4/10 units welcome new commanders

Lt. Col. Christopher Ramsey (right), outgoing commander of 2nd Battalion 30th Infantry Regiment, hands his battalion’s colors to Col. Mario Diaz, commander of 4th Brigade Combat Team, 10th Mountain Division, after relinquishing command of his battalion to Lt. Col. Alan Boyer, during a ceremony in 1st Maneuver Enhancement Brigade’s gym, Jan. 10. The ceremony was one of five held in January for units in the 4th BCT, 10th Mtn Div. For more on the ceremonies see page 3A.
Viewpoint

POLK PEOPLE
Guardian staff asked members of the Fort Polk community, "If you could be rich doing something you love, what would you do?" Here are their replies:

Pvt. Shane Bevins: "I'd love to cook and smell the food as you mix things together. Coming up with new styles of food would be great."

Pfc. Emily Copeland: "Psychology — it’s interesting."

Sgt. Sade Lewis: "I’d love to cook and educate the community on health, fitness and knowledge of the countries around the world. We’d all benefit by knowing other cultures."

Spc. Lam Kien: "I'd go on vacation and travel. I want to see the world before I die and experience all the different cultures."

Pfc. Travis Marchesin: "I’d just like to be with my wife and kids: It relieves stress and makes me happy."

Kenchasa Swann: "I’d be an educator like I already am. It makes an impact. It’s the one profession that creates all others."

Paterno is latest in line of fallen greats

By CHUCK CANNON
Guardian news editor

On Jan. 22, legendary Penn State head football coach Joe Paterno lost his short battle with lung cancer.

Paterno’s death closed the book on a career that saw the 85-year-old Brooklyn native go from the pinnacle of the NCAA college football coaching ranks when he passed Grambling University icon Eddie Robinson Oct. 29 for most wins in walk of life.

Paterno would have done well to look at the lives of other well-known Americans who fell after reaching the tops of their professions.

In June 1972, during former President Richard Nixon’s second term as U.S. president, burglars were caught breaking into the Democratic National Committee headquarters at the Watergate complex in Washington, D.C. An investigation by the FBI determined Nixon’s Republican reelection committee paid the burglars and that the president had recorded many conversations that showed he attempted to cover up the break-in.

Facing certain impeachment, Nixon, generally regarded as the most powerful man in the free world, was forced to resign — to date, the only president to face that indignation. He should have upheld, instead of broken, the law.

Then there was noted televangelist Jimmy Swaggart. The Ferriday, La., native lost a battle with lung cancer in November but he died before he could come back and face that indignation. He should have upheld, instead of broken, the law.

Looking back at Paterno’s climb to the top followed by his fall, the words of a Merle Haggard song immediately came to mind: “I’m always on a mountain when I fall.”

It sums up the careers of many celebrities from all walks of life.

Paterno would have done well to look at the lives of other well-known Americans who fell after reaching the tops of their professions.

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**ACAP events**

The Army Career and Alumni Program offers the following events at the ACAP Center, 7950 Alabama Ave., bldg 2155, suite 105:

- Universal Technical Institute, a school offering education in automotive, diesel and industrial technology fields, visits ACAP Thursday and Feb. 9, 16 and 23 from 9 a.m.-noon.
- Government Personnel Mutual and Military Benefit Association has openings for agents and managers in the insurance field. A company representative is available at ACAP Tuesday from 9:30 a.m.-3 p.m.
- The Federal Bureau of Prisons and Polk Prison will provide job information Wednesday from 9 a.m.-2 p.m.
- ACAP will also host a spouse’s open house Thursday from 1-3 p.m. For more information call 531-1591.

**115th CSH CoC**

A change of command ceremony for the 115th Combat Support Hospital honoring outgoing commander Col. Patricia Darnauer and incoming commander Col. Kevin Stevens will take place Wednesday at 11 a.m. on Fort Polk’s Warrior Field.

**Retention training**

The annual mobile retention training for Fort Polk is held Feb. 13-16. Training will be conducted at the Education Center by a team of career counselors from Fort Jackson, S.C. The team provides formal retention training to all full-time retention non-commissioned officers and additional duty reenlistment NCOs. The training keeps Soldiers and commanders informed of their reenlistment opportunities and responsibilities as leaders. Leader development will be provided to company commanders and first sergeants Feb. 16 at 1:30 p.m. See your career counselor for more details.

**NAF positions**

Applications are being accepted for the following nonappropriated-fund jobs on Fort Polk.

For details call the Non Appropriated Funds Branch, 531-6301/6631/4955, or visit the NAF website at [www.jrtc-polk.army.mil/cpac/naf.htm](http://www.jrtc-polk.army.mil/cpac/naf.htm).

- Child and Youth Program Assistant, $11.95-$13.41 hourly, regular, part-time, closes Tuesday, SCNAFEP120005.
- Lead Child and Youth Program Assistant, $15.00 hourly, regular full-time, closes Tuesday, SCNAFEP120006.
- Lead Child and Youth Program Assistant, $15.00 hourly, regular full-time, closes Tuesday, SCNAFEP120006.

Please see Briefs, page 5A

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**4/10 welcomes new leaders**

By Spc. BRIAN GLASS

4th BCT, 10th Mtn Div PAO

FORT POLK, La. — Change swept across the recently redeployed 4th Brigade Combat Team, 10th Mountain Division as the calendar shifted to 2012 and five Patriot Brigade battalions conducted change-of-command ceremonies Jan. 10-12.

The newly installed brigade command team of Col. Mario Diaz and Command Sgt. Maj. Noe Salinas represented the brigade’s support as each battalion said goodbye to its outgoing leadership and welcomed the new command team. The brigade’s other battalion, 94th Brigade Support Battalion, conducted its change of command Dec. 16 when Lt. Col. Anthony Coston relinquished command to Lt. Col. Marc Walker.

The 2nd Battalion, 30th Infantry Regiment conducted the first of five battalion command changes in January, and 4th Brigade Special Troops Battalion followed at the 1st Maneuver Enhancement Brigade Gym Jan. 10.

Having completed a year in Logar Province, Afghanistan as 2-30 Infantry Regiment’s Task Force Storm commander, outgoing commander Lt. Col. Christopher Ramsey addressed his Soldiers about the importance of change and congratulated them on mission success during their deployment.

“Change is always occurring in our great Army. That’s why we’re able to stay relevant and ready as the greatest Army in the world,” said Ramsey, who relinquished command to Lt. Col. Alan Boyer, “You served the nation with honor and distinction, and I was proud to serve with you. You do your job better than any army in the world; thank you for your service to our nation.”

Later on the same day, 4th BSTB conducted its change of command, with Lt. Col. Kenneth Harrison replacing Lt. Col. Blace Albert, who moved on to become Patriot Brigade’s deputy commander. During the ceremony, Diaz commented on Albert’s making history when 4th BSTB entered Chak District of Wardak Province, Afghanistan to conduct Operation Dagger Fury.

“Only a leader like Lieutenant Colonel Albert, who I believe is one of the best in the Army, could’ve made this happen,” said Diaz.

Weather improved Jan. 11, so the next day’s ceremonies moved from the 1st MEB Gym to Patriot Brigade’s Mountain Field. First up was 2nd Battalion, 4th Infantry Regiment, as Lt. Col. Thomas Rickard relinquished command to Lt. Col. Paul Cunningham and Command Sgt. Maj. Allen Michaud. Rickard talked about his TF Warrior battalion’s time in Wardak Province and

Please see Leaders, page 13A
As Army downsizes ...

Soldiers must remain competitive for promotions

ROB McILVAINE
Army News Service

FORT MEADE, Md. — The past 10 years of war assured many Soldiers an assignment or promotion with a high degree of certainty, said an official with the Promotions Branch of the Department of the Army. That's no longer necessarily the case.

"It has always been in the Soldier's best interest to ensure his or her personnel file is up to date. But as history tends to repeat itself and the Army scales back its force structure, having an accurate, updated and complete service record is now more important than ever," said Gerald Mayer, chief of DA Promotions Branch.

Soldiers need to know how to present themselves to the board in the most positive and professional manner, Mayer said.

All Soldiers need to be on top of their personnel file at any given time because not only is the file looked at for promotion boards, but it's also looked at for assignments as well, he said.

"If it's not kept current to where you feel that you're being best represented, then you might fall short somewhere," Mayer said.

The U.S. Army Human Resources Command, Department of the Army Secretariat convenes about 80 selection boards each year, for promotions, command assignments, professional development and schools for officers, warrant officers, and senior noncommissioned officers.

But if a Soldier doesn't do his or her due diligence, "the assignment that you want could go to someone else or you couldn't get promoted," Mayer said.

The Army will continue to promote its most qualified and experienced officers and noncommissioned officers based on potential and performance, he said.

But he added this also means that boards will only select the best qualified out of the field of fully qualified Soldiers.

"The Army recommends that every Soldier, at a minimum, should maintain contact with their branch manager; check their DA photo, with emphasis on the proper wear and placement of the awards and to ensure that the data matches their officer records brief or enlisted records brief, and what's filed in their Official Personnel Management File, or OPMF, which is their electronic record depository," said Randy Gillespie, chief of the Officer Promotions Branch.

Gillespie added that everyone should:

• Ensure that all awards and badges are properly annotated on their ORB/ERB and filed in the OMPF.
• Confirm that all evaluations are properly posted in their OMPF and that Social Security number, height/weight data, and duty title/description are correct.
• Review and certify their "My Board File" promotion information is correct.
• So don't fall short and think that if you don't put any emphasis on your personnel file, which is kind of your resume and kind of your handshake to whomever is looking at your file, because if it's not up to date, this could send the message that you're not diligent enough, or that you don't care what's happening to you in your career.

Overall, this is a profession of arms, and it doesn't speak highly of an individual if he or she presents themselves in a way that is unprofessional or fails to show due diligence," Gillespie said. "So don't fall short and think that if you don't put any emphasis on your personnel file, which is kind of your resume and kind of your handshake to whomever is looking at your file, because if it's not up to date, this could send the message that you're not diligent enough, or that you don't care what's happening to you in your career.

After all, this is a profession of arms, and it doesn't speak highly of an individual if he or she presents themselves in a way that is unprofessional or fails to show due diligence," Gillespie said. "So don't fall short and think that if you don't put any emphasis on your personnel file, which is kind of your resume and kind of your handshake to whomever is looking at your file, because if it's not up to date, this could send the message that you're not diligent enough, or that you don't care what's happening to you in your career.

All Soldiers, he said, may say he did all that's required.

"So we don't want anyone to fall short and think something is happening or there's an expectation when there's not. Promotion is not a right or an entitlement. It must be earned," he said.

A Soldier, he said, may say he did all that's required.

"OK, you did all that's required, but how well did you do it? Mayer said. "Therein lies your efficiency report that talks to a Soldier's potential for advancement to the next higher rank."

"So we're just trying to alert Soldiers that (their) record could be looked at for just about anything, so just keep it up to date and make sure there's a validating document to support whatever entry is in (the) file," Mayer said.

Furthermore, commanders and supervisors can assist by monitoring preparation efforts and reviewing ORB/ERB, OMPFs, and DA photos prior to the board-convening date. The boards will require complete record evaluations as outlined in their respective MILPER Messages.

Finally, he said all Soldiers should view the detailed Department of the Army Secretariat video on the actual promotion board process to maximize success at DA boards and for their own professional development.

This video is available at www.hrc.army.mil/promotions.
**Abandoned vehicles**

The Directorate of Emergency Services traffic section announces the following vehicles will be released to a towing company for disposal if they remain unclaimed:

- 1997 Hyundai Elantra VIN#61003
- 2000 Chevy Blazer VIN#59051
- 2004 Volvo XC90 VIN#6050
- 2000 Dodge Intrepid VIN#34265
- 2001 Mazda 626 VIN#04765
- 1995 Lexus LS300 VIN#19852

For more information call 531-6714.

**Blood drives**

January is blood donor month and the need for donors this time of year is dire. Help save a life by giving blood. LifeShare Blood Center will conduct blood drives on Fort Polk at the following locations:

- **Today, 9 a.m. – 4 p.m.,** 162nd Infantry Brigade Gym
- **Saturday, 2-4 p.m.,** Shoppette No. 1, bldg 5498 (Drawing for $50 gift card)

LifeShare Blood Centers regularly supply blood components to 117 medical facilities including Bayne-Jones Army Community Hospital throughout Louisiana, East Texas and South Arkansas.

2007 Dodge Ram VIN#12753

For more information call 531-6675.

**Story input**

Guardian staff writers are working on a feature about children of alcoholics — the challenges they faced growing up and how they have been affected as adults and would appreciate community input. If desired, contributors can remain anonymous. If interested, email polk.ci@conus.army.mil.

**Watch WSTV**

“Recon,” an original Pentagon Channel series, is a monthly, half-hour program that provides an in-depth look at real-world missions, military events and history. The show airs on WSTV (channel 3 on and off post) Mondays at 6:30 a.m., Tuesdays at 12:30 a.m., Wednesdays at 7:30 p.m., Thursdays at 3:30 and 11 a.m. and Sundays at 6:30 a.m.

**Colonel ‘proud, humbled’ to represent gay, lesbian troops**

By KAREN PARRISH

American Forces Press Service

WASHINGTON — Air Force Col. Ginger Wallace, an intelligence officer, had a choice seat for President Barack Obama’s State of the Union speech Tuesday — she listened to it live, as a guest of First Lady Michelle Obama.

Wallace was there at the White House’s invitation to represent gay and lesbian service members and veterans. The White House promoted her through Service Members United, which calls itself America’s gay military organization. Wallace has been a member for about a year and a half, she said. She got the invitation Jan. 20, and “stressed out all weekend,” she said. The colonel first made news in December, when her partner of 10 years, Kathy Knopf, attended her promotion ceremony as her significant other and pinned on Wallace’s new rank. Wallace said that as far as she knows, that was the first time a same-sex partner had taken such a role in a promotion ceremony following repeal of the law that had banned gay men and lesbians from serving openly in the military.

Knopf also was at Wallace’s side at the White House yesterday before the president’s speech at the House of Representatives chamber, Wallace said. She added the event left her feeling “extremely proud, and so honored and humbled to represent the thousands of gays and lesbians that serve in the military.”

That includes not only those serving now, she added, but also those who didn’t get to serve out full careers under “Don’t Ask, Don’t Tell,” as well as those who will serve in the future, “because there will be many more that follow.”

Wallace said she hopes her attendance at the State of the Union speech offers a teachable moment for parents of young people who are being bullied about their sexuality, calling the pressure on those young men and women “tragic.”

“And I hope that last night provides an opportunity for parents to highlight to their children that it really does get better, and it is better,” she added. “We have a ways to go; we’re not there, but it is better. And every day it’s going to get a little bit better. We just have to be patient.”

Wallace said she was glad to have the chance to thank the first lady for the work she and Dr. Jill Biden, wife of Vice President Joe Biden, do in support of military families.

“And then to get to thank the president for his leadership in the repeal of ‘Don’t Ask, Don’t Tell’ ... was pretty amazing,” the colonel said.

Wallace said before 2010, she hadn’t expected to see the law repealed during her career. “I thought, the economy the way it is, the president’s got a lot going on, Congress has a lot going on, there are other issues that need to be dealt with,” she said. “That’s hard to say, considering how hard it was to live under ‘Don’t Ask, Don’t Tell,’ but it was true.”
By SARAH PEACHEY
Guardian staff writer

Editor’s note: This is the first of a series of articles featuring recycling on Fort Polk.

FORT POLK, La. — The Army is going green in a big way. Fort Polk was chosen as a pilot installation for the Army’s Net Zero Waste program in April 2011. Eighteen U.S. Army installations worldwide were chosen to participate in a Net Zero pilot in one of three areas: Energy, water or waste. Since then, plans have been in motion to determine the best way to reach “net zero.”

The Army’s Net Zero pilot program functions across 18 installations worldwide. These pilot programs are to achieve “net zero” by 2020.

Fort Polk’s selection as a pilot Net Zero Waste installation was a competitive process,” said Stephanie Sarver, chief of the Plans, Analysis and Integration office. “We participate in monthly collaborative calls with other installations. These calls are coordinated by the Department of the Army and the focus is to figure out how to reduce the amount of trash we produce. We specifically look at what’s going to the landfill and look at what we’re buying. If we can determine how much we are buying and how we’re using it, we can work toward reducing waste.”

The Net Zero process is viewed as a hierarchy, Sarver said, like an inverted pyramid. “At the top of the pyramid are the most environmentally friendly options, like reducing the amount of materials we consume and reusing items rather than disposing of them. At the bottom of the pyramid are the less environmentally friendly options, like disposing of materials into a landfill,” she said. “We want to do more at the top of the pyramid than at the bottom.”

“A perfect example (of what you cannot save) is a Styrofoam cup. You can’t repurpose it, you can’t reuse it, you can’t do anything with it except send it to a landfill.”

STEPHANIE SARVER
Chief, Plans, Analysis and Integration

Whittling down the number of items individually use, recycle or throw away as garbage is a process. “We have to start looking at our purchases. For example, we need paper. Do we get recycled paper? How much do we use? When we’re done with it, what do we do with it?” said Kathy Brewer, the sustainability facilitator for the Environmental Branch of the Directorate of Public Works.
builds off each other and you get maximum use out of what you purchase.”

Recycle

Fort Polk is also branching out its recycling program with another pilot program: White paper recycling. The pilot program began in October, focusing on white office paper. The white paper is collected and baled by the Qualified Recycling Program on Fort Polk. They hope to institute plans for white paper recycling on the entire installation, including mixed and shredded paper, Sarver said.

To demonstrate the effectiveness of the white paper recycling program, a competition was set up between BJACH and the Joint Readiness Training Center and Fort Polk housing units, bldg 350, against both North and South Polk Elementary Schools.

“We measure the amount of paper recycled and the children are teaching us it can be done — they’re leading,” Brewer said. “The children are speaking loudly through their actions that we need to take recycling seriously because it impacts their future.”

The white paper recycling competition, “Can You Recycle Better than an Elementary Student” ends this month, but not the program itself.

“Anyone can bring their white paper, mixed paper and shredded paper to building 1455 on Tuesdays between 1 and 4 p.m. We hope to set up a collection system on the installation as soon as possible. We encourage everyone to bring paper,” Brewer said.

Informing residents of recycling projects

Brewer believes there are four reasons Fort Polk residents should be concerned about achieving Net Zero: “It saves resources. For example, think about paper. Rather than cutting trees, extracting oil to fuel the trucks, transporting the material, processing it, transporting it again and purchasing it, we can save resources by buying less. By doing this we also reduce the amount of material we’re putting in landfills, we simplify our lives and we help save money,” she said.

The same model can be applied to why the Army should be concerned with such a decision. Simply focusing on reducing what we take in, used and disposed of saves the Army natural and valuable resources and money. “The Soldiers of tomorrow will have those available,” Brewer said.

“We believe we can reach 80 to 90 percent diversion by 2020, but that last 10 to 20 percent will be the tough part. When thinking about trash, it’s not as simple as sorting it into sections of paper, plastic or aluminum. Take a mattress. It has plastic, metal, wood and fabric. You can’t just throw it in the metal bin because it has multiple components. It has to be broken down into basic parts,” Sarver said.

The other issue with reaching Net Zero is that a lot of recyclable material is contaminated by food waste, she said. Individuals cannot put the item into general recycling because of the food contamination. “We do our part by putting paper in recycling bins. The second part is looking for recycled content material. To recycle items, there has to be a market for them. So when we buy recycled paper, we’re sustaining the market for recycled paper. If you buy green products, you sustain the recycling market. If you throw plastic bottles, for example, into the trash, you reduce the market. When there is no demand, no one will buy it so it moves to a landfill,” Brewer said.

“In April, Soldier, civilian, contractor and tenant representatives will come together for a workshop to discuss these and other challenges with reaching Net Zero Waste,” Sarver said. “We believe this workshop will help everyone understand the actions we must take to reach our goal and build a plan to ensure those actions are completed.”

Net Zero can function at no cost to taxpayers.

“The Net Zero program is being implemented with no additional budget from the Army,” Sarver said.

“The Net Zero initiative is designed to be self-sustaining.

Reduce waste, impact on planet

In the Pacific Ocean lies a massive garbage dump, but it wasn’t put there on purpose.

It’s an accidental accumulation of garbage. It’s the largest dump in the world, roughly the size of two land masses as big as Texas.

When garbage ends up in the ocean, whether it’s carried in tributaries, through sewage systems or by air, the ocean currents gather it in specific locations; in particular, the 3.5 ton swirling garbage mass in the Pacific Ocean. The current pulls debris from North America and the Hawaiian Islands, then pushes it into a floating pile of trash.

More than 80 percent of this floating ocean landfill is plastic, a recyclable commodity. Most of this trash isn’t from seafaring vessels dumping junk — 80 percent of ocean trash originates on land.

The ocean plastic can cause problems:

- It fouls beaches worldwide and keeps tourists from returning to those areas.
- Plastic entangles marine animals and drowns them, strangles them and makes them immovable.
- Plastic litter washed ashore destroys habitats of coastal species.
- The plastic gets inside ship propellers and keels, making ship maintenance more expensive.

Since plastic never biodegrades, it never breaks down into a natural substance. Instead, it goes through a photodegrading process, splitting into smaller, microscopic parts.

A plastic bottle takes 450 years to photodegrade. A six-pack plastic ring takes 400 years and a disposable diaper takes 500 years.

The United Nations Environment Programme estimated that each square mile of ocean water contains more than 46,000 pieces of floating garbage. Properly disposing of plastics helps prevent problems like the floating garbage dump.
SFAC offers home away from home for wounded Soldiers

By RACHEL REISCHLING
Guardian staff writer

FORT POLK — Walking into the Soldier and Family Assistance Center, bldg. 220 — across the street and down the road from Bayne-Jones Army Community Hospital — is like walking into a comfortably appointed home. Enter the front double doors and a visitor is at once surrounded by comforts associated not with a military post, but with home. A fireplace, surrounded by a stone mantle, crackles away so long as the weather isn’t too hot, and above that, a flat screen television of considerable size is turned on and tuned in to whatever channel the visitor prefers. This time it’s the news. Beside and in front of the fireplace/television area is a plethora of couches and Adirondack-style chairs, low to the ground and comfortable for lounging. During the holiday season, a beautifully decorated tree stands beside the fireplace. Wrapped gifts fill visitors with visions of sugarplums, or at least the memories of them.

To the right of this welcoming “living room” is a fully stocked kitchen, intensifying the feeling that the visitor has just walked into a home. The kitchen is usually stocked with snacks of all kinds: Chex mix, Twinkies, chips and more. The refrigerator is filled with sodas and water. Just beside the kitchen is a popcorn machine for the visitor who has a hankering for freshly popped corn.

Down a hallway, behind a front desk where you must check in to use certain services, is a hallway down which there are doors. Through one door is a sitting room, where a Soldier might read quietly; through another, is a game room, a room used often, in which Soldiers can play video games to their hearts’ delights.

Around the building is a children’s playroom; the floor is covered with toys, interlocking walking blocks that are soft and slightly bouncy, perfect for little ones at play.

Clarence Harmonson, director of SFAC since it opened in October 2008, is an assuming man: Dressed in a dark pin-striped suit and stylish tie, he’s not a man anyone would miss when visiting the facility. Extremely jovial, but a man who means business, Harmonson, a retired command sergeant major at Fort Polk, knows the ins and outs — intimately — of Soldierhood, and he’s not afraid to dispense hard advice when it’s needed.

“Though I’m here primarily as an informal counselor, I like to think of the people who come here as my Family,” he said. “But if someone gets out of line, I remind them that I served 30 years and retired a command sergeant major. I’ve seen most of it before and can tell them what they need to hear,” he said.

But that isn’t what Harmonson enjoys doing best while at SFAC.

“I love it that we provide a safe haven that promotes healing and provides a family of services dedicated to the needs of Warriors in Transition and their Families.”

A Warrior in Transition is “a medical holdover, active-duty medical extension, medical hold, and any other active-duty Soldier who requires a medical evaluation board or has complex medical needs requiring six months or more of treatment or rehabilitation,” according to the Army’s official website.

In other words, SFAC services Soldiers who have been wounded, whether in or out of combat (including training) or who suffer from a disability.

Pfc. Reeshemah Lewis, who was wounded while training, arrived at Fort Polk Dec. 16. Part of the Warrior in Transition program is making sure a healing Soldier can be near to Family, in order to recover sooner.

“I felt so lucky to be able to recover here. Being close to Family has made all the difference,” she said.

“We just find that, when they’re near their loved ones, they get that extra attention that allows them to feel good, and therefore to get better,” said Harmonson.

Lewis feels that way, too, and she is free in lauding the praises of SFAC’s director, who, she says, “makes the Soldiers his primary priority.”

“As soon as I got here, everyone here wanted to make sure I got everything I needed, from medical attention to Family time. Mr. Harmonson himself made sure I had his cell number, just in case I needed anything after hours.”

Sure enough, Lewis suffered a personal emergency one night, and dialed Harmonson.

“He was there for me,” she said. “He came, though he didn’t have to. I’m really impressed with how friendly he and everything at SFAC is.”

Lewis is right; Harmonson makes sure his clients have as much contact with him as possible. He even distributes his personal cell phone number to the Wounded Warriors he calls his family.

“Every Soldier gets my personal cell number. That’s very important to me, that they know they have someone to call, even late at night. They can always get hold of SFAC staff, and that makes a difference. It shows just how much we really care.”

“Wounded Soldiers don’t realize how well they can be taken care of here,” Lewis added.

Harmonson thinks of SFAC as his “baby,” especially since he has been at the helm since it opened more than four years ago. And he’s very aware that his job extends beyond the normal 9 a.m.-5 p.m. set.

“My job is to take care of Soldiers’ financial needs, make sure they have jobs, observe their needs, make sure they have jobs, observe their responsibilities, not just my job, to help them. I want this to be a safe haven, a second home where they can relax. If they stress, it only takes them longer to heal.”

Harmonson not only counsels the Soldiers, he acts as a middleman; “if a Soldier needs a chaplain, I find a chaplain, he said.”

“I also help them with their education, help them handle the GI Montgomery Bill, help them figure out how to take courses, attend tech schools, all things that will give them a firm grounding once they are out of the Army,” said Harmonson. “I also help them with human resources: Dealing with military stuff, with benefits and awards assignments.”

“A lot of Soldiers get depressed, especially if they’re wounded and don’t have the capabilities they once did. Now they have a place to come to where they can speak freely. They can say what they need to. And when I counsel them, I ask them their goals and make sure they’re successful, whether they want to stay in the Army or not. This requires trust, and builds trust. If you don’t trust you aren’t going to confide, so when they place their trust in me, it means the world.”

“Warriors in Transition aren’t at SFAC for only a short time. Those who stay in the area, said Harmonson, “are clients for life.”

“As long as they need us, we’re here for them,” he said. “And not only me, but the entire staff at SFAC, including Robin Michel and Ken Bailes. We couldn’t do it without them.”

The entire SFAC staff is passionate about the role they play, says Harmonson. Service is not impersonal. Instead, said Harmonson, “Our clients become like family. They are family.”

Harmonson stressed that SFAC is not only for Warriors in Transition, but for their Families as well.

“We have movie nights for Families, with popcorn, snacks and pizza. It’s just a place where a Family can unwind and not worry about where their children are. It’s a peaceful place — with free wireless Internet — where anyone can have a good time,” he said.

“Those kinds and their Families are my adopted children. I want parents to feel good about letting their kids loose. There’s a caring there, between them and us. I wouldn’t trade it for the world.”
During Allen Memorial Library’s Toddler Storytime, more than 20 children enthusiastically attended. The theme of the day — January is National Thank You Month — was how to say thank you. “Magic words” like “please” and “thank you” were recited with grace.

Librarian Kanchasa Swann read two books on these themes to the boisterous bunch, asking them lots of questions and making reading time both interactive and fun. The children excitedly said thank you on cue and paid rapt attention to the stories.

After storytime, Swann passed out cards and distributed crayons so that the children could draw their own thank you cards to give to Soldiers in the library.

Though some were shy, the cards were duly handed out and the Soldiers seemed truly grateful.

Right: Sgt. 1st Class Robert Grubbs, Medical Command, (right) accepts a thank you note from a student attending the Child Development Center.
Below, children from the CDC work diligently on their cards and (bottom right) even show off their handiwork.
Installation chaplains: Safe place for Soldiers’ stories

By ANGIE THORNE
Guardian After hours editor

FORT POLK, La. — Sometimes people shy away from the topic of religion. It is a highly personal subject that individuals tend to keep to themselves, but Chap. (Col.) Robert Powers, the Joint Readiness Training Center and Fort Polk’s new command chaplain, said he wants Soldiers and Family members to collectively embrace their faith, whatever it may be. He is willing to help by being accessible and unafraid of change or questions, he said. “I really want to build a sense of community at Fort Polk.”

Powers comes from Joint Base Lewis-McChord, Washington, where he was the director of the Department of Ministry and pastoral care at Madigan Army Medical Center. “I’ve been at Fort Polk about seven weeks and I love it. I grew up in the pine forests of Virginia and I’m used to having water everywhere. I’m hoping to get some rain at Toledo Bend because I enjoy fishing, even though I don’t get to do it as much as I’d like,” said Powers. He said Chesapeake Bay is where he did some bottom fishing as a child, not to mention catching crappie, bass and perch in the fresh water estuaries around the bay.

Feeling at home may help Powers as he delves into his mission as command chaplain. He said it’s a challenge and he has already observed that there are many wonderful programs in place at Fort Polk — but that there’s always room for improvement. “There are chaplains out there doing a lot of good things, but I’ve been trained to believe that there is always an opportunity to make something better. Army doctrine is all about constantly improving your position. It’s part of life,” said Powers.

He said his primary energy is worship services — the provision of sacraments, religious training, and spiritual physical fitness training for the installation. “I want chapel services to be meaningful. I want chaplains to reach out to the community, touch people and change their lives. I want to make a connection and develop a stronger sense of community across Fort Polk, as well as with churches and synagogues in the surrounding communities,” said Powers.

Powers said he realizes it can be a difficult task to convince people that church is where they need to be. “I was talking to the other chaplains a couple of weeks ago and I said to them that scripture says if we lift up Christ, he’ll draw the people in. The focus has to be on the message that God loves them, wants to have a relationship with them and that developing that relationship can help them have more joy, peace and power in their lives. If people catch on to that fact, they’ll come,” said Powers.

Why do people need to go to church? Powers is convinced that Soldiers and Family members require spiritual conditioning. “In the Army Regulation on public health and readiness, there is a little chapter on spiritual fitness. I believe that you can become spiritually stronger and that it will make a difference in your life,” said Powers.

His analogy for this concept involves the difference between sending a young man, not yet at his physical peak, up against men twice his size, ability and age during a football game and sending a fully grown man up against the same tackles. The man that is 24 years old and packed with muscle is going to be able to handle the hits better than the 13-year-old that will probably get injured on the first tackle. “What we have are Soldiers with no spiritual fitness training. Their values are not strongly connected to their daily lives or future goals. Yet, we send them to combat, which is like the super bowl of chaos and they get broken and we’re surprised,” said Powers. “I think if we develop spiritual fitness in Soldiers and their Family members, and I’m convinced we can do that without infringing on anyone’s first amendment rights, it will make them better able to survive the chaos of war.”

Powers said he has asked his chaplains to think of the chapel not just as a building, but like another range. “It’s just like the gym or the firing range. It’s a place Soldiers can go to develop skills and grow stronger. We need to start looking at it like that. There is scripture throughout the bible that says we are supposed to be trained and spiritually strong. We are supposed to develop ourselves,” he said.

But even with strong conviction, some experiences Soldiers face during war can test the most powerful faith. Powers said he had a friend who went to Vietnam who continuously made bad choices and was ruining his life. “I told him that God could help him change and he said ‘God will not forgive me for the things I had to do for my country’,” said Powers.

“But that’s not true,” Powers said. He feels he is here so that Soldiers know that they don’t have to sell their souls to serve their country. “Soldiers have stories to tell. The problem is some of those stories are ugly and they feel they don’t have anybody they can tell them to. Holding it inside doesn’t help, but they don’t want to tell their wives or children. One of the most important things we can do is give Soldiers a safe place to tell their story.”

“That’s what I want to give them and it’s the most effective thing we can do to deal with the problems that people are bringing back from theater. When they tell their story, they process it, re-

Please see Chaplains, page 11A
Chaplains
Continued from page 10A

fine it and if they tell it in an appropriate setting, they can look at their values and apply them to the story in a way that helps them accept what happened,” said Powers.

The fact of the matter is, a majority of the Soldiers coming back from combat, especially light infantry, have had to kill somebody. Who do they talk to about that? We are raised to think guns are cool, but killing is bad. Then we end up with these Soldiers who have gone through this experience and are happy they are still alive but don’t know how to deal with what they have done.”

Powers not only wants to give Soldiers a safe place to tell their story, but also the ability to move mountains. “I believe, again, according to scripture, that God has not given us a spirit of fear, but a spirit of power. The bible tells us that power comes from love. Not a physical love, but the willingness to give your all without expecting anything in return. It’s commitment to a cause. If we are committed to a cause and follow sound doctrine, we have power. We have combat power, social power, spiritual power. We have that power that Jesus talks about that can move mountains,” said Powers. “I believe with spiritual training, Soldiers can move mountains. Post traumatic stress, domestic violence, substance abuse, out of control spending, all these mountains can be moved, every single one of them.”
Find a furry Family member
If you’re looking for a new addition to your Family, check out the Fort Polk Stray Animal Facility to find these needy pets a home. If you can’t adopt but would like to help the animals, consider donating supplies.
Here is a list of needed items:
• Dog food
• Cat toys
• Small litter boxes
• Blankets
• Kitten food
• Cat food
• Puppy food
Donations can be brought to the Fort Polk Vet Clinic or Stray Facility. The facility is located off La. Hwy 10 after you pass La. Hwy 467 heading east and is open Monday-Friday from 10 a.m.-3 p.m, but closes at noon on the last day of each month. Call 531-1322 for more information.

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addressed his Soldiers with one last statement he hoped they would take to heart.

“With triumph comes tragedy, and we remember our tough days in Afghanistan,” said Rickard. “We remember losing 12 of our Soldiers during Operation Enduring Freedom 11. Soldiers of the Warrior Battalion, thank you for serving our nation and regiment with honor; you are an outstanding team of teams. Please honor our fallen with your daily actions and prepare to rebuild the team to accomplish greater things.”


“It has been an honor to have my name associated with the accomplishments of these Soldiers here,” said Chambers.

“I can’t say enough about the troop command teams that I’ve been honored to serve with. I had absolute confidence to send them anywhere no matter the complexity of the task.”


“There is no better place to serve, live and to train,” said Condry.

Diaz, fresh from taking command of the Patriot Brigade, said he is excited about the new command teams in place as he moves forward with his vision for 4th BCT, 10th Mtn Div. He also acknowledged the contributions of and thanked the outgoing teams for their work.

“It’s kind of bittersweet. You have individuals that you want to recognize and make sure their service and what they’ve done have been recognized,” said Diaz. “We also want to welcome the new members to the team. That’s why we have ceremonies like this to properly welcome them into the community and get them working in the right direction as we prepare for our next mission, which right now is to continue to train and do what the Army tells us to do.”

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January is Thyroid Awareness month, a perfect time to learn about the thyroid gland and problems that can occur. The American Thyroid Association reports nearly 20 million people in the United States are suffering from some form of thyroid disease, most of them women.

The thyroid is a small, butterfly-shaped gland in the front of the neck, above the collarbone that wraps around the windpipe. The thyroid gland is part of the endocrine system. The endocrine system is made up of glands that produce, store and release hormones through the bloodstream to direct cell activity. Thyroid hormones have an influence on many body functions including brain development, breathing, heart and nervous system functions, body temperature, muscle strength, skin dryness, menstrual cycles, weight and cholesterol levels.

Most people are unaware of their thyroid unless they’ve suffered from symptoms related to thyroid disease. When there is a problem with the thyroid, the body will use energy more slowly or quickly than it should. There are many causes of thyroid disease, but they typically result in two opposite conditions: Hypothyroidism and hyperthyroidism.

TRICARE covers clinical preventive services including checks for thyroid cancer for adults with a history of upper body radiation. Hypothyroidism, the more common condition, happens when the thyroid gland is not active enough. Symptoms include gaining weight, feeling tired and having difficulty with cold temperatures. Hyperthyroidism results when the thyroid is too active, producing more thyroid hormone than the body needs. This condition can cause weight loss, rapid heartbeat and sensitivity to heat.

Treatment is available for both conditions, depending on the cause. The purpose of treatment is to bring thyroid hormone levels back to normal, which will typically eliminate the patient’s symptoms. Those who have any of these symptoms or a family history of thyroid disease should speak with their primary care provider to discuss their thyroid health.

To learn more about thyroid diseases and treatments, visit www.nlm.nih.gov/medline-plus/thyroiddiseases.html.

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Stay healthy with tips

By KRISTIN SHIVES
TRICARE Management Activity

Sneezing, coughing and sore throats can all be signs of an infection, but you can help prevent the spread of germs by washing your hands.

The Centers for Disease Control and Prevention report handwashing is the single most effective way to prevent the transmission of disease. Using soap and water is the best method, but you can also use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

Alcohol-based sanitizers can reduce the number of germs, but they don’t eliminate all types of germs.

What’s the right way to wash hands? The CDC lists the following steps:

- Wet hands with clean, running warm water and apply soap.
- Rub hands together to make a lather and scrub them well. Scrub the back of hands, between fingers and under nails.
- Continue rubbing hands for at least 20 seconds — about the time it takes to sing the ABCs.
- Rinse hands well under running water.
- Dry hands using a clean towel or air dry them.

Stay healthy by following the principles of hand awareness:

- Wash hands when they are dirty and before eating.
- Don’t cough or sneeze into hands.
- Don’t put fingers into eyes, nose or mouth.

Handwashing should always be done before preparing and eating food, before and after treating a cut or wound, and after using the bathroom, changing diapers, touching garbage, petting an animal, and blowing your nose, coughing and sneezing.
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See What’s Happening on Base & in the Community
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Do it all in one place: thefortpolkguardian.com

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Driving drunk will penalize your plans

Winter dances
Child, Youth and School Services hosts two “Winter Wonderland Dance” activities for youth in grades six through 12. The dance for grades six through eight is held today and for grades nine through 12 Saturday. Both dances are held at the Siegfried Youth Center from 6-8 p.m. Cost is $3 for youth registered with CYSS and $5 for non-registered youth.
For more information call 531-1992.

Bench press challenge
Intramural Sports offers a bench press competition at Wheelock Fitness Center Feb. 8 at 11 a.m. Register through Feb. 6. This event is open to Family Morale, Welfare and Recreation users. Call 531-2056.

Boxing postponed
The unit sports boxing tournament scheduled for Feb. 16 has been postponed. For more information call 531-2056.

Laundrette closed
The launderette in bldg 1455, Ninth Street, South Fort, is closed until further notice for renovations.

Teen job fair
Child, Youth and School Services and Army Community Service host a teen job fair Feb. 16 from 4-6 p.m. at Siegfried Youth Center.
The job fair is free and open to youth in grades nine through 12 and registered with CYSS.
For more information call 531-6965.

Chapel activities
The Fort Polk Main Post Chapel hosts the following activities:
• Catholic Women of the Chapel holds a spiritual study Wednesdays at the Main Post Chapel. Attend any part of the study: Rosary, 9 a.m.; mass, 9:30 a.m.; fellowship, 10 a.m.; and spiritual study, 10:30 a.m. Free on-site child care is available. For details call (337) 202-1391.
• Protestant Women of the Chapel meets Tuesdays at the Main Post Chapel from 9-11:30 a.m. Join the group for food, fun and fellowship. Child care drop off begins at 8:45 a.m. An evening Bible study is offered for female Soldiers and career women Wednesdays from 6-7:15 p.m. For more information call (337) 335-2185.
• The Main Post Chapel youth group meets Tuesdays at 6:30 p.m. at the Soldiers’ Chapel.

Please see Briefs, page 2B

ASAP
FORT POLK, La. — The Super Bowl, which takes place Feb. 5 this year, is America’s most popular sporting event. All across the country, millions of people gather to socialize and watch the big game. The Army Substance Abuse Program reminds everyone, “If you catch a buzz, catch a ride.”
“This message is for anyone who will be drinking during the big game. Make the right play and pass your keys to a designated driver so they can get you home safely,” said Mary Thompson, prevention coordinator at ASAP.
“There is no excuse to get flagged for a false start.”
In 2010, alcohol-impaired driving fatalities accounted for 31 percent of the total motor vehicle traffic fatalities in the United States.
Driving while impaired could result in a loss of your driver’s license or even the loss of your or someone else’s life. On Super Bowl Sunday, make it a team effort to keep yourself and your friends and family safe. If you plan on driving, plan not to drink alcohol.
Here are a few tips for hosting a Super Bowl party responsibly:
• Make sure all of your guests designate their sober drivers before kick off or help arrange ride sharing with sober drivers.
• Find unique ways to recognize the designated drivers at your party. Give them a great spot to watch the game or let them have the first pass at the buffet table.
• Serve plenty of food.
• Offer a variety of non-alcoholic beverages.
• Only serve alcohol to guests 21 and over.
• Determine ahead of time when you’ll stop serving alcohol and start serving coffee and dessert — at the end of the third quarter or about an hour before the game ends.
• Add the phone numbers of local cab companies to your phone so they are just a touch away.
• Be prepared for guests to spend the night if an alternative way home is not available.
• Remember, you can be held liable and prosecuted if someone you served ends up in a drunk-driving crash.
If you are attending a Super Bowl party or watching at a bar or restaurant, follow these guidelines:
• Designate your sober driver before the party starts.
• Avoid drinking too much alcohol too fast. Pace yourself and eat enough food, take breaks and alternate with non-alcoholic drinks.
• If you don’t have a designated driver, ask a sober friend for a ride home; call a cab; friend or family member to get you; or just stay where you are and sleep it off until you are sober.
• Use Fort Polk’s sober ride program by calling 531-2677.
• Always buckle up — it’s the best defense against other drunk drivers.

Catch the big game without leaving post! Spare Time Lounge offers a tailgate party and game viewing on the big screen TV. See page 5 of today’s After hours for details.
Careful ingredient selection boosts meal enjoyment

By KAY BLAKLEY
DeCA Home economist

FORT LEE, Va. — If you find calorie counting contemptible and can’t help but view small portions as punishment, there is another way to help melt away those holiday pounds — keep a close watch on ingredients and cooking methods.

Include more fruits and vegetables in your recipes and overall diet. All forms count — fresh, frozen, canned and dried. Watch out for added sodium, especially with commercial broths and canned tomatoes, beans and vegetables. Use low-sodium broth or make your own, and choose no-salt-added versions of tomatoes, beans and vegetables.

If using canned fruits, go for those canned in water or its own natural juice. Fruits and vegetables. Use low-sodium broth or make your own, and choose no-salt-added versions of tomatoes, beans and vegetables.

Choose fats wisely. A gram of fat has more than twice the calories (9) as a gram of carbohydrate or protein (4), so scan both recipes and nutrition facts panels of packaged ingredients carefully.

Use these four simple principles to automatically reduce calories enough that you no longer have to count them. And, if you stick to it well enough, you should be able to increase your portion size to a point where the looks of the dish alone provides some satisfaction even before you take the first bite. Here are some healthy recipes to try:

**Favorite Vegetable Soup (Serves 8-10)**

**Ingredients:**
- 1/2 pound ground chuck
- 7 cups peeled, chopped fresh tomatoes or 2 (28-ounce) cans no salt added diced tomatoes
- 4 cups water
- 1 (14.5-ounce) can no salt added cut green beans, drained and rinsed
- 1 (15-ounce) can no salt added peas, drained and rinsed
- 1 (15.25-ounce) can no salt added corn, drained and rinsed
- 2 medium carrots, peeled and chopped
- 3 medium potatoes, peeled and diced
- 1 medium onion, diced
- 1/4 cup uncooked rice
- 1/8 teaspoon ground black pepper
- 2 (12-ounce) boneless top sirloin steaks, 1-

**Directions:**

1. Place ground chuck in a two-gallon stockpot and brown over medium heat. Remove meat and drain well. Wipe drippings from pot.
2. Return meat to stockpot; add tomatoes and water. Bring to a simmer and cover, until tomatoes are soft and a juicy broth is created, about 20 minutes.
3. Add remaining ingredients, cover, and continue to simmer 60 additional minutes to allow flavors to build.

**Nutrient analysis:** Per 1 1/2-cup serving – 172 calories; 1.5g total fat (1.7g sat fat); 30g carbohydrate (6g dietary fiber); 10g protein; 15mg cholesterol; 195mg sodium.

**Creamless Creamy Tomato Soup (Serves 6)**

Creamy tomato soup made with heavy cream can easily weigh in at 410 calories and 24g of fat per serving. See if you don’t agree that the smart substitutions in this recipe deliver a super tasty and totally creamy soup for less than half those heavy stats.

**Ingredients:**
- 1/4 cup extra-virgin olive oil
- 1 onion, minced
- 3 garlic cloves, minced
- Pinch of red pepper flakes
- 1 bay leaf
- 2 (28-ounce) cans whole peeled tomatoes
- 1 tablespoon light or dark brown sugar
- 3 slices high-quality white sandwich bread, crusts removed, torn into 1-inch pieces
- 2 cups low-sodium chicken broth
- 2 tablespoons brandy, optional
- Salt and pepper
- 1/4 cup minced fresh chives

**Directions:**

1. Heat 2 tablespoons of the oil in a large Dutch oven over medium heat until shimmering. Add the onion, garlic, red pepper flakes and bay leaf and cook until onion is softened, about 5 minutes.
2. Stir in the tomatoes with their juice. Using a potato masher, mash the tomatoes until no pieces are larger than two inches. Stir in the sugar and bread; bring to a simmer and cook until bread begins to dissolve, about five minutes.
3. Discard the bay leaf. Puree the soup with the remaining two tablespoons oil in a blender, in batches, until smooth. Return the soup to a clean pot, stir in the broth and brandy, and cook gently over medium-low heat until soup is hot.
4. Season with salt and pepper. Sprinkle individual bowls with minced chives before serving.

**Nutrient analysis:** Per 1 1/2 cup serving – 180 calories; 10g total fat (1.5g sat fat); 0g cholesterol.

**Pan Seared Top Sirloin Steak with Bell Pepper-Balsamic Vinegar Sauce (Serves 4)**

Fast enough for week night, but impressive enough for company or any special occasion meal.

**Ingredients:**
- 2 (12-ounce) boneless top sirloin steaks, 1-

Please see DECA, page 5B
**Briefs**

Continued from page 1B

**CYSS Sports**

Child, Youth and School Services offers the following youth sports activities:

- Winter swim team: Registration is ongoing. This team is for youth ages 5-18 and costs $65. Practice is held at the South Fort 50 meter pool Tuesdays and Thursdays from 6-7 p.m. and Saturdays from noon-1 p.m. Swim tests are given at the pool Saturdays from 11 a.m.-noon. Youth must have a current, valid physical and be registered with CYSS to participate. Call 531-6004 for more information.

- Baseball, softball, wee ball: Registration continues for baseball and softball for youth ages 5-18 and costs $45. Wee ball is open to children ages 3-4 and costs $20. Cost includes a T-shirt and award. A parent meeting and skills assessment is held Feb. 7 or 9 (parents’ choice) at Perez Field. Wee ball meets at 5:30 p.m.; baseball and softball at 6 p.m. All participants must be registered with CYSS and have a sports physical that is valid for the entire season. No refunds will be given. Call 531-6004 for more information.

- Tae kwon do: Registration is ongoing. The class is held at the Siegfried Youth Center Fridays through March. Class for children ages 3-5 is held from 5:15-5:45 p.m. and costs $25 per month. A beginner’s class for ages 5-8 is held from 6-7 p.m. and costs $40 per month. An intermediate/advanced class for ages 5-8 is held from 7-8 p.m. and costs $45 per month. A family class is also offered from 8-9 p.m. and costs $75 per month. For class information call 531-6936.

- Mixed martial arts: Registration is ongoing. Classes are held at the Siegfried Youth Center Tuesdays or Thursdays (your choice) through April. Ages 3-4 meet at 4:30 p.m., ages 5-6 meet at 5 p.m., ages 5-6 Black Belt club meets at 5:30 p.m., ages 7-17 at 7:17 Black Belt club meets at 6 p.m. Cost is $40 per month. For class information call 531-6936.

- Art: **AFTB Level II** — A three-day course that helps families improve personal skills through leadership and management in conjunction with FRGs, community agencies and other military and civilian organizations. The next training is held Feb. 7-9 from 8:30 a.m.-2:30 p.m. at the FRC, bldg 924. Free child care is available but children must be registered with CYSS. For details call 531-6269/9421.

- **Play evening** — The two-hour program allows parents to play with their children in a group setting. Activities include story time, crafts, music and more. Play evenings are held Mondays, Wednesdays and Fridays from 9-11 a.m. at the FRC. No registration is required.

- **Newcomers orientation** — For newly arriving personnel and Family members at Fort Polk. The orientation addresses questions and concerns to on-post agency directors and representatives of the Fort Polk garrison command. Spouses are welcome. A free group for children is provided. If your child is not registered with CYSS, bring a copy of their shot record. Orientation is held Thursdays at 9 a.m. at ACS. For details call 531-6923/6952/6941.

- **Military Family Life Consultant** — Professional, caring staff are available to help service members, spouses, Family members, children and civilian staff. Consultant services include confidential intervention for grief, loss, anger, depression, marital and Family issues or daily stressors. Consultation is free and anonymous. For details call 531-6553.

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**Cruise offered**

The Fort Polk Leisure Travel Office, located at Wheelock Fitness Center, offers a five-day Carnival cruise to Mexico. The cruise departs Galveston, Texas, Aug. 27 with stops in Cozumel and Progreso. The cost is $454.15 per person. For details call 531-7087.

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Candice Skinner Real Estate
Market Basket - NEW LOCATION
Hixson Autoplex of Leesville - Ford, Lincoln, Toyota

**SANDYHILL (Hwy 110):**
Circle K Store
Speedy Bee Store
inch thick, trimmed of all visible fat
Salt and pepper
2 teaspoons canola oil

Directions:
1. Pat steaks dry with paper towels and season with salt and pepper.
2. Heat the oil in a 12-inch skillet over medium-high heat until just smoking.
3. Brown the steaks well on the first side, three to five minutes.
4. Flip steaks over, reduce heat to medium, and continue to cook until meat registers 125 degrees (medium-rare), 135 degrees (medium), or 155 degrees (well-done) on an instant read thermometer; about 5 to 10 minutes longer, reducing heat if pan begins to scorch.
5. Transfer steaks to a carving board, tent loosely with foil, and let rest for five minutes. Prepare sauce while steaks rest.
6. Slice steaks thin against the grain and serve with sauce.

Nutrient analysis: Per serving – 248 calories; 9g total fat (2.5g sat. fat); 70 mg cholesterol; 0g carbohydrate; 38g protein; 0g fiber; 240mg sodium.

Creamy Mashed Potatoes (Serves 6)
Even mashed potatoes can be part of the “dieters menu” when you choose fats wisely. Typical mashes, loaded with butter and full-fat cream, can cost 280 calories and nearly 20 grams of fat per serving, or more. This 180 calorie version, made with a respectable 2 tablespoons butter, 2 percent milk and low-fat sour cream is every bit as satisfying and tastes terrific. Do not substitute 1 percent or skim milk, or potatoes will taste overly lean.

Ingredients:
2 pounds russet potatoes (about 4 medium), peeled and sliced 1/2-inch thick
Salt and pepper
1/2 cup 2 percent low-fat milk, warmed
1/3 cup low-fat sour cream, room temperature
2 tablespoons unsalted butter, melted

Directions:
1. Place potatoes and one tablespoon salt in a large saucepan, add enough water to cover potatoes by 1-inch and bring to boil over high heat. Reduce heat to medium-low and simmer gently until potatoes are tender but not falling apart, about 15 minutes.
2. Drain potatoes and return to the saucepan set on the still-hot burner. Using a potato masher, mash potatoes just until a few small lumps remain.
3. Fold in the warmed milk, room temperature sour cream and melted butter until just incorporated. Season with salt and pepper to taste and serve.

Nutrient analysis: Per 2/3 cup serving – 180 calories; 5g total fat (3g sat. fat); 10mg cholesterol; 30g carbohydrate (2g dietary fiber); 115mg sodium.

115th CSH presents flag to Leesville
The 115th Combat Support Hospital returned from a year-long deployment to Afghanistan in December. Upon their return, they were among the units and Soldiers honored as the City of Leesville hosted a welcome home/holiday celebration and parade Dec. 10. In recognition of that event, and in appreciation of the city’s support of Fort Polk’s Family members and Soldiers, Col. Patricia Darnauer and Sgt. Maj. Janine Osterberg, commander and command sergeant major of 115th CSH respectively, presented Leesville Mayor Robert Rose a flag and accompanying certificate verifying that the flag had been flown in honor of the City of Leesville at Camp Dwyer, Helmand Province, Afghanistan. The flag was presented Jan. 17 at the Vernon Parish Chamber of Commerce annual banquet.
**FORT POLK, La.** — Army and Air Force Exchange Service shoppers can show their appreciation to veterans by sending free valentines through the Fort Polk Exchange through Feb. 6.

Now in its second year, “Valentines for Veterans” is an annual Exchange campaign to send greetings to local Veterans Administration hospitals, Fisher House locations and military retirement facilities.

“Our shoppers include many veterans and their families who know what it means to serve, and understand how nice it is to be remembered,” said the Exchange’s Adrian Bryant, general manager. “‘Valentines for Veterans’ is an opportunity for our patrons to reach out to those who’ve already served and send their greetings.”

To send free Valentine’s Day cards, shoppers can simply stop by the Fort Polk Exchange through Feb. 6 and fill out cards provided, or bring their own cards to drop off. The drop off box at the Fort Polk Exchange is located at the front of the store. The Exchange will arrange for delivery to local veterans on or before Valentine’s Day.

Exchange shoppers can learn more by contacting the Fort Polk Exchange at 537-1001 and asking about “Valentines for Veterans.”

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**Eagle Expo**

February 9 -11, 2012
Morgan City, Louisiana

- Speakers
- Boat tours into various waterways
- Seminars

Call for registration information
800-256-2931
www.cajuncoast.com
Know proper customs, courtesies for reveille, retreat

FORT POLK, La. — Soldiers and civilians that work or reside on Fort Polk are expected to render the proper courtesies during the playing of "Reveille" at 6:30 a.m. and the playing of "To the Color" and "Retreat" at 5 p.m. as follows:

Reveille
- For military personnel in uniform and in formation (with or without headgear): Execute "Present Arms" at the command of officer or NCO in charge. Execute "Order Arms" at the command of officer or NCO in charge.
- For military personnel in uniform not in formation (with or without headgear) and outdoors: At the first note of music (Retreat), face flag and stand at attention (if flag is not in view, face direction of music). At the first note of "To The Color," execute "Present Arms" until the last note has been played, then execute "Order Arms."
- For military personnel in uniform not in formation (with or without headgear): At the first note of music (Retreat), face flag and render hand salute (if flag is not in view, face direction of music). End salute on last note of music.
- For men wearing civilian clothes with headgear (military and civilian, includes sports attire): At the first note of music, face flag, stand at attention, remove headgear with right hand and hold over left shoulder with right hand over heart (if flag is not in view, face direction of music).
- For women wearing civilian clothes with headgear (military and civilian, includes sports attire): At the first note of music, face flag, and stand at attention until the last note of "To the Color" has been played (if flag is not in view, face direction of music). Do not remove headgear.
- For military personnel and civilians in civilian clothes without headgear and personnel engaged in sports and attired in sports uniform without headgear: At the first note of music, face flag and stand at attention until the last note of "To the Color" has been played (if flag is not in view, face direction of music). Do not remove headgear.

Note: Active duty military personnel and veterans wearing civilian clothes (with or without headgear) are authorized to render the hand salute during the playing of "Reveille" in lieu of placing their right hand over their heart (Defense Authorization Act of 2008).

- If travelling in a vehicle when Reveille is played, the driver of that vehicle (military or civilian) is expected to safely bring the vehicle to a halt. All military personnel inside the vehicle should exit and render the proper courtesies as outlined above. If the vehicle is large, only the senior military occupant exits the vehicle.

Retreat, followed by To the Color
- For military personnel in uniform and in formation (with or without headgear): Execute "Parade Rest," "Attention," "Present Arms," and lastly "Order Arms" at the command of the officer or NCO in charge.
- For military personnel in uniform not in formation (with or without headgear): At the first note of music, face flag and stand at attention (if flag is not in view, face direction of music). Remain at "Attention" until the last note of "To the Color" has been played.
- For men wearing civilian clothes with headgear (military and civilian, includes sports attire): At the first note of music, face flag, remove headgear with right hand and stand at attention until the last note of "To the Color" has been played (if flag is not in view, face direction of music).
- For women wearing civilian clothes with headgear (military and civilian, includes sports attire): At the first note of music, face flag, and stand at attention until the last note of "To the Color" has been played (if flag is not in view, face direction of music). Do not remove headgear.
- For military personnel and civilians in civilian clothes without headgear and personnel engaged in sports and attired in sports uniform without headgear: At the first note of music, face flag and stand at attention until the last note of "To the Color" has been played (if flag is not in view, face direction of music). Do not remove headgear.

Note: Active duty military personnel and veterans wearing civilian clothes (with or without headgear) are authorized to render the hand salute during the playing of "To the Color" in lieu of placing their right hand over their heart (Defense Authorization Act of 2008).

- If travelling in a vehicle when "Retreat" is played, the driver of that vehicle (military or civilian) is expected to safely bring the vehicle to a halt.
**Bulletin board**

### Unit Encounters

**1st Bn (Abn), 509th Inf**

**Battalion wide** — Meets Fridays at 8 a.m. at the Bayne-Jones Army Community Hospital trailhead for a run/walk. Children and strollers are welcome.

**HHC** — Hosts potluck/game night Wednesday at 6 p.m. at the Army Community Service ballroom.

**A Co** — Hosts an Family Readiness Group meeting Tuesday at 6 p.m. at the Family Readiness Center.

**B Co** — Hosts an FRG meeting Feb. 7 at the FRC and a Family day March 7 at 3 p.m. at Strike Zone Bowling Center.

**Delta Troop** — Hosts an FRG meeting Tuesday at 5:30 p.m. at battalion Huff Hall and a bowling party March 9 at noon at Strike Zone Bowling Center.

For more information call Anjoleen Himes at 537-8219.

### Miscellaneous

**Fresh fire revival**


For more information contact (800) 571-9973.

**Pastor anniversary**

The Church of Transformation Full Gospel Baptist Church, Leesville, celebrates its 25th Pastor’s Anniversary celebration today at 7 p.m. and Sunday at 4 p.m.

The guest speaker is Apostle Sylvester Murphy, pastor of Cornerstone International Ministers of Ville Platte and Bishop Dr. George F. Austin, pastor of the Ark of the Covenant Ministries of Lafayette.

For more information call (337) 238-0310.

**Valentine’s Day baskets**

The Museum of West Louisiana, Leesville, sells Valentine’s Day baskets through Feb. 14. The baskets include Louisiana wine, glasses, chocolates, cookies and a cuddly toy for a $25 donation to the museum.

Reserve yours ahead of time by calling 239-0927.

**Softball tryouts**

The Gator Softball Club is holding tryouts for its men’s traveling softball team Tuesday-Thursday at the Soldier’s Complex. For more information call Thomas Fuss at (337) 353-3081.

**High school umpires**

If you would like to umpire high school softball and baseball call Jim Sonnier at (337) 378-3880 to register. For more information call John Anderson at (337) 423-6466.

**Fun walk/run**

The second annual Gary Brewer Memorial Fun 5K Run/Walk takes place at 8 a.m. March 24 at the Beauregard Parish Fair Grounds in DeRidder.

Proceeds will go to the Erdheim-Chester Disease Global Alliance, whose mission is to raise awareness and fund research aimed at finding more effective treatments for ECD. For more information call Kathy Brewer at (337) 515-6987 or email support@erdheimchester.org.

**Grant applications**

The Fort Polk Spouses’ Club offers the Fort Polk community the opportunity to apply for grant disbursements for the 2011-2012 fiscal year. Applications are now available. The deadline for submissions is March 1. For more information contact Tammy Triplett for grant guidelines and applications at (205) 616-3125 or email FPSCcommunitygrants@gmail.com.

**Hospice help sought**

Hospice of Leesville seeks individuals interested in donating time. No special training or experience is needed. For more information call (337) 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 Feb. 4. Call (337) 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 (337) 239-9863 for more information.

**School lunch**

The Vernon Parish School Board announces the lunch menu for Monday through Feb. 3. Meals come with choice of milk. Monday: Chicken shoestrings, mashed potatoes, green beans, mixed fruit, hot roll; Tuesday: Meat loaf with brown gravy, brown steamed rice, Swiss vegetables, chilled peas, hot roll; Wednesday: Chicken nuggets, macaroni and cheese, green beans, mixed fruit, hot roll; Thursday: Chicken and dumplings, peas and carrots, fresh strawberries, oatmeal muffins, cornbread; Feb. 3: Sloppy joe, baked beans, potato rounds and applesauce.

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**Clubs and Groups**

**Fort Polk Bass Masters**

If you like to fish and want to be part of a group with common interests, whether you have a boat or not, the Fort Polk Community Bass Masters is the right club for you. The club fishing season begins Saturday and continues with a monthly tournament culminating in a two-day championship in December. The club meets monthly on the Thursday before each competition at 7 p.m. at the American Legion, 500 Vernon St, New Llano. For more information call (337) 208-8185, (337) 238-3314 or (337) 397-0745, or visit www.fortpolkbassmasters.com.

**Join Girl Scouts today**

Discover the excitement of being a Girl Scout by connecting with your community or becoming an adult volunteer. New programs are being developed to teach girls leadership development, courage, confidence, integrity and compassion. No matter what your skills, there are short and long-term assignments for volunteers and you don’t have to have a daughter to participate. For more information call Pat Lore at (800) 960-2093 or (337) 984-1142.

**Gem club**

The Gem and Mineral Club meets the second Tuesday of each month at the Vernon Parish Library, 1401 Nolan Trace, Leesville. The next meeting is Feb. 14. Meetings begin with a potluck at 6:30 p.m. and conclude with auctions of mineral specimens. Bring a dessert or side dish. For more information visit www.lutheransonline.com/gems.

**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 (337) 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 (337) 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 Feb. 18. For details call (337) 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 Feb. 11. Call (337) 239-7341 for more information.
MULTIPLE FAMILY GARAGE SALE. Saturday, January 28 at 7 a.m. Fagan circle in Rosepine. Look for signs on 171 on south end of Rosepine, behind fire station.

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FOUR BEDROOM, TWO BATH BRICK HOME. Four acres, fenced yard, large storage building in site, large deck, $850 per month with $550 deposit. Call 337-718-2402.

ONE BEDROOM HOME for rent, recently remodeled on private lake. Four miles north of Leesville on Hwy. 171. Large fenced yard. No indoor pets, no smokers. $600/month, $600 deposit. Call 337-348-9231.

$900/MTH, 1,900 SQ FT, BRICK HOUSE. 3 br, 1.5 ba, 15 minutes from Fort Polk. Please email: blessedednaint@gmail.com.

ONE BEDROOM HOME FOR RENT, recently remodeled on private lake. Four miles north of Leesville on Hwy. 171. Large fenced yard. No indoor pets, no smokers. $600/month, $600 deposit. Call 337-348-9231.

COTILE WATERFRONT HOUSE. Three bedroom, one bath. One or two adults. References required. Call 318-793-8901.

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.

Deadline for FREE 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

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Fax to 318-352-3667 or email to tradingpostads@yahoo.com

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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.

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