If you would like to submit recipes, e-mail them to Amy Yates at fpscoperationalfundraisers@gmail.com. The deadlines for submission is Aug. 10. Cookbooks will be on sale in November for $18 each, but you can preorder until Oct. 19 for $15.

**Leesville TOPS**

Take Off Pounds Sensibly meets Thursdays at the Vernon Parish Library, 1401 Nolan Trace in Leesville. Weigh-in runs from 5:05-5:55 p.m. Meetings start at 6 p.m. For more information call 208-6025.

**DeRidder TOPS**

Take Off Pounds Sensibly meets Tuesdays at the Wesley United Methodist Church, 701 N. Texas Street in DeRidder. Weigh-in runs from 5:30-5:55 p.m. Meetings start at 6 p.m. For more information call 531-8107.

**Running club**

The CenLa Runners Club meets Saturdays at 7 a.m. in the parking lot of Maple Terrace Housing Area on North Fort.

Runs vary in distance and terrain. Call 348-2924 for details.

**Purple Heart meeting**

The Military Order of the Purple Heart Chapter 727 meets the third Saturday of each month at 10 a.m. in the New Llano American Legion Hall. Recipients of the Purple Heart are welcome.

The next meeting is July 16. For details call 238-0170.

**Chapter meeting**

The Korean War Veterans Association, chapter 180, meets at 10 a.m. the second Saturday of each month at the Veterans of Foreign Wars Post 3106 in Leesville. The next meeting is Aug. 13. Call 239-7341 for more information.

**Eastern Star**

The Order of the Eastern Star hosts meetings the second and fourth Monday of each month at the Pride of Leesville Lodge, 1106 Butler St., Leesville.

Prince Hall affiliated members are invited. The next meeting is Monday. For more information call (337) 348-9697/6334.

**Omega Psi Phi**

Omega Psi Phi Fraternity meets the second Tuesday of each month. The next meeting is Tuesday. For details call 208-7059 or 424-2286.

**Garden club**

The Vernon Parish Garden Club meets the second Saturday of each month from 2-4 p.m. at the Vernon Parish Library. The meeting features refreshments and a guest speaker. The next meeting is Saturday. For details call 239-5919.

**Resource center**

The Vernon Pregnancy Resource Center, 110 East Lula St., Leesville, offers free testing and supplies to women of Vernon Parish. Call 239-9863 for more information.

**Al-Anon**

DeRidder’s Al-Anon program meets Mondays from noon-1 p.m. and Tuesdays and Fridays from 8-9 p.m. at 107 Wilson St. For more information call (337) 462-1505.

**Narcotics Anonymous**

Christian Living Fellowship Church, Section Line Road in Leesville, hosts Narcotics Anonymous support group meetings Mondays and Tuesdays from 8-9 p.m.; Wednesdays from 5-6 p.m.; Thursdays from 7:15-8 p.m. and 8-9 p.m.; Fridays and Saturdays and Sundays from 8-9 p.m. For more information call 238-3570.

**Celebrate Recovery**

Celebrate Recovery meets Fridays in the Triumph House at East Leesville Baptist Church. Meetings begin with a meal at 6 p.m. Child care is free.

For more information call 239-3733.
ABUNDANCE OF KIDS STUFF! Thomas table, track and trains, kids wood table and chairs, Boys clothes size 4-7 and much more. Come make your best offer. 279 Butler Rd. in DeRidder

**ACE CONSTRUCTION**

Drywall, Room Additions, shingles, Kitchen Cabinets, Flooring and carpentry. FREE estimates. 337-912-3512

**Moses & Son**

A-Round Tuit Handyman Service From the Floor to the Roof. We do it all, no job too small. Call us for your home repair and remodeling needs. Free Estimates. 337-375-5988

DENIED SOCIAL SECURITY Disability or SSI? We can help you! No money up front. Call now (318) 221-0767

**Beaird’s Cleaning Service**

PCS Cleaning, House Cleaning, Move Out Cleans, Carpet Cleaning, Pet Odor Removal. Free estimates. Call now (318) 402-9303 or 272-6235

**A+ ROOFING**

Residential & Commercial • Free Estimates • Very Competitive Rates • Shingles • Re-roofs • Repairs • Flat Roofs • Metal Roofs • All work guaranteed • Fully Licensed and insured • VULIC accepted• 318-272-6235

**LEADER WANTED**

#1  HOME BUSINESS...PERIOD!! We earn $10,000+ per month selling Shakes & Juice from Home. Looking for key Leader in the Fort Polk Area to Train. Call (800) 896-6820 for a 24 Hour message to learn more.

**HAIR STYLIST**

Busy Hair & Tanning Salon needs exp. Stylist must have a LA license and a professional appearance. Good service and retail commission, on going advertising and tools to help build your clientele. Call Theresa Larue for a personal interview. 337-238-1160 wk or cell # 337-378-9620.

**DOCTOR’S OFFICE**


**REAL ESTATE**

House and land for sale *** pitkin, la Custom 3 Bedroom/ 2 Bath Home Brick Home, Completely Remodeled in Fall 2008, New EVERYTHING, Living Room plus Den, Large Fenced Back Yard, Ceramic Tile throughout, Security System...Call For Details (318) 358-5455 or (318) 613-4582.

This HOT NEW SUBDIVISION is a MUST SEE!! 143 West Leonard Rd Anacoco, la 71403 MLS #29-103. 4 Bedroom, 2 Bath, 2 Car Garage $208,000 Contact Candice Skinner for a showing today! 337.404.3926

**SIX TO SEVEN ACRES**

of land for sale in the Rosepine area. Call 337-462-5649. 7-30 House and land for sale

**LAND**

**EXPERIENCED SALESPERSON**


**Leader wanted**

#1 Home Business...PERIOD!! We earn $10,000+ per month selling Shakes & Juice from Home. Looking for key Leader in the Fort Polk Area to Train. Call (800) 896-6820 for a 24 Hour message to learn more.

**Equipment Operators**

needed for earth-moving contractor in local Mansfield area. Must have three years experience in operating any of the following equipment: Articulating Off Road Trucks, large scraper tractors, trackhoes, excavators and dozers. Fax resumes to: (318) 985-3998

**Tracing Work**

Bush hogging, driveways repaired, disking, garden sites broken, dirt spread, and all types of blade work. Free estimates. No job too small. Phone 337-239-6882

**A+ Tree Service**

Licensed & Insured • Pruning • Topping • Cabling • Removal • Stump Grinding. 27 years experience w/licensed Arbors on job site! 318-402-9303 or 272-6235

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

Published for the community of Fort Polk, La. www.thefortpolkguardian.com

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.


**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: __________________________
HOME FOR SALE: Looks are deceiving; this home is solid from its 2x6 trusses to its solid foundation. It is a very open_Mediterranean style floor plan with open access from the kitchen to the dining to the living to the large_family room. The family room has 6 large windows on the back with a wide open view of the beautifully landscaped backyard and the salt system in ground pool, so keeping an eye on the young ones is easy. It is secluded because of the 6 foot privacy fence surrounding the entire back yard. This home has 3 large bedrooms and two bathroom rooms and the Master has a large walk in closet and both a Jacuzzi tub and separate shower with a his and her sink on separate sides. And that's not the best part: this home has_a two car garage and is located on a Prime Cove in Anacoco, a very quiet and comfy location. It's only 12 miles from Leesville in one direction and 12 miles from the beautiful Toledo Bend in the other. We're happy to park your car in our garage while you are leaving the area, please come by and view our home and consider making it yours for many years to come. Asking $259,000.00. MLS # 02-2605. Please Call 239-2211.

FOR RENT

FOR RENT: Small, 1 Bdrm Cottage with washer, dryer, stove and refrigerator. 1 yr lease $425/no $425 deposit, no pets. In DeRidder. Leave voicemail. 240-529-5112. 7-29.

TWO BEDROOM, 1 bathroom house, den and utility room, large back yard, $585 per month and $450 deposit. NO PETS. Please call 337-9401-0252. 8-1.

ONE BEDROOM, 1 bathroom apartment. Living room, kitchen, $350 per month and $250 deposit. NO PETS. DeRidder area. Call 337-401-0252. 8-1.

**For Rent: 2 Bedroom 2 Bath, Gulf Front Condo at Phoenix 1, Orange Beach Alabama. Please go to website, (www.meyerre.com) Property ID: P1012 review photo of unit and Amenities. Call (800) 213-9544.

Rooms for Rent: Lg 3 bedroom house with enclosed garage. Access to the pool in the back yard with lg shed. Washer and dryer plus full kitchen. Have direct tv price includes electric water and house phone. 350.00 per month Beautiful neighborhood Just call me 337-397-5477 male or female doesn't matter

3Br/1Ba $650 per month/$650 Deposit - No Pets 300 Herman Smith Dr, La Call Candice Skinner Today for a showing! 337.404.3926

3Br/1Ba $650 per month/$650 Deposit 302 Cooper Cemetery Rd. Leesville, La Pets negotiable Call Candice Skinner Today for a showing! 337.404.3926

3Br/2Ba $675 per month/$675 Deposit 304 Cooper Cemetery Rd. Leesville, La Pets negotiable Call Candice Skinner Today for a showing! 337.404.3926

We now take Visa, Mastercard

FOR RENT OR LEASE mobile home lots in Leesville. Contact 337-508-0147. 7-29.

RENT OR LEASE Mobile home on 3-plus acres for sale. Bank owned. 877-496-9866

FIRST TIME BUYERS Get your Own Brand NEW home today!! Contact for appointment (318) 752-8243.

GOT LAND? Need a Home, I CAN HELP (318) 752-4655.

NO RENT OR LEASE home. I CAN HELP (318) 752-4655.

WANT A NEW HOME and having problems? Let us help (318) 752-8243.

WE CAN GET you into a NEW Home-No Problems (318) 752-8243.

SPECIAL PROGRAM for credit scores down to 575. No land required. A-1 Homes 318-238-4663.

$21900.00 Gets you a 3 bedroom home with furniture. Only at A-1 Home in Natchitoches 318-238-4663.

**2005 MITSUBISHI ECLIPSE GS 2 Door 4-Speed Transmission Automatic Overdrive 4 Cyl. GREAT gas mileage. Metallic Dark Green. Black Interior. 113K Asking $6,500.00 OBO Call or Text Richard at 480-282-1510.

2001 EXPEDITION w/ Eddie Bauer package 163k miles looks and runs good 3rd row seating. Asking $4800 negotiable Call 337-353-3360.

2000 GMC SAFARI mini-van v-6 4.3 Vortec engine seven passenger once sliding psgr door in good condition looks good. White. $3800.00 call 238-4473 127k miles.


The Daiquiri Station
Drive Thru & Bar
1113 North 5th St.
337-238-0200
TUESDAY
Eddie Bauer $1 Beer - $2 shots
WEDNESDAY
Wacked Out Wednesday $1 Off all Daiquiri’s
THURSDAY
Beaver $1 $1 Beer
FRIDAY
Ladies Drinks $1 off
SATURDAY
Date Night
1-3 P.M. Daiquiri’s
Get One Free
60 + Different Kinds of Frosted Drinks & Pkg Beer
TV’s & Lounge Room for Sports Nite
2003 MUSTANG GT, fast and fun! 1 Owner 2003 mustang gt. Black/silver ext, black/charcoal cloth interior. Automatic trans. 126,000 Miles. Good condition. Never wrecked, serviced every 3,000 miles. Carfax states that the vehicle had 2 owners, but only because the vehicle was in my mothers name while I was in college, but I have owned it and driven it since the day it was purchased brand new from Hixson ford in alexandria, La. Front and rear bumpers recently repainted due to 8 years of wear. Cd player, power windows, power locks, power driver seat. Traction control option. Fog lights. Customized additions: flowmaster exhaust, h-pipe, k&n air filter, shift kit, 3.73 Gears, computer air/gas ratio enhancements, eibach lowering springs/suspension. Looks great, sounds great and drives great. If you're looking for a fast car with a lot of torque to get you going this summer, this is the car for you. $8,500 O.B.O. Call me anytime at 318-481-4234 or email me at eparker001@gmail.com. Thanks for your interest.

Ean parker

2006 SUNSET CREEK CAMPER TRAILER (Bumper Pull), 33ft. Electric/Gas. 1 slideout. Sleeps 8 (queen size bed, 4 bunk beds, pull-out couch). Skylight in the bedroom and bathroom. Extra storage space inside and outside. Outdoor shower. Only been used once! Great for the summertime! Asking payoff of $13,500, but negotiable! Please call (318) 430-0111.

FOR SALE

Mulching kit for 46inch zero turn riding Husquarna Lawnmower includes cover plus 2 sets of blades only used 2 times $40.00 537-3507.

FOR SALE

Crossbow Exercise Equipment with 440 pound rods and mountain bike with stationary stand. For information call 337-238-8227.

Spend an Evening with the Legendary Boss of Zydeco

Keith Frank and the Soileau Band

Friday July 15th at the American Legion Post #27

That's right, Keith Frank and The Soileau Band is coming back!! Four hours of nonstop music! So come on out and show some love by welcoming back Keith Frank and the Soileau Band Friday July 15th at the Dr. O.S. Holliday American Legion Post #27 in DeRidder.

Limited Advanced Tickets $10.00

At the Door $12.00

Doors open at 7 p.m.

Show starts at 8 p.m.

Please show your support by donating a toy

For ticket information call 337-202-1886

Friday July 15 at the American Legion Post #27 in DeRidder
BOAT FOR SALE. Have a 1988 Gheenoe 15', weight approx. 90 lbs., rated for 5hp or trolling motor, capacity rated 600lbs. Very stable - can stand up in it to fish or shoot. Asking $475.00. Call Stan 337-239-7720.

FOR SALE MOVING NEED TO SALE!! Riding Lawn Mower 10 month old Troy Built 20 HP paid $1,199.00 Asking $800.00 OBO 337-353-7910.

ONE WEEK VACATION package in Orlando Florida at a 5 Star Resort with all amenities included. You will be staying at a 3 Star resort with Kitchen, Washer/Dryer, Jacuzzi Tub. You are only minutes from all the Disney World Parks. Asking $500 Please call 337-396-2855 or 337-460-9290 for more information.

4 TICKETS TO SEE HANK WILLIAMS JR live in concert at the Coushatta Resort in Kinder LA on 6 Aug 2011 Call 337-238-5156. MON.-FRI. 10AM-6PM SAT. 10AM-3PM. You are only minutes away from all the Disney World Parks. Asking $75. Please call 337-460-9290 or 337-460-9290 for more information.

ONE GAS GRILL with side burner for sale. Asking $40 Please call 337-396-2855 or 460-9290 for more information.

BOAT FOR SALE. Have a 1988 Gheenoe 15’, weight approx. 90 lbs., rated for 5hp or trolling motor, capacity rated 600lbs. Very stable - can stand up in it to fish or shoot. Asking $475.00. Call Stan 337-239-7720.


DONATE YOUR CAR Free Towing! Tax Deductible. - Ask about a FREE 3 day vacation to over 80 destinations!!! (certain restrictions apply) Heritage for the Blind 1-800-880-1631 (LA-SCAN).

10 Pharmacy Tech Trainees needed! Retail Pharmacies & Hospitals are hiring well trained Pharm Techs! No experience needed! Ayers Career College can get you job ready! 1-888-247-9245 (LA-SCAN).

HEALTH-CARE PROFESSIONALS SERVE PART-TIME as an Officer in the NAVY RESERVE. Openings for PHYSICIANS, DENTISTS, and NURSES. SIGN ON BONUS! No INSURANCE COSTS! CALL 800-852-7621 (LA-SCAN).

STATEWIDES

www.thefortpolkguardian.com

Do it all in one place: www.thefortpolkguardian.com

Visit our newly redesigned website today for Everything Fort Polk. You may also download our e-Edition; it’s just like our print edition, page for page, but in digital form (in .PDF format).
WAREHOUSE INVENTORY CLEARANCE SALE

Special Military Pricing Schedule

Free Delivery & Installation

12 Months Same as Cash
Interest Free* Easy Terms Low Rates *with approved credit

Combo Motion Sofa
$795.00

5 Piece Espresso Counter Height Dinette
$295.00

5-pc Bedroom Suite
Dresser, Mirror, Queen Bed, & 2 Nightstands
$895.00

On Sale Now!

Don’s Home Furnishings

Hwy. 171 Just N. of Rosepine – Hwy. 171 Just S. of Leesville
(337) 462-3003 (337) 239-4611

If The Sign Out Front Doesn’t Say “DON’S”, You’re At The Wrong Place!

Hours: Always Open Monday - Saturday 9am Until 7pm

Guardian July 8, 2011