

Fort Polk Guardian

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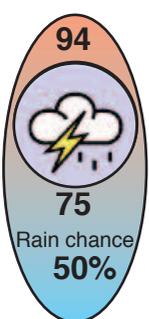
JEAN DUBIEL / GUARDIAN

Staying the course together

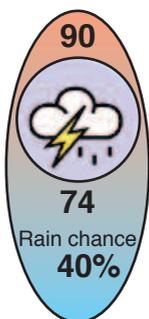
A team participating in the Warrior Week ruck and obstacle course tackles "The Dirty Name" at the 509th Obstacle Course Aug. 16. Warrior Week is a unit competition that promotes Army readiness and esprit de corps. From Wednesday through today Soldiers from across the installation competed in flag football,

basketball, softball, obstacle course and much more. Warrior Week culminates with an awards ceremony today followed by Right Arm Night at 4:30 p.m. at Warrior Community Activity Center. For more preview pictures, check page 8 of today's Guardian and be sure to check the Aug. 25 Guardian.

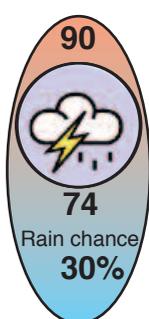
Weekend weather



Today



Saturday



Sunday

Inside the Guardian

Airborne rocks!	5	Kids at play	10
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Viewpoint

POLK PEOPLE

Fort Polk is a nice place to live because ...

Natasha Frick: "It's great for outdoor stuff like hunting, four-wheeling, camping and fishing. Toledo Bend is awesome!"

Sgt. Maria Gooding: "It's a good place to get the kids out from in front of the TV or video games and into outdoor activities. It's also good for family unity and enjoying nature."

POLK PLACES

Home of Heroes Recreation Center

The Home of Heroes Recreation Center, located at 2165 Ninth St., offers 15,000 square feet of recreational opportunities. Here you will find access to WiFi, gaming systems, computer lab, mini movie theater, music room with instruments, batting

cages, pool tables, a ping pong table, dart boards and plenty of comfy couches and chairs, tables for cards and other games, and large televisions. The staff stands ready to answer any questions and assist with equipment check out.



Guardian

Editorial Staff

Maj. Gen. Gary Brito
Joint Readiness Training Center
and Fort Polk commanding general

Col. Jarrett Thomas II
Garrison commander

Kim Reischling
Information strategies officer

Chuck Cannon
Editor

Jean Dubiel

Angie Thorne

Vivian Lopez

Staff writers

Editorial Offices

Building 4919, Magnolia Street

Fort Polk, LA 71459-5060

Voice (337) 531-4033

Fax (337) 531-1401

Email: Kimberly.Reischling@us.army.mil

Trading post ads:

tradingpostads@yahoo.com

Fort Polk Homepage

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

Advertising

For advertising contact

Theresa Larue

(337) 404-7242

Email: sales@thefortpolkguardian.com

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JEAN DUBIEL / GUARDIAN

Briefs

Right arm night

Right arm night is held in conjunction with Warrior Week at the Warrior Community Activity Center today at 4:30 p.m. The event is open to service members, Department of Defense civilians, contractors and Family members 18 and older.

Memorial service

A memorial service for Pfc. Matthew Keyser, 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, is held Thursday at 2 p.m. in Fort Polk's Main Post Chapel.

Construction projects

The Directorate of Public Works announces the following projects around Fort Polk:

- Contractors will close and divert traffic one lane at a time between bldgs 1700 and 1805 on Louisiana Avenue between Mississippi and Alabama avenues to stripe the crosswalk. Work is expected to begin Aug. 29 and conclude Sept. 1, weather permitting. The site will be marked with cones and flagmen.
- The boundless playground at Catfish Cove is closed to install a shade structure over some playground features. The work is expected to be extended until Sept. 22 due to weather delays. Catfish Cove pond, Splash Park and the restrooms remain open during construction and areas of construction will be marked. Visitors are asked to stay out of the construction area.
- Construction continues at the Showboat and Staff Judge Advocate office to improve the parking lot at bldg 1454 Sept. 11-20. Staff and patrons are asked to use the parking area south of 10th Street during construction.

Employer days

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

Upcoming employer days include:

- Tuesday — Wyotech, 8:30 a.m.-1 p.m.; Manpower and Legal Shield, 8:30-11:30 a.m.
- Wednesday — Reserve component, 8:30-9 a.m.; Army Wounded Warrior Program, 8:30-11 a.m.; Louisiana Workforce Commission and Chicago Bridge and Iron Company, 8:30-11:30 a.m.
- Thursday — Federal Bureau of Prisons and Universal Technical Institute, 8:30-11:30 a.m.

For more information or to register for events call 531-4621.

Understand reasons, effects of PTSD

DCoE

FORT POLK, La. — Imagine you are in a life-threatening situation. You survey your surroundings and play out various scenarios in your mind. You have seconds to decide how to protect yourself. Do you run away or do you fight your way to safety? How you react to this situation is your intuitive “fight or flight” response.

What is “fight or flight?”

Your fight or flight response occurs when tough situations or stressors challenge or threaten your mind and body. Although the fight or flight response is normal, service members and combat veterans with posttraumatic stress disorder, or PTSD, may have an elevated fight or flight response.

Navy Lt. Cmdr. Jorielle Houston, chief of the practice based implementation network for the Deployment Health Clinical Center, said that the fight or flight response is also referred to as acute stress response.

“It is our body’s reaction to determine if we need to fight or flee,” she said. “A series of neural (brain) and physiological (body) mechanisms rapidly activate the nervous system to release stress hormones (adrenaline) that help us mobilize and avoid harm.”

Depending on the situation, Houston said, the body can react in two ways: It can either confront the situation or escape it.

“It is an adaptive, instinctive response,” she said.

Impact on people with PTSD

A PTSD diagnosis falls under the category of trauma and stress-related disorders, according to Houston. People diagnosed with PTSD may:

- Persistently re-experience the traumatic event (nightmares, flashbacks or some other physical or emotional distress)
- Avoid trauma-related stimuli
- Experience negative thoughts or feelings that begin or worsen after the trauma
- Have trauma-related arousal and reactivity

These experiences, and common low-level stressors, can cause additional health concerns for someone with PTSD.

“When a separate stress reaction happens, people with PTSD are likely to have an increased fight or flight response,” Houston said. “Research suggests that combat veterans have overactive fight or flight responses, which means higher adrenaline levels and less control of their heart rate in response to blood pressure changes.”

In simpler terms, a person with PTSD in a state of chronic stress is like an engine that is idling too high for too long — after a while the engine will stop performing properly. According to Houston, potential health issues from long-term acute stress include high blood pressure, heart disease and stroke.

Family support

Family members and loved ones provide crucial support for a service member coping with PTSD. Houston encourages families to talk openly and discuss ways they can support their service member coping with trauma.

“Learn what their triggers are,” said Houston. “Learn breathing techniques, engage in physical activity and ensure they have somebody to talk to.”

More about PTSD

- Learn the basics: PTSD 101 provides an overview of what PTSD is and available treatment options.
- Take a deep breath: The National Center for Telehealth & Technology Breathe2Relax app can help you learn basic breathing skills to help reduce PTSD symptoms.
- Manage symptoms: PTSD Coach is a mobile app that helps with coping skills while working with a health care provider.
- Ask for help: The Defense Centers of Excellence Outreach Center is available 24 hours a day, seven days a week, to help service members and their families. Visit the Internet at www.dcoe.mil.

Apply now for dental assistant program

AMERICAN RED CROSS

FORT POLK, La. — The American Red Cross at Fort Polk is accepting applications for the 2017-2018 dental assistant program.

Applications are available for pick up in the Red Cross office, 1778 Third St., bldg 220. Completed applications are due Sept. 15.

Graduates of this program receive a certificate of training upon successful completion of the nine-month, 40-hour per week course. Classroom and chair side train-

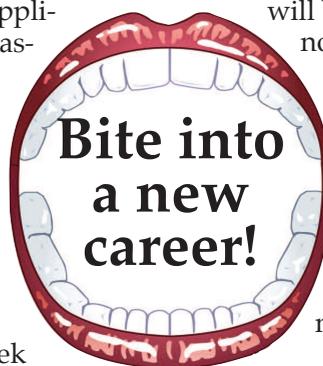
ing will be held.

Due to the commitment required, applicants are urged to consider the demands that will be placed on them. Child care is not provided.

Requirements:

- Must be a current military ID holder (or dependent of active duty military)
- Must be able to commit 40 hours per week for nine months (1,040 hours)
- Must be current on immunizations

For more information call 531-4783 or (804) 385-0966.



Army news

Army Special Forces: an inside look at group's capabilities

By CINDY McINTYRE

Army News Service

FORT SILL, Okla. — When it comes to elite military teams, the Navy SEALs often come first to mind. For the Army, though, that's okay — Special Forces Soldiers prefer to be under the radar as the Army's "quiet professionals."

Recruiters visit installations regularly to find male and female officers and enlisted personnel who think they have the right combination of character and skills to wear the admired Special Forces Green Beret, or to be part of the three other Army Special Operations Forces (ARSOF) branches.

Two junior officers were on hand Aug. 3 at the Graham Resiliency Training Center to learn more about the opportunities, and one sergeant came by to submit his application packet as the result of a previous visit.

Sgt. Salah Elboraa, who reads and writes Arabic, said he wanted something more than what his current position offers.

"I'm looking forward to a more challenging environment," he said.

Sgt. 1st Class Kiel Mulhern, center leader for Fort Riley Special Operations Recruiting Battalion (Airborne), and Staff Sgt. Zachary Wangerin, recruiter for the same unit, gave a video presentation to the officers about each branch, and told them what they needed for their application packets.

Officers must be within a specific year-group as lieutenants, said Mulhern. And, they only get one opportunity to apply.

Enlisted ranks from E-3 to E-7 are also recruited, and can apply again if they don't get accepted the first time.

Wangerin said that only a small percentage of Soldiers even know that joining the ARSOF is an option in their careers. In addition to meeting a minimum 240 Army Physical Fitness Test score, and a 107-plus General Technical (GT) score (110-plus GT or 110 Combat Score for Special Forces), applicants must be U.S. citizens. They will all learn a foreign language and be airborne qualified by the time they complete their training, which takes up to 52 weeks or more to fully qualify them for a multi-faceted job in one of the four branches.

In addition, all ARSOF receive a range of extra pay, which for the languages alone can range from \$100 to \$1,000 a month. ARSOF Soldiers also tend to earn promotions faster.

Secure the victory

The Civil Affairs branch of ARSOF is prepared to thrive in culturally diverse environments after receiving 13 months of intensive training at Fort Bragg, North Carolina. They work with conventional units, host nations, and Special Forces to marginalize and weaken opposition forces. They also perform peacetime humanitarian work such as disaster relief, immunizations, and provide running water.

They are well-versed in the culture of the host nation and work with U.S. ambassadors and local community leaders to prevent conflict and help avoid "boots on the ground" that could in-



SFC. GARRETT SMITH/ARMY NEWS SERVICE

Soldiers from Group Support Battalion, 1st Special Forces Group (Airborne) conduct weapons training at Range 43 during Enabler Integration Program on Joint Base Lewis-McChord July 17.

flame hostilities.

"They use a diplomatic approach before direct action," said Mulhern. "You'll become cultural experts."

A civil affairs team is typically composed of an officer, two noncommissioned officers, and a medic who has enhanced medical skills.

Persuade, change, influence

The Psychological Operations, or PSYOP, Regiment engages in psychological warfare to influence actions, behavior, values, beliefs, and attitudes of citizens and communities in support of Special Forces teams, U.S. ambassadors, allies, and coalition partners.

"They try to get the host nation to align with U.S. interests," said Mulhern. During training they are given "impossible tasks" which call upon their intellectual skills more than physical capabilities.

Deployments are typically six months in teams of three to 12. These teams are also based out of Fort Bragg.

De oppresso liber (To free the oppressed)

The most elite team in the ARSOF is the Special Forces, also known as the Green Berets.

"They don't like people to know what they're doing and why they're doing it," said Mulhern. "They like to work behind the scenes."

The Special Forces is the only military unit authorized by Congress to conduct "unconventional warfare," said Mulhern.

Even the Navy SEALs can't engage in these types of operations, which include working with local resistance groups to remove leaders and

promote greater regional stability.

They also engage in special reconnaissance, intelligence gathering, short duration direct action, and counterterrorism. The Alpha Team consists of 12 members who train for at least 64 weeks to attain the highly esteemed Green Beret role.

Night stalkers

The 160th Special Operations Aviation Regiment (Airborne) provides no-notice, worldwide, rotary wing support, precision air assaults and aerial gunnery. A Soldier must be in one of the authorized military occupational specialties to apply.

Learning a new language

Knowing how to communicate in the language of the host country is critical to ARSOF teams, and if they are not already fluent in a foreign language, they are trained to learn one. The Defense Language Aptitude Battery (DLAB) is an aptitude test that cannot be studied for, as it measures one's language-learning potential, not current knowledge.

Having a basic comprehension of how the English language works — grammar, sentence construction, and parts of speech — are critical skills to grasping how the DLAB's fictitious language works.

Scores to qualify for Category I languages mean you can learn the easier languages such as French, Italian and Spanish. German is a Category II language, and the Category IV languages include Arabic, Chinese, Japanese and Korean.

For more information on ARSOF, visit GoArmySOF.com.

Ties that bind

82nd, 101st Airborne anniversary celebration at Camp Claiborne draws crowd

By JEAN GRAVES

Public Affairs Office

Traveling the quiet Louisiana highways about 10 miles south of Alexandria, it's hard to imagine that Camp Claiborne was once the hub of Army training leading into World War II. Today, nestled in the heart of the Kisatchie National Forest, only small reminders can be found that Soldiers once lived and trained there.

From 1941 to 1946, Camp Claiborne, named for Louisiana's first governor, William C.C. Claiborne, served as a major military training facility preparing more than 500,000 Soldiers to join the war effort in Europe. The training received at Camp Claiborne is directly attributed to the success of the United States Army during the war.

Most Americans have heard of the 101st and 82nd Airborne divisions. Countless movies and books have been written about these distinguished military units that celebrate the victories and heroism displayed by their members. However, few realize that these two revered divisions were born at Camp Claiborne in 1942.

In honor of the inception of the first-ever airborne divisions in U.S. history, a commemoration was held at Camp Claiborne, hosted by the U.S. Forest Service. The 82nd Infantry Division eventually formed the 82nd Airborne Division Aug. 15 and the 101st Airborne Division on Aug. 16, 1942 at Camp Claiborne.

Monday, leaders from Fort Polk; Fort Bragg, North Carolina; Fort Campbell, Kentucky; and the U.S. Forest Service joined to recognize the 75th anniversary of those storied divisions with a ceremony and the dedication of a historical marker at the location where Camp Claiborne's headquarters once stood.

The program began with the posting of the colors by a team from Fort Polk at the newly erected flag pole commemorating the exact location where the 82nd Infantry Division was reactivated in 1942 after 21 years. During that 1942 ceremony, World War I hero, Sgt. Alvin C. York, recited his famous speech.

York, whose story was told in the 1941 movie, "Sergeant York," earned the Medal of Honor on Oct. 8, 1918 for his actions when he almost single-handedly captured 132 German soldiers during World War I. During the anniversary celebration Monday, a portion of York's speech was played for the audience, followed by a moving patriotic medley sung by Rosa Fields, the First Lady of Pineville.

While the attendance on Monday didn't match the 15,000 who were there to hear York in 1942, there were 300 in attendance from across the region. People traveled from New Orleans, Shreveport, Lafayette, Alexandria, Beaumont, Texas and Alvin, Texas, and as far north as Arkansas. Veterans from both the 101st and 82nd Airborne divisions were present and represented every major conflict since these units were born. Veterans who served in WWII, Korea, Vietnam, the Gulf War, Afghanistan and Iraq mingled and shared stories.

The audience was full of pride as the alumni of these historic units gathered to remember those who have answered the nation's call, both past and present. Retired Command Sgt. Maj.



KEITH HOUNI / PAO



Above: Brig. Gen. Todd Royar (left), deputy commander of the 101st Airborne Division, and Col. Christopher LeNeve (right), deputy commander of Operations, 82nd Airborne Division, unveil the plaque at Camp Claiborne, Louisiana commemorating the 75th anniversary of the activation of the divisions while Maj. Gen. Gary Brito, Joint Readiness Training Center and Fort Polk, looks on.

Left: Staff Sgt. Velasquez Maurilio, Alpha Company, 1st Battalion, 509th Infantry Regiment presents the U.S. flag flown for the ceremony to Doug Rhodes, Calcasieu Ranger District.

Lacy Rogers of Pineville, said he joined the 101st Airborne Division during World War II after the Battle of Bastogne in the Belgium Ardennes, where American forces stopped the last German offensive in 1944.

The veterans in attendance were eager to share varied experiences.

The event's importance can't be overemphasized, said retired Sgt. Major Paul Cador, of Deridder. "I attended today because of all the memories, history and significant contributions made for our country in the state of Louisiana." At the anniversary celebration, Cador connected with Jerry Denton of Bossier City, a man he met just that day, but with whom he attended airborne training at Fort Campbell Kentucky in December 1960. Denton and several of his friends from the American Legion Post in Bossier City participated in Monday's event.

Also in attendance was Don Vallery, of Bossier City, who served in the 82nd following in his younger brother's footsteps. "If my younger brother could join the 101st and jump out of perfectly good airplanes, then as his older brother, I could too. Besides, I needed the extra money airborne status paid to support my family."

The stories shared by many veterans were humorous and light hearted. Others were emotional and stoic as they remembered fallen comrades and relived their own experiences. That so many journeyed far and wide to celebrate this anniversary is a testament to the pride they feel in their service with these units.

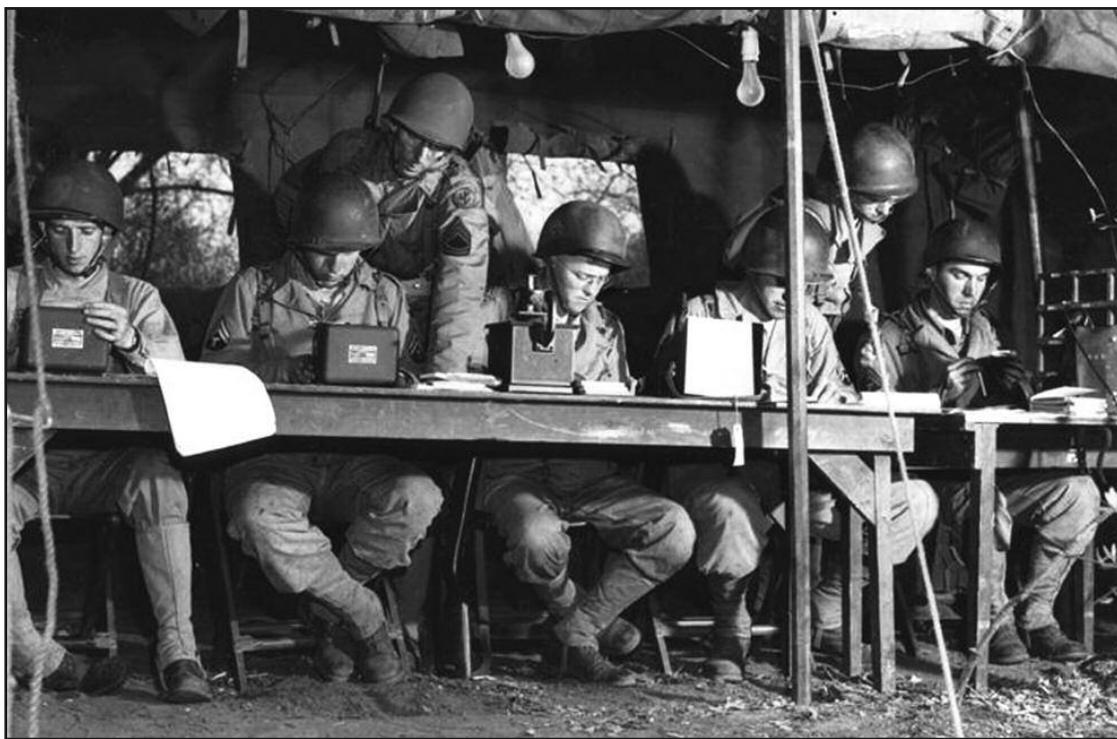
One event organizer said he was surprised by the turn out.

"I was astonished that so many turned up for an outdoor event in the August heat. Many said it couldn't be done," said Jim Caldwell, U.S. Forest Service public affairs officer.

Preserving Camp Claiborne's history became a consuming project for Lisa Lewis, Forest Service supervisor, and Doug Rhodes, acting district ranger of the Calcasieu Ranger District. Five years ago they began compiling pictures and researching the history of Camp Claiborne culminating in the publication, "Remembering the Sacrifice: Historic Camp Claiborne, Louisiana."

As she learned about the important partnership between the Army and the U.S. Forest Service, Lewis said, she knew a celebration that hon-

Please see **Claiborne**, page 5



CAMPCLAIBORNE.COM



Scenes from Camp Claiborne's past (above and far right). Today, (upper right) little remains of the camp which trained thousands of Soldiers in preparation for World War II. On the near right is a sign that gives direction to visitors driving through the isolation of the piney wood. On the top right are a few of the ruins that pepper what was a thriving Army training ground.



Claiborne

Continued from page 5

ored that relationship and those who served and trained in the Kisatchie National Forest needed to be planned. The 75th anniversary of the creation of two important units in U.S. military history was the perfect opportunity.

In 1939 after Germany overran Poland, Chief of Staff of the Army, Gen. George C. Marshall determined realistic battle drills needed to be conducted and he began looking for areas where divisions could train in the south. His aides, while searching for an ideal location reported back that the Central Louisiana area was "perfect for broad scale maneuvers because it was a large, cut over, sparsely populated, tick and chigger infested land between the Sabine and Red rivers."

The Kisatchie National Forest was the ideal location to conduct realistic training in preparation for the nation's inevitable involvement in World War II. Additionally, as federal land managed by the U.S. Forest Service, the military was able to begin training almost immediately.

Central Louisiana played an important role in preparing American Soldiers for the war in Europe that was threatening to spread around the world. One of the guest speakers at the event, Maj. Gen. Gary Brito, commander of the Joint Readiness and Training Center and Fort Polk, recognized, "the unwavering and supportive relationship between Louisiana and the U.S. Army." The largest mass training maneuvers undertaken by the U.S. Army to that date, the Louisiana Maneuvers, said Brito, took place over more than 2,400 square miles in Central Louisiana between 1940 and 1941.

Other keynote speakers included Brig. Gen.

Todd Royar, and Col. Christopher LaNeve, deputy commander of operations for the 82nd Airborne Division. Both agreed that the two units, while sharing a friendly rivalry, have a similar mission and a shared history. The units share a legacy and worldwide recognition of excellence.

Both leaders emphasized that the airborne divisions will always answer when the nation calls. "While standing amongst the ghosts of the Screaming Eagles and the All Americans we cling tight to the legacy of our organizations that were made up of ordinary citizens who rose to accomplish unbelievable feats," said LaNeve.

Royar stressed that the strategic establishment of both divisions led to a new way of engaging the enemy. "Camp Claiborne is not just a footnote in the divisions' histories. The establishment of these units changed the nature of how we fought, providing options to our nation that other nations did not have."

Royar said the training received in the Louisiana forest set the foundation for the future, and Central Louisiana remains the premiere location for units to prepare for today's wars. As the divisions celebrate 75 years, Royar said both will be forever linked to Central Louisiana.

In closing, he cited a famous phrase from Maj. Gen. William C. Lee, the first commanding general of the 101st, who said, "despite having no history the 101st had a rendezvous with destiny."

As World War II intensified, so did visits to newly constructed Camps Polk and Claiborne by Army leaders who would become American legends: Col. George S. Patton Jr., Lt. Col. Dwight

D. Eisenhower, Lt. Col. Omar Bradley and Maj. Mark Clark. In 1941 Gen. George C. Marshall spoke words that echo throughout time and became the overriding mission of training conducted in the area that continues today at Fort Polk. He said, "I want the mistakes made down in Louisiana, not over in Europe, and the only way to do this thing is to try it out, and if it doesn't work, find out what we need to do to make it work."

The Louisiana Maneuvers solidified the importance of Central Louisiana to the Army. Today historians agree that the Louisiana Maneuvers were so effective in preparing the U.S. military for combat that they helped predispose a favorable outcome for the free world at the end of World War II.

Today Camp Polk is the Joint Readiness and Training Center and Fort Polk, the Army's premiere training center. Camp Claiborne existed only five years, but both have left a legacy that forever changed the face of the Army.

The anniversary celebration closed with the unveiling of a marker that can be seen by future visitors to the historic site. The inscription reads in part, "Both Divisions have continued to serve and protect this great nation; therefore, this monument is dedicated to the men and women that have served in the 82nd and 101st Airborne Divisions."

Though the sounds of gun fire and marching feet can no longer be heard, the memories of those who trained at Camp Claiborne, and the birth of two great units, will be remembered by generations to come.

Champions, invaders, rarities tracked by Fort polk botanists

By **JEAN DUBIEL**
Guardian staff writer

"From a small seed a mighty trunk may grow."

— Greek playwright Aeschylus

FORT POLK, La. — If you travel down Louisiana Avenue from the main gate, look to the right after you cross La. Hwy 467 and you'll notice a white sign with green letters at the top of the slope, "LOUISIANA CHAMPION TREE, LONGLEAF PINE – Pinus Palustris, LOUISIANA FORESTRY ASSN." That sign marks the location of a state champion tree, which means it is the largest tree of its kind in the state. The trunk's circumference is 116 inches; its height 80 feet; its crown 62 feet. But this specimen isn't the only titleholder in Fort Polk's area of responsibility — there are a whopping 48 state champion trees.

That doesn't mean there are 48 huge trees out there. It means there are 48 trees that are the biggest for their species. Some trees have a maximum growth of only 10 or 15 feet or so, and such an average size wouldn't necessarily stand out to the untrained eye. However, the botanists working at the

Conservation Branch of Fort Polk's Environmental and Natural Resources Management Division, Directorate of Public Works, have trained eyes, and therefore see when a tree is large for its kind.

"The tricky thing about searching for champions

is that a champion pine tree will be quite large and noticeable,"

said botanist Kyler McKee, ENRMD. "But for a champion

with hazel or large gallberry, the tree will be

quite small because they don't grow

very big, so you have to be able to identify

trees, know what size is considered big for that species, and how to measure it."

To measure a tree that could be a champion, you must note the trunk circumference, height and average of the crown, then plug those numbers into a formula to determine the number of points awarded.

"We wrap a measuring tape around the tree at about chest level — 4.5 feet above the ground — to determine the circumference. We then use a tool called a clinometer to measure height," said McKee. "We measure 100 feet from the trunk, aim the clinometer at the top of the tree and the trunk, and add these numbers to get the total height."

For the crown measurement, there is another procedure and formula. It requires two people to span a measuring tape from one side of the crown to the other, and then repeat at the two remaining sides. The average of the two numbers equals the crown size.

McKee said of the 48 champions, 27 are in Fort Polk's training area called "the box," 16 are on Forest Service land, two are in the Peason Ridge training area and three in the cantonment area. Those three include the aforementioned longleaf pine, the black locust (*robina pseudoacacio*) at 52 feet tall, and the netleaf hackberry (*celtis reticulata*) at 42 feet tall.

"We have a total of 178 big trees that are national or state champs or close to champion status throughout Fort Polk cantonment, training areas and Peason Ridge," said McKee, who tracks these trees as well as other plant life along with fellow botanists Jaimie Perry and Georgia Thomas.

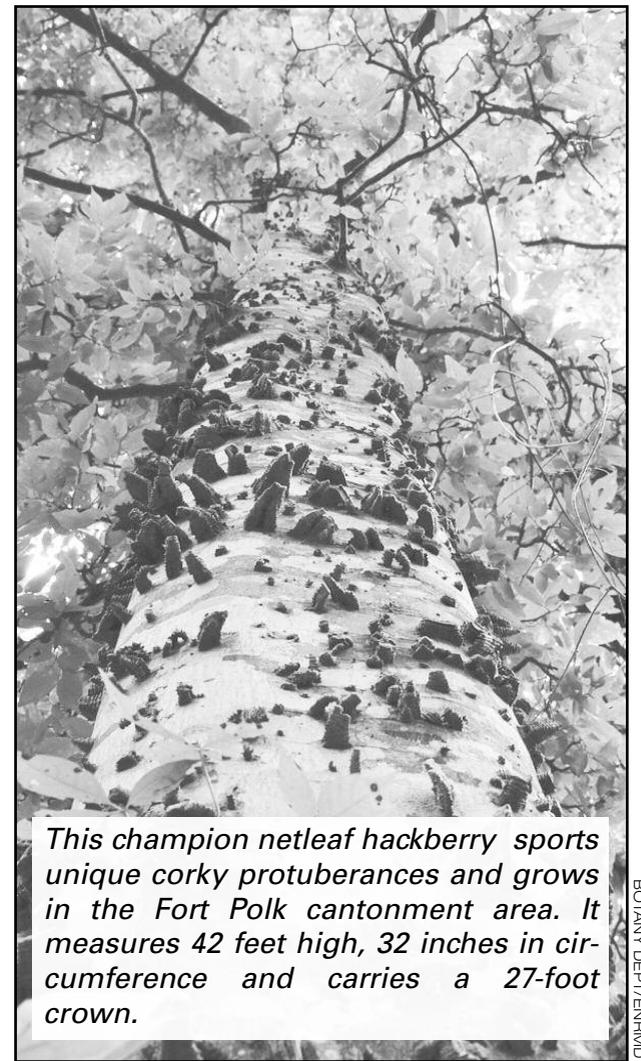
Plant tracking involves a process called "ground truthing." McKee explained that Fort Polk is split into 60 compartments and a computer program will analyze soil types and determine what habitats should be found in each compartment. The botanists will walk those areas and verify the computer's data. Checking on champion and other large trees is incorporated into ground truthing.

"Louisiana has 3,200 plant species and Fort Polk has 1,467 of them," said McKee "Some of them are rare species and they are usually found in bogs and along creeks and streams. One example is the Sabine coneflower which only exists in four parishes and two counties in Texas, and that's it — they haven't been found anywhere else in the world."

Other rare plants include the purple coneflower, red milkweed, crested coralroot, small green wood orchid, giant orchid and yellow lady's slipper, among others.

"Some of the rare plants we check on are growing at the very edge of their known range. We'll check on how they are doing here at Fort Polk because their health can be an indicator of climate change and overall environmental health. It also shows that our training lands are in good condition, and that we'll continue to have healthy training lands for years to come. That's why it's important to keep track of these rare plants," said Thomas. "Another reason is because some of them are state protected. Just as there are endangered animals, there are also endangered plants."

Another interesting find for the botanists is heritage plants. These are remnants from abandoned homesteads. The plants, such as the live oak, gardenia and crepe myrtle, are not native,



This champion netleaf hackberry sports unique corky protuberances and grows in the Fort Polk cantonment area. It measures 42 feet high, 32 inches in circumference and carries a 27-foot crown.

BOTANY DEPT/ENRMD

which means someone had to plant them.

"The cactus is another example of a heritage plant," said Perry. "It's another indicator of an old home site. They have a tendency to stick around for years."

Heritage plants are not considered invasive because they can thrive alongside native plants without taking away the nutrients or sunlight.

Invasives, on the other hand, can be detrimental to native species. McKee used the example of the Japanese climbing fern, which tends to grow up the trunks of large trees. This creates a problem when controlled burns, designed to burn only the underbrush, reach the ferns to create a fire ladder. This can result in the destruction of the tree and possibly catch the canopy on fire.

McKee explained the importance of eradicating invasive plants, and what people can do to help. "If you left these invasives alone and came back in 50 years, they would have completely taken over the area, killing off all the native plants around them," said McKee. "That's why it's important for people to understand that they have to be careful about what they plant in their yards. If you see an invasive growing in your yard, go ahead and pull it, but the best thing you can do is stop planting them to begin with."

Some popular invasive plants that people tend to plant are the mimosa, privet, Japanese honeysuckle and tallow trees.

The U.S. Department of Agriculture website has a database that you can reference to determine what plants are best for this area and which are invasive.

The botany division of ENRMD also offers community outreach on plant education to interested groups. If you would like to set up a presentation for your family readiness group, unit, youth group or other organization call 531-7535.

Warrior Week wraps up today

GUARDIAN STAFF

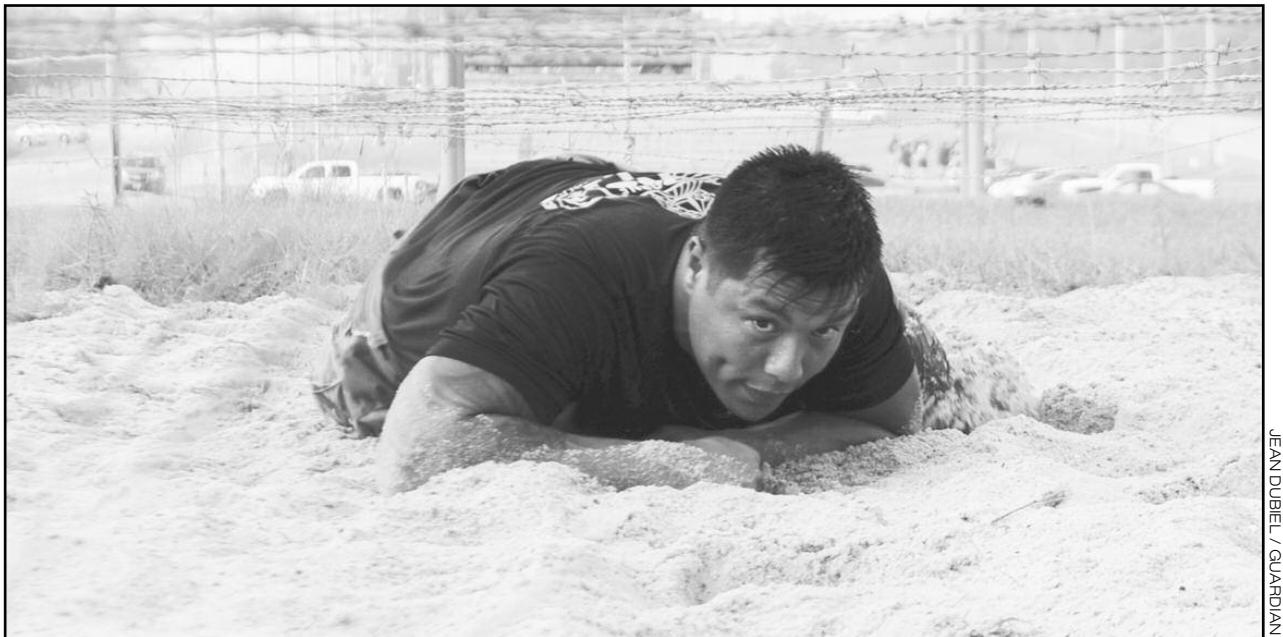
FORT POLK, La. — You may have seen Soldiers around post doing more than their usual share of physical training — from ruck marches to combatives, obstacle courses and team sports events, Fort Polk Soldiers have been forging warrior spirit with competitions all week. Events wrap up today at Buffalo Field with a final awards ceremony at 3 p.m. Enjoy these photos from some of the events held so far, and be sure to see the Aug. 25 edition of the Guardian for more coverage.



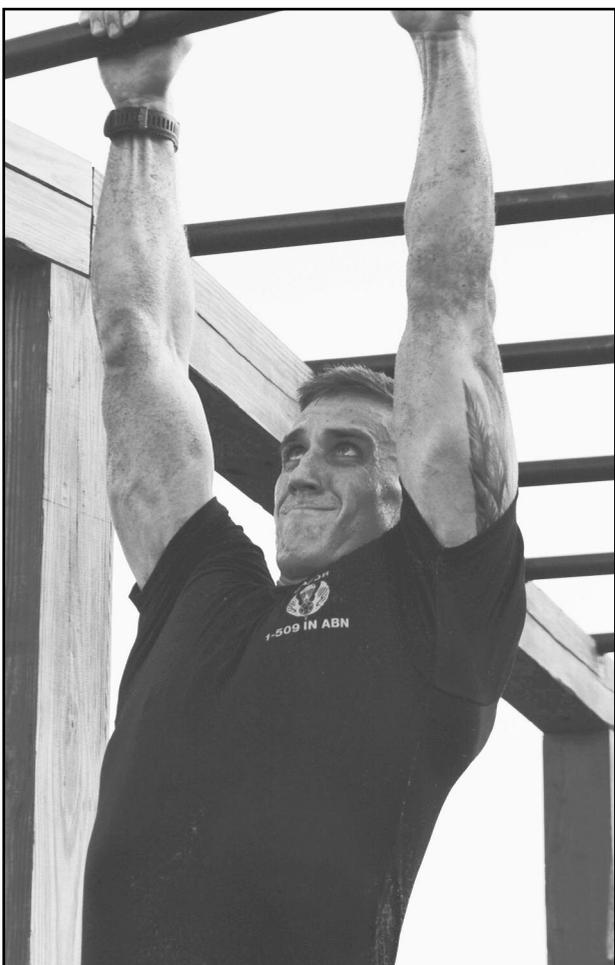
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Briefs

Deployment event

Fort Polk chaplains and First Baptist Church of DeRidder hosts a "Yellow Ribbon Sunday" for deploying Soldiers and their Families Sunday at 10:30 a.m.

Included is a ribbon tying ceremony and catered lunch to thank the Soldiers and Families for their service. FBC DeRidder is located at 2030 U.S. Hwy 171, south of DeRidder. Call 531-4308 or (337) 463-9047 for more information.

School lunches

The following school lunch menu is for Vernon Parish schools for Monday through Aug. 25. Meals are served with salad bar and choice of milk:

- **Monday:** Steak fingers, mashed potatoes and gravy, Italian seasoned green beans, peaches, Jello cup, roll.
- **Tuesday:** Barbecue riblettes with bun, macaroni and cheese, peas and carrots, pineapple chunks.
- **Wednesday:** Barbecue baked chicken, white Northern beans, broccoli rice and cheese, fruit.
- **Thursday:** Meat loaf, Spanish rice, vegetable medley, fruit, roll.
- **Aug. 25:** Hot dog/chili with bun, french fries, ranch style beans, watermelon, coleslaw.

Free, reduced meals

The Vernon Parish School Board Food Service Department is accepting online applications for free and reduced meals. Visit www.vpsb.k12.la.us to apply. Meals can be paid online at www.myschoolbucks.com. For more information call (337) 239-3401.

CWOC kickoff

The Catholic Women of the Chapel hosts its annual kickoff Aug. 25 at 9:15 a.m. at the Fort Polk Main Post Chapel.

Child care is available and children do not need to be registered with Child and Youth Services.

For more information search on Facebook for Fort Polk CWOC.

Coaches needed

Fort Polk Child and Youth Service's Youth Sports is seeking coaches for youth soccer, tackle and flag football and basketball referees for the upcoming seasons.

Referees must be at least 15 years old. Training is provided and the positions are paid contractor slots. Payments are made monthly by the official's contractor.

Call John Stromberg at 531-6004/4295 for more information.

Sight safety for solar eclipse viewing

HEALTH.MIL

NAVAL HOSPITAL BREMERTON, Wash. — Monday's much-anticipated total eclipse of the sun — with the sun being completely blocked by passage of the moon — will be initially visible in Oregon and continue across North America to South Carolina. This will be a spectacular sight, but caution should be taken to keep your sight.

"Do not stare at the sun at any time," said Navy Cmdr. David Hessert, Naval Hospital Bremerton, Ophthalmology Clinic Department head.

Staring — even squinting — at the sun can cause serious damage to a person's eye. Ophthalmologists strongly recommend to everyone that they avoid looking directly at the sun during the upcoming total eclipse. Sight safety is an awareness they continually emphasize to everyone.

According to the American Academy of Ophthalmology, in association with the American Astronomical Society, staring at the sun during the total eclipse for even a short time without wearing the right eye protection can permanently damage the retina.

"There is no treatment for getting such eye damage. It affects clarity of vision and even reading from a distance. Prevention is the key," stressed Hessert, acknowledging that the upcoming event is certain to attract more than its share of curiosity sight-seekers.

On the day of the eclipse if the sky is clear, most will be able to see a partial eclipse lasting two to three hours. Anyone within an approximate 70-mile-wide path from Oregon to South Carolina, referred to as the 'path of totality,' will experience the total eclipse. At that point, the moon will completely cover the face of the sun for up to 2 minutes 40 seconds and there will be total darkness.

"Unless you travel to Oregon, you will be viewing a partial eclipse, which is still just as damaging without the proper eye protective wear. If a person is in the area where the sun is completely covered by the moon, they can view. But never during any of the partial phase from anywhere," Hessert said.

The moon will gradually block the sun from view. Once the sun is covered, the light of day will become deep twilight. The sun's outer atmosphere, called the solar corona, will then slowly appear like a halo around the moon in front of it. Bright stars and even planets will become more visible in the sky.

There is only one safe way to look directly at the sun, whether during an eclipse or not and that is with special-purpose solar filters. These solar filters are used in "eclipse glasses" or in hand-held solar viewers. They must meet a very specific worldwide standard known as ISO 12312-2.

Hessert and Hardaway both stress that ordinary sunglasses, even dark ones, or using homemade filters, are not safe for looking at the sun.

"Regular sunglasses do not block enough light to prevent the sun from burning the eye. Even very dark sunglasses are not nearly dark enough. Eclipse glasses are very dark. So dark that you can't see anything at all through them unless you



are looking directly at a bright source of light," Hardaway explained.

The American Academy of Ophthalmology and American Astronomical Society also suggest the following steps to safely watch the total eclipse:

- Always read and follow all directions that come with the solar filter or eclipse glasses.
- Help children use handheld solar viewers and eclipse glasses correctly.
- Carefully look at the solar filter or eclipse glasses before using them. If there are any scratches or damage, do not use them.
- Before looking up at the bright sun, a person should stand still and cover both eyes with the eclipse glasses or solar viewer. After glancing at the sun, turn away and remove the filter — do not remove it while looking at the sun.
- The only time that anyone can look at the sun without a solar viewer is during a total eclipse in the "path of totality." When the moon completely covers the sun's bright face and it suddenly gets dark, a person can remove their solar filter to watch this unique experience. Then, as soon as the bright sun begins to reappear very slightly, immediately use the solar viewer again to watch the remaining partial phase of the eclipse.
- Never look at the uneclipsed or partially eclipsed sun through an unfiltered camera, telescope, binoculars or other similar devices. This is important even if wearing eclipse glasses or holding a solar viewer at the same time. The sun's rays are too powerful coming through these devices and will damage a person's eyes as well as solar filter.

That old adage that a person can go blind from looking at an eclipse isn't an easily ignored myth. It's a sight safety warning because a person could get solar retinopathy, a form of blindness.

"I would not call this a myth. The sun is always incredibly bright. Even when partially occluded by the moon, the sun is too bright to safely look at," concluded Hardaway.

Play Morning brings joy, fun to Fort Polk youngsters

GUARDIAN STAFF

FORT POLK, La. — Are you looking for something fun for your babies and toddlers to do while your older kids are at school?

Fort Polk Army Community Service has just the thing for your little one to play, burn some energy and interact with other kids — Play Morning.

Play Morning takes place Tuesdays from 9-11 a.m. at ACS, located on Bell Richard Avenue, bldg 920, for children ages 3 and under.

There are toys, games, crafts and more for the kids to enjoy, while also giving parents a chance to meet one another and make friends.

For more information call 531-1941.



Emerson Field, 3, gets creative and builds a tower of blocks, making it as tall as she can.



Above: Maddison Sotres, 2, concentrates on a puzzle at Play Morning.

Right: Sarai Ashibuogwu, 9 months, plays excitedly with the toys provided at Play Morning.



Ronan O'Connor, 1, gets his play grill ready for a barbecue at Play Morning, hosted by Army Community Service, Aug. 15 at ACS.



David Neal, 1, rolls a bucket full of building blocks.



Beep, beep! Kids play bumper cars with elephant "cars" at Play Morning.

John James shares journey from brokenness to resiliency

By KATHY PORTS

BJACH Public Affairs officer

FORT POLK, La. — John James had it all — success, worldwide recognition, a number one hit song and Grammy Award nominations — as lead singer of the Australian Christian band The Newsboys before his world crashed.

He found himself in a tailspin, holding a gun to his head about to pull the trigger, but he didn't do it.

James shared his story with Fort Polk Soldiers, civilians and community members during his visit to Fort Polk Aug. 16-20.

"Somewhere along the way I lost my perspective," he said. "I started making small compromises that began to erode my life, and each compromise chiseled away another piece of my life."

James said he began cutting important things from his life.

"I got so busy that there wasn't enough time for everything, so I cut my most important anchor — my daily devotion to God," James said. "I was not there for (my Family). I was drinking heavily, using cocaine and deeply depressed, as my self-defeating behavior skyrocketed. I was chasing the wrong kind of success — fame, fortune and all the riches money could buy."

He said he tried to hide what was happening from his band, but eventually had to come clean.

His wife was leaving him and taking their kids back to Australia and the band let him go, telling him that his family and God were most important and that he needed to find a way back to both.

"Everyone has the ability to change the course of their life. You have to learn what really matters and ask for help. Grab that lifeline and hold on."

JOHN JAMES

Former lead singer of The Newsboys

"After 18 years with The Newsboys, my world was literally falling apart and I was going down fast. It was like being on the Titanic and I couldn't stop the leak. As an escape, I started drinking more so I could forget my broken marriage and ministry," James said. "I felt hopeless, so I picked up the gun, ready to end the pain by taking my life."

Before pulling the trigger, James said he took one last breath and pleaded, "God, please help me."

Then the phone rang and the answering machine, normally programmed to pick up after continuous rings, clicked in and he heard his ex-wife's voice.

"Finally, I picked up the phone and asked her what she wanted. 'Go to the airport and



John James shares his testimony with Soldiers at Bayne-Jones Army Community Hospital.

don't look back," she said.

"Come back to find your way back to God," James recalled. "As the anger started to come out, I said, 'It's Christmas and I will never get a ticket.'"

"She said, 'John, there is a ticket for you at the airport and your flight leaves in two days.'"

I grabbed onto that lifeline with both hands and have never looked back."

Now, as an evangelist and speaker, he travels both nationally and internationally powerfully sharing his testimony at churches, conferences, youth rallies and schools.

Fort Polk was the first military installation he has ever been on.

"Suicide doesn't happen overnight," he said. "It's a gradual journey. Success can be an incredible, intoxicating journey that encompasses you. Opting to take your own life means you can't see anything or a way out. You're lost, in a very dark place."

During his visit to the Joint Readiness Training Center and Fort Polk, James said he had the opportunity to see Soldiers training in the box.

"It was like Disney with all the explosions and other events. It was an education," he said. "But as I watched the scenario unfold, I realized that this is the Soldiers' preparation for a true life mission that they will soon encounter. I was humbled."

He said it is important that Soldiers are not consumed by their mission.

"These Soldiers are trained to do a job — sometimes a dangerous one — and often to be able to do their job, they turn off their emotions," he said.

"Sometimes when they come home, the emotions stay turned off because it's easier to suppress those feelings than to deal with them. It's like a pressure cooker that will eventually explode."

James said that to avoid this, Soldiers should turn to their chaplains.

"We all need help sometimes in our lives. Life isn't meant to be walked alone," he said. "Often life doesn't go as you planned. There are ups and downs and highs and lows. It takes a team effort to be successful in life and your chaplains are part of that team."

James is now embracing all that life has to offer.

"I was lucky enough to get a second chance in life and that is why I talk to youth groups, recovering addicts and anyone who will listen. I love life and I want to inspire others by sharing my story with them," he said.

"Everyone has the ability to change the course of their life. You have to learn what really matters and ask for help. Grab that lifeline and hold on."



James

'Families need to know that there's an entire installation here to support their needs'

Take advantage of benefits, resources available to Families of deployed Soldiers

By VIVIAN LOPEZ
Guardian staff writer

FORT POLK, La. — When Soldiers deploy, their spouses are left with a choice: Stay on post or move where they have the strongest support system.

Both Kali House and Tiana Berry, military spouses at Fort Polk, decided to stay on post when their husbands deploy.

House said she chose to do so because of her employment and education.

"I already have a job at Child and Youth Services, so it's easier for me to stay so I can make money while my husband is away," House said. "I also go to school here and am trying to finish the requirements for my associate's degree."

Berry said she has both stayed on post and moved home with Family during her husband's past deployments. Now she has decided to stay on post for future deployments based on her experiences.

"I've learned from the past deployments that it's actually better to be surrounded with Army spouses than it is your own Family. My Family is there to help me, but they don't understand what I'm going through, while other Army spouses know what it's like for your husband to leave for six to nine months at a time," Berry said. "I actually do better staying on post and keeping my kids in a routine rather than uprooting them."

There are many, like House and Berry, who choose to stay and it's important that they know the benefits, resources and programs available to make the deployment go as smoothly as possible for the entire Family.

"I think it's important for military spouses to know the resources available so they know they are not alone," said Mike Buterbaugh, Fort Polk Mobilization and Deployment Readiness program assistant for Army Community Service. "Families need to know that there's an entire installation here to support their needs."

These services range from ACS programs and Directorate of Family, Morale, Welfare and Recreation and CYS discounts to home maintenance assistance provided by Corvias Military Living.

Benefits available on post to the Families of deployed Soldiers include:

DFMWR
DFMWR offers a passbook with numerous discounts and services to military spouses of deployed Soldiers.

The passbook gives them access to the following facility benefits:

- Aquatics — free general admission to all aquatics facilities (spouse only), free raft nights, free "Dive in Movies" events and a free one-day swim party.
- Auto skills — free labor on one oil change, and free computer diagnostics on most vehicles.
- Alligator Lake — one free one-hour paddleboat rental.

- Showboat Theatre — one free non-dinner performance.

- Warrior Hill Golf Course — one free nine-hole greens fee to be used Monday through Thursday and one set of free range tokens.

- Strike Zone Bowling Center — one day of free games to be used Tuesday through Thursday.
- Klubs and Karts — one free nine-hole mini golf game to be used Saturday or Sunday.

Passbooks are available at ACS, located on Bell Richard Avenue, bldg 920.

CYS

One of the biggest worries of military spouses when their husbands are deployed is who will take care of the kids when they have an emergency, need to work or just want a break. CYS has numerous benefits including:

- Sixteen hours of free respite care per child per month, starting 30 days before deployment and ending 90 days after their Soldiers' return. There is a \$2 per hour per child fee for hourly care beyond the free respite care hours.

- Free hourly care during mandatory deployment meetings.

- Reduction of 20 percent to regularly scheduled full and part-time day care fees.

- Up to \$300 for SKIES classes per child.

- Up to \$100 for youth sports per child.

- Access to emergency family child care providers 24 hours a day, seven days a week.

To use these services, children must be registered in CYS. For more information on how to do so, call CYS Parent Central Services at 531-1955/1956.

ACS

ACS has programs and resources to meet the needs of Soldiers and Families on post, especially during a deployment. These include:

- Military Family Life Counselors — They offer confidential counseling session to help with grief, loss, anger, depression and other issues. Their services are free and anonymous. No records are kept. After hours and weekend appointments are available and group and offsite meetings can be arranged. However, meetings cannot take place in the residence. To make an appointment, call (337) 424-8236.

- **Survivor Outreach Services** — Gives long-term support to Family members of fallen Soldiers by offering assistance, information and connections to outreach organization both in and out of the Department of Defense. For more information, call 531-1965.

- **Mobilization and Deployment Readiness** — Offers support to Soldiers and Families before and during period of extended separation, including resources and free items like recordable story books for Soldiers to record themselves reading for their kids. For more information or

sources, call 531-7087.

- **Army Emergency Relief** — Provides financial assistance to Soldiers and their Families during periods of valid emergencies, including travel expenses when verified by American Red Cross message denoting serious illness or death of a Family member, rent to prevent eviction, utilities assistance and more. During deployments, spouses need a Power of Attorney to request AER assistance. Contact 531-1957 for more information.

- **Employment Readiness Program** — provides assistance to Soldiers, Family members and Department of Defense civilians looking for employment or to further their education. Services include job referrals, employment search assistance, career counseling, resume development and employment workshops. For more information call 531-7268.

- **New Parent Support Program** — a team of social workers and registered nurses providing support to military Families with children from birth to age 3 with information and referrals, home visits, infant massages, parenting classes and support groups. A highlight is the Play Morning events taking place at ACS Tuesdays from 9-11 a.m. For more information call 531-9573.

These are just some of the many programs offered by ACS. For information of these programs and others available through ACS, call 531-1941.

American Red Cross

The American Red Cross conducts message delivery to deployed Soldiers. Emergency message types accepted include: Death, illness, birth, Family disaster and leave extension requests for these emergency circumstances.

Other types of messages accepted include: Breakdown in child care, financial assistance and other personal Family situation requiring contact with the Soldier.

Corvias Military Living

Corvias Military Living offers housing options and services for both Families staying on post or moving during deployments.

For Families staying in on-post housing, the "Honey Do" program is offered which includes one-hour maintenance for home projects including picture hanging, moving furniture or bulk trash removal.

There is also a House Watch program available to keep homes secure for residents during vacations.

For Families moving during the deployment who wish to keep their homes on post during the deployment, there is a "While You're Away" program.

This program offers up to 20 percent off of the Basic Allowance for Housing. Their homes will be inspected prior to leaving and upon their return, with regular checks of their home to ensure all doors and windows remain closed and during their time away.

Family Readiness Groups

Soldiers and their Family members should be in touch with their company Family Readiness Group leaders for information, events and resources, especially during deployments.

Berry serves as an FRG leader for her husband's company and emphasized the importance



Children play together with colorful blocks at Child and Youth Services Child Development Center, bldg 3349. The fees for children enrolled in full and part-time care at the centers are discounted by 20 percent when their parents are deployed.

of spouse participation.

"I got involved in FRG because I saw how much stuff they actually do, how close (they are) and how much happier they seem to be during deployments," Berry said. "We completely understand what the spouse is going through and we're not going to judge a spouse because they're having a complete breakdown because the washing machine isn't working, the child won't stop crying or they're eight months pregnant and they're absolutely just miserable. That's what we're here for. We're here to help you, even if it means listen to you yell, vent and cry."

She said FRG involvement is key to getting through deployments.

"If spouses get involved with their FRG and do the monthly activities that their FRG leaders have planned, they will definitely find themselves staying very busy," she said. "They really need to reach out to their FRGs and find out who their FRG leaders are and get involved. We are always looking for help. It takes a lot of us to do what we do."

These on-post benefits and resources are meant to bring peace of mind to deployed Soldiers and their Families, said Buterbaugh.

"There's going to be a time that these military spouses just need to decompress. It's not every day that you're just here with your children alone, so taking advantages of some of the services and opportunities can give them a break and a little time to themselves," Buterbaugh said. "Sixteen hours of free child care means they can go to the Commissary by themselves and get the grocery shopping done. They can go to the gym if they really want to. They can get out of the house and do some stuff for them to make sure they're not too stressed."

House and Berry both plan on taking advan-



Kara Bury (left) talks to Rachelle Irving (right) while their children play at Play Morning, hosted by the Fort Polk Army Community Service New Parent Support program, Aug. 15 at ACS.

tage of the benefits and resources available to them while their husbands are deployed.

House said she will be using her child care benefits.

"Free child care is helpful because it can get expensive," she said. "It's convenient and it gives you a break when you need it."

She said she will also be turning to her FRG for support. "It's important to get involved, especially since there's other spouses in it who are going through the same things," she said. "It keeps you occupied and updated on what's going on with your husband."

Berry said in addition to her work with the FRG, she will look into ACS programs. She encouraged military spouses of deployed Soldiers to get informed and use the benefits and resources available to them.

"It's going to help them get through it and cope through the whole process," Berry said. "It keeps them living their life every day like they should when their husbands are deployed."

Resource numbers

- **Army Community Service: 531-1941**
- **Military Family Life Counselor: (337) 424-8236**
- **Family Readiness Center: 531-9426**
- **Family Advocacy Program: 531-1938**
- **New Parent Support Program: 531-7065**
- **Victim Advocacy Program: 531-6333**
- **Exceptional Family Member Program: 531-2840/7456**
- **Relocation Readiness/ Lending Locker: 531-6941/6923**
- **Army Emergency Relief/ Financial Readiness Program: 531-1957**
- **Employment Readiness Program: 531-6922/9190**
- **Deployment and Mobilization Readiness Program: 531-9743/7087**
- **Volunteer Opportunities: 531-1895**
- **HOPE Line: 531-4673**
- **Child and Youth Services Parent Central Services: 531-1955**
- **CYS Hourly Care Reservations: 531-7041**
- **CYS Youth Sports and Fitness: 531-6004**
- **SKIES: 531-1955**
- **DEERS/ID Card Services: 531-1891/1430**
- **Casualty Assistance Center: 531-6316**
- **Survivor Outreach Services: 531-1965**
- **TRICARE Humana Military Healthcare Services: (800)444-5445**
- **Legal Assistance: 531-2580**
- **Military Police Desk: 531-COPS (2677)**
- **Corvias Military Living: (337) 537-5040**
- **American Red Cross: (877) 272-7337**

Reminders

- **A power of attorney is needed to obtain a new military ID card or enroll in DEERS.**
- **Know your Family Readiness Group leader's contact information and stay in touch with your FRG for information, deployment updates and support.**
- **Know and follow OPSEC (operations security) to keep Soldiers safe.**

Dunford: North Korean threat can be peacefully resolved

By **JIM GARAMONE**

U.S. Department of Defense

BEIJING — The chairman of the Joint Chiefs of Staff believes that the diplomatic and economic pressure campaign aimed at North Korea is making progress and the odds are improving that the nuclear and ballistic missile issues can be solved peacefully, he said Thursday.

Marine Corps Gen. Joe Dunford spoke with reporters after meetings in Beijing and Seoul, South Korea. He will travel next to Tokyo to speak with Japanese officials following his meeting with Chinese President Xi Jinping.

There are many hurdles to overcome, but South Korea, Japan, the United States and China all seem to have the same concern about a nuclear-armed North Korea, the chairman said.

"I do believe there is unanimity in seeking a diplomatic and an economic solution to the current crisis in North Korea," Dunford told reporters.

The end state, of course, is a nuclear-free Korean Peninsula. North Korean leader Kim Jong Un has developed atomic bombs and may be close to placing them upon intercontinental ballistic missiles that could target U.S. treaty allies South Korea and Japan as well as American targets in the Pacific, and, possibly, the homeland.

Dunford said he believes the U.N. Security Council vote imposing sanctions on Chinese exports was a great first step. "We have a long way to go, but I am encouraged by the strong commit-

ments of all to enforce those sanctions," the chairman said. "The passage of the sanctions is step one, enforcement of those sanctions are what is most important."

The unanimous vote is aimed at stopping North Korean missile tests and included sanctions banning \$1 billion in North Korean exports and capping the number of North Korean migrant workers. China, North Korea's only ally and biggest export market, announced it would begin implementing the ban almost immediately.

Around 90 percent of North Korea's trade is with China, and Chinese officials appear serious about enforcing the U.N. action, U.S. officials said. "And the reports I've heard since I've been in Beijing have been positive in terms of the Chinese commitment to enforce those sanctions," Dunford noted.

"I don't think any of us believe that economic and diplomatic pressure alone ... or this campaign will result in denuclearization," the chairman said.

"But what Secretary (of State Rex) Tillerson has articulated is that the diplomatic and economic pressure will cease the testing, cease the development of nuclear programs and set, perhaps, the political conditions for moving forward in the broader issues that effect North and South Korea."

The United States, South Korea and Japan are approaching the issue as an alliance. The chairman's first stop before Beijing was in Seoul and his last stop will be in Tokyo. He said he wants to

ensure transparency with allies and friends in the region.

The chairman said he is leaving Beijing feeling encouraged. "I began to be encouraged when the United Nations Security Council passed the sanctions resolution," he said. "That is as forceful a declaration of the international community's perspective on this issue as we've seen."

Dunford said the response from world capitals has also given him encouragement that there is the will to enforce sanctions.

"I do believe right now — there's a long way to go — but we are on a path that there is a possibility, and I hope a probability, that we can resolve this peacefully," he said. "I certainly believe there is a chance."

The diplomatic and economic pressure is designed to set the political conditions for very difficult complicated long-term issues to be addressed, the chairman said.

There is still a threat from North Korea, Dunford said. Kim Jong Un having ballistic missiles melded with nuclear warheads would be a significant threat to the region and the United States.

"That is unacceptable, and that is what President (Donald J.) Trump has said," the chairman said. "We're all working toward a peaceful solution. But we (in DoD) get paid to develop military options and we've been in discussion with our president about military options. If the president comes to us with a decision to use military force, we will provide him options."



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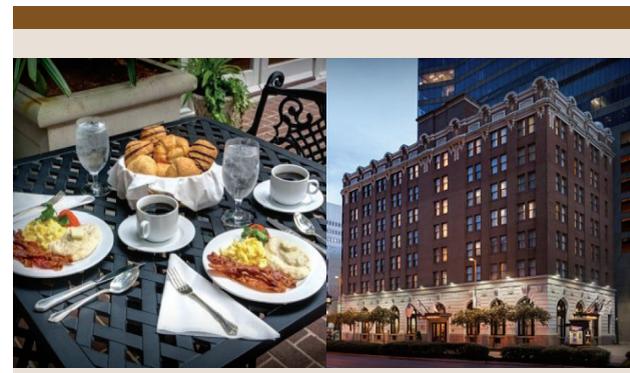
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2017 VERNON PARISH FOOTBALL SCHEDULES

DERIDDER DRAGONS

SEP. 01	SOUTH BEAUREGARD	7PM	AWAY
SEP. 08	WASHINGTON-MARION	7PM	HOME
SEP. 15	JENNINGS	7PM	AWAY
SEP. 22	NATCHITOCHE CENTRAL	7PM	AWAY
SEP. 29	PICKERING	7PM	HOME
OCT. 05	WEST OUACHITA	7PM	HOME
OCT. 13	TIOGA	7PM	AWAY
OCT. 20	LEESVILLE	7PM	HOME
OCT. 27	BUCKEYE	7PM	AWAY
NOV. 03	GRANT	7PM	HOME

LEESVILLE WAMPUS CATS

SEP. 08	SOUTH BEAUREGARD	7PM	AWAY
SEP. 15	WESTLAKE	7PM	HOME
SEP. 22	PINEVILLE	7PM	AWAY
SEP. 29	RAYNE	7PM	HOME
OCT. 05	BUCKEYE	7PM	AWAY
OCT. 13	GRANT	7PM	HOME
OCT. 20	DERIDDER	7PM	AWAY
OCT. 27	TIOGA	7PM	HOME
NOV. 03	ST. LOUIS CATHOLICS	7PM	HOME

ROSEPINE EAGLES

SEP. 01	MERRYVILLE	7PM	HOME
SEP. 08	SOUTH CAMERON	7PM	HOME
SEP. 15	ELTON	7PM	AWAY
SEP. 22	LAKESIDE	7PM	AWAY
SEP. 29	NORTH CENTRAL	7PM	HOME
OCT. 05	VINTON	7PM	AWAY
OCT. 13	PICKERING	7PM	AWAY
OCT. 20	OAKDALE	7PM	HOME
OCT. 27	DEQUINCY	7PM	AWAY
NOV. 03	EAST BEAUREGARD	7PM	HOME



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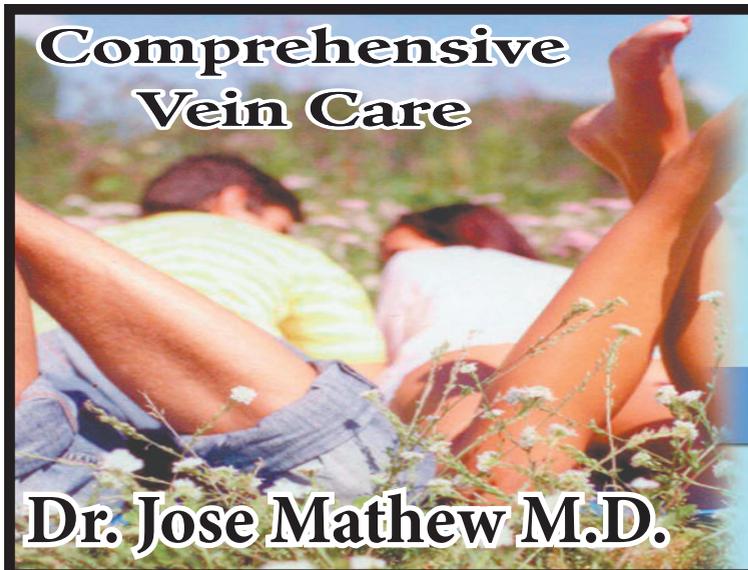
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Rest & Relaxation

Head to Natchitoches to watch eclipse

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FORT POLK, La. — With the excitement of the solar eclipse growing as the event draws near, folks are looking for great ways to take part and watch for themselves.

One option is to participate in the From Sea to Shining Sea Solar Eclipse event taking place at Magnolia Plantation, Derry, La.

There will be ranger talks, citizen science and other eclipse activities. You can make a pinhole projector and there are a limited number of safe solar glasses available for use.

Feel free to bring your own National Aeronautics and Space Administration approved solar viewers, blanket or chair, snacks, and experience the eclipse across America.

Due to the nature of this event, weather can impede the eclipse viewing. If the weather is a concern on the day of the event, check the



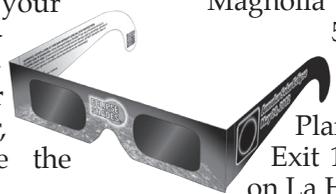
park Facebook page or call (318) 352- 0383, ext. 316 for an update.

There is no entrance fee at Magnolia Plantation. All tours and activities are free.

Magnolia Plantation is located at 5549 La. Hwy 119, Cloutiersville /Derry.

To reach Magnolia Plantation, take I-49 to Exit 119 at Derry. Head east on La Hwy 119. Cross over La.

Hwy 1 and proceed two miles. The grounds of Magnolia Plantation are on the right. For more information call (318) 352-0383.



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Lagniappe

BOSS

Fort Polk's Better Opportunities for Single Soldiers hosts the following events:

- Bow and arrow combat tournament — this event takes place the first and third Sunday of each month at the Home of Heroes Recreation Center. Entry is free and equipment is provided. The next tournament is Sunday.

- Weekly spades tournament — join the fun each Monday at 7 p.m. at the Home of Heroes Recreation Center. The cost is \$5 per Soldier. Prizes are awarded for first-, second- and third-place winners. Registration is held before the tournament.

- Weekly karaoke! — Sing each Wednesday at 7 p.m. at the rec center. The event is free. Choose from more than 14,000 songs of every genre. Duets are available. Call 531-1948 for more information.

Lose weight

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

Family fun

Christway Church, 207 Lawlis Road, DeRidder, hosts an Indoor 3D popup Bow Shoot and family fun day Aug. 26 from 11 a.m.-6 p.m. There is a \$25 entry fee to participate in the tournament. You must bring your own bow and five arrows with field points (no crossbows). There will also be inflatable jumpers, cotton candy and snow cones, vendors, prizes and door prizes. For more information or to register visit www.christwayla.org or call (337) 463-5471.

Master mini golf

Fort Polk's Klubs and Karts mini golf and go-cart facility hosts an 18-hole mini-golf tournament at 11 a.m. Sign-up begins at 10:30 a.m. The entry fee is \$7 per golfer. First place receives an 18-hole punch card and second place receives a 9-hole punch

card. Tournament dates are as follows:

Aug. 26
Sept. 16 and 30

Busy bowling

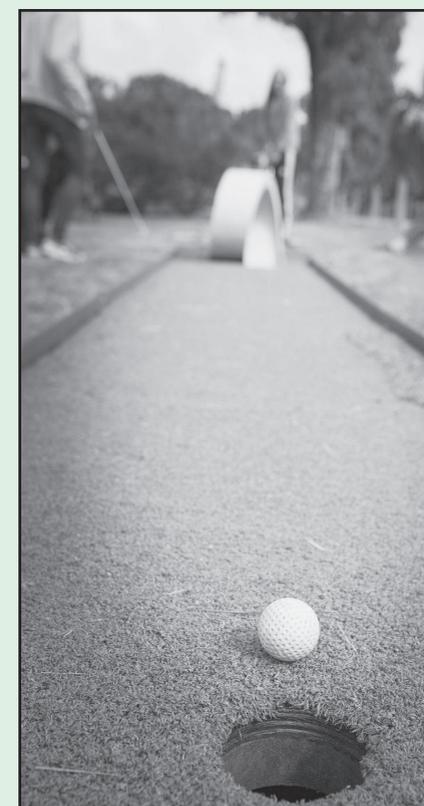
Don't miss a Nine-Pin No-Tap Tournament at Fort Polk's Strike Zone Bowling Center. These are three-game tournaments. There is a \$20 entry fee. Sign-up begins at 12:30 p.m. and the tournament begins at 1 p.m. The tournament dates are as follows:

Aug. 26
Sept. 9 and 23

Bass tournament

Fish on the first Saturday of each month from safelight to 3 p.m. as the Directorate of Family Morale, Welfare and Recreation hosts a fishing tournament at Fort Polk's Toledo Bend Recreation Site. The next tournament is held Sept. 2. Cost is \$40 per boat, two people per boat. Payout is 80 percent of the entry fees. The tournament requires a minimum of five boats.

Patrons can also participate in the Big Bass Contest. Entry for the contest is \$5 per person, and payout is 100 percent of the entry fees. For more information call (888) 718-9088.



Indulge in shrimpy goodness with these festivals

GUARDIAN STAFF

"Anyway, like I was sayin', shrimp is the fruit of the sea. You can barbecue it, boil it, broil it, bake it, saute it. Dey's uh, shrimp-kabobs, shrimp creole, shrimp gumbo. Pan fried, deep fried, stir-fried. There's pineapple shrimp, lemon shrimp, coconut shrimp, pepper shrimp, shrimp soup, shrimp stew, shrimp salad, shrimp and potatoes, shrimp burger, shrimp sandwich. That — that's about it."

— Benjamin Buford Blue, aka "Bubba," from the 1994 movie "Forrest Gump."

FORT POLK, La. — If you like shrimp, you have two upcoming Louisiana festivals to choose from that will delight your crustacean-chomping tendencies. Check out these celebrations of, as Bubba once said, "the fruit of the sea:"

• The Delcambre Shrimp Festival

This festival takes place today through Sunday in Delcambre, Louisiana. Enjoy signature shrimp dishes like boiled shrimp, fried shrimp, shrimp sauce piquante, shrimp salad and more.

Every shrimp dish consumed at the festival is prepared by volunteer members of the festival association.

If you're not in the mood for shrimp, the festival also offers a variety of other "festival" foods, cold beer, cold drinks and water. Plenty of carnival rides and attractions will keep you and the kids entertained for hours.

The Town of Delcambre, Louisiana, located about 20 miles southwest of Lafayette, is home to one of Southwest Louisiana's most productive shrimp fleets. The town devotes an entire weekend to honor this economic lifeblood, culminating in this fun-filled festival. There's plenty of fun for kids of all ages and lots to see, hear and eat!

Musical entertainment this year includes Kip Sonnier, Jeff Dugan, Daryle Singletary, Clay Walker and others. Be sure to check the website at www.shrimpfestival.net/entertainment for complete schedule.

This year marks the 67th annual Delcambre Shrimp Festival, held at the festival grounds on 411 S. Richard St., Delcambre. Admission to the festival is free Sunday, and \$10 today and Saturday. Carnival ride bracelets are available for \$20-\$25. Gates open at 6:30 p.m. today, 9 a.m. Saturday and 11 a.m. Sunday (fisherman's mass and blessing of the fleet are held at 10 a.m. Sunday).

For more information call (337) 685-2653, visit the Internet at www.shrimpfestival.net or send email to info@shrimpfestival.net.

• The Louisiana Shrimp and Petroleum Festival

Held in Morgan City, this is the state's oldest chartered festival. Its humble origins began in 1936 and the festival has continued to grow into the mammoth celebration it is today. From Fort Polk, Morgan City is about a 200-mile drive that will take three and a half hours.

More than 70 years ago, the first festival began with frog and alligator hunters, shrimpers, crab fishermen, dock workers and oystermen parading down the streets of Morgan City in celebration of the first boatload of jumbo shrimp fresh from the deepest waters of the Gulf that made it

to shore. It was the first haul ever fished by a small boat.

The festival recognizes the men and women of both the seafood and petroleum industries and honors them for their tireless work through rain, shine and sometimes hurricanes, to provide the area's economic lifeblood.

One of the highlights of the festival centers on food. There's nothing like "home-style" Cajun cooking. You'll find the best at the fest with lots of spicy treats at the Cajun Culinary Classic.

Enjoy jambalaya, fried alligator and everything in between. But don't forget about the shrimp (tons of 'em) cooked every way imaginable (it would make Forrest Gump proud.) The culinary classic takes place at Lawrence Park from 5-11 p.m. Sept. 2, noon-11 p.m. Sept. 3, and noon-11 p.m. Sept. 4.

After you're done eating, enjoy the arts and crafts show beginning at 9 a.m. Sept. 2, 3 and 4.

The Shrimp and Petroleum Festival offers the finest in Louisiana crafts, from original works of art to handmade jewelry, clothing, woodcrafts, food and more.

Then head over to the festival Car Show and Cypress Corvette Club at the M.D. Shannon School Grounds. The

show is held from 8 a.m.-3 p.m. Sept. 3. Awards are presented at 3 p.m. that day.

For families with children to entertain, there are plenty of activities to keep them busy all weekend long:

- The Children's Village is open Sept. 2 and 3. Each child who visits leaves with a prize and admission is free. The village is a magical, hands-on adventure land that houses numerous activities for children to experience. The village opens at 1 p.m. each day.

- "Children's Day" takes place Sept. 2. The day begins at 9 a.m. with field events and games in Lawrence Park. Kids compete for awards and have a great time. Following the field events at

10 a.m., professional storytellers delight children with colorful and creative storytelling.

- The mini street parade begins at 11 a.m. Sept. 2. Children meet in front of the Historic Downtown Post Office with bikes, wagons, carts and everything imaginable (including themselves) colorfully decorated. The parade winds its way through the Historic District to Lawrence Park. Prizes are awarded for the best decorated floats and costumes.

Children and adults can also enjoy the carnival rides and games.

The carnival is open from 5-11 p.m. Aug. 31, 5-midnight Sept. 1, noon to midnight Sept. 2 and 3 and noon-9 p.m. Sept. 4. Take advantage of pay one price ride bracelets for \$25 Sept. 4 from noon to 9 p.m.

Everyone can enjoy live music by Kyle Wilson, Krossfyre, Travis Thibodaux, Category 6, Jaryd Lane and more.

If music is what you are after then head on down to historic Lawrence Park in downtown Morgan City. This festival is known for the diverse music including the sounds of zydeco, Cajun, country and popular music. Admission is free.

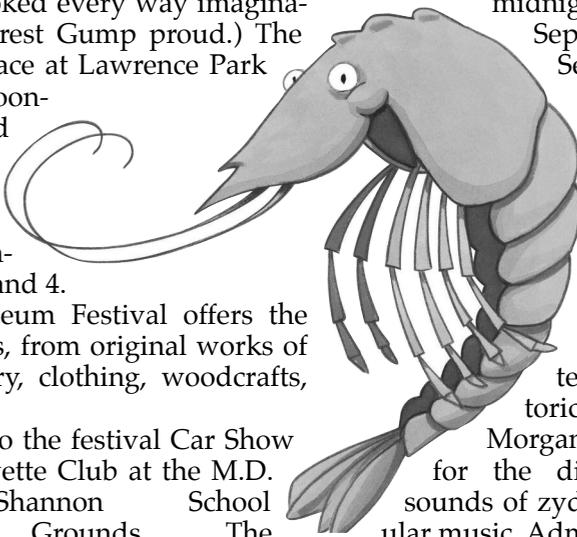
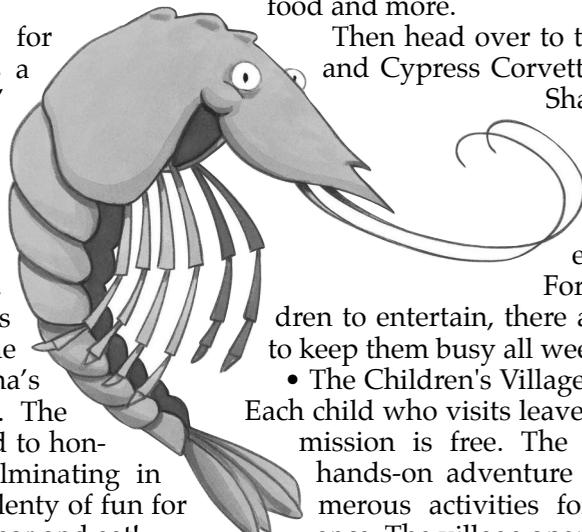
One of the most unique events at the Shrimp and Petroleum Festival is the Blessing of the Fleet, which first took place in 1937 on Berwick Bay to bless the fishermen and their sturdy craft.

The present day Blessing of the Fleet and water parade highlights participating shrimp boats, pleasure craft and the biggest "muscle boats" of the oil patch.

Not to be missed is the toast between the King's Vessel and the Queen's Vessel — a breathtaking bow-to-bow "kiss" for the traditional champagne toast.

This year's blessing of the feet and water parade takes place Sept. 3 along the Morgan City docks from 10 a.m. to noon.

For more information visit www.shrimppand-petroleum.org.



August 18-20, 2017 - Johnson Temple Church of God in Christ's

Women's CONFERENCE

Removing The Shackles And Claiming Our Rightful Place - JER 6:16

						
Friday Night-7:00pm Guest Psalmist Cornelius Jackson Jonesboro, LA	Friday Night-7:00pm Guest Speaker Cigale Schaffers Ruston, LA	Saturday Morning Workshop - 9:00 am Ollie Young DeRidder, LA	Saturday Morning Workshop - 9:00 am Vanessa McKinstry DeRidder, LA	Saturday Afternoon Speaker - 12:30 pm Theresa Fletcher Port Arthur, TX	Sunday - 3:00 pm Finale Guest Psalmist Toy Carmouche Crowley, LA	Sunday - 3:00 pm Finale Guest Speaker Mary Joyce Bethel Killeen, TX

Registration - \$25.00 (Includes Workshop Materials/Bag/Tee Shirt/Saturday Lunch)
Health Information Screenings
Vendors: Mary Kay, Hair and Accessories, Lady's First Clothing Hats Accessories, & G & G Silver Trumpet
Location: Johnson Temple Church of God In Christ, 200 Nona Street, Leesville, LA
Conference Hostess: Mother Virginia "Judy" Johnson

Take time to tame your taco tendencies

TACO FESTIVAL

LAFAYETTE, La. — If you love that hard shell filled with tasty goodness, head to Lafayette, Louisiana for a taco lover's dream: Tacos, tacos and more tacos at The Taco Festival Sept. 9 at Moncus Park at the House Farm, located at 2913 Johnson St., in Lafayette, Louisiana from noon-6 p.m.

While you fill your belly with tacos, check out everything else the festival has to offer. Savor your taco food coma while chilling out to beachy reggae or dance it off to hip swingin' Latin bands.

Watch Lucha Libre wrestlers battle it out as they fly, pounce and bounce. Matches take place sporadically throughout the festival.

Dog lovers can enjoy a Chihuahua Beauty Contest. There's nothing cuter than Chihuahuas showing off their taco spirit in costumes as they try to win over the beauty pageant judges.

If you can stomach the challenge, why not participate in the festival's eating contests. Enter at the contest check-in booth.

A general admission ticket pro-

vides access to a collection of taco makers, restaurants, food trucks and others dishing out \$2 tacos. Add bars and beverage stations serving margaritas, beer, water and soda, and it's a taco fiesta! The entire festival works on a token system — so you will purchase tokens worth \$2 each and use those as cash. Vendors will sell other food (mostly desserts) as well. ATMs are on site, but you can use a credit card if desired.

The general admission cost of \$14 allows entrance to the Taco Festival as well as two tacos, one drink ticket, live entertainment including live bands, Lucha Libre wrestling shows, eating contests, chili pepper-eating challenges and the entertaining Tiny Taco Dog beauty pageant. Kids 12 and under get in free.

Tequila Expo: \$20

The popular Tequila Expo offers guests the chance to sample a multitude of top-shelf tequilas.

Purchase this add-on and receive a wristband good for 10 samples of fine tequila. Tequila Expo passes must be purchased in conjunction with a general admission ticket.

It is recommended purchasing



these passes online — the Expo will sell out. Hours are from 1-5 p.m.

No dogs are allowed (except Chihuahua Beauty Pageant participants and service dogs).

Tokens can be purchased with credit card or cash at the gate and cash only inside. For more information and to purchase tickets, visit www.thetacofestival.com/lafayette.

Gear up for big top fun

WEST CENLA SHRINE CLUB

FORT POLK, La. — Relive some great childhood memories and make a few new ones at the circus with your kids. With three rings of family fun, the Shrine Circus thrills fans of all ages.

See death-defying aerial acts and animal attractions including tigers and elephants.

Kids will also be able to ride and pet some animals.

The Shrine Circus presents shows in Leesville and Alexandria. They are as follows:

- Aug. 25 — Lions Rodeo Arena, 276 HM Stevens Blvd., Leesville, Louisiana at 7 p.m., behind the Vernon Parish Fairgrounds.
- Aug. 26 — Rapides Parish Coliseum, 5600 Coliseum Blvd., Alexandria, Louisiana at 10 a.m., 2 p.m. and 7 p.m.
- Aug. 27 — Rapides Parish Coliseum at 2 and 6 p.m.

The circus is an annual event hosted by the West Central Louisiana Shrine Club to raise money for the Shriner Hospital for Children in Shreveport, Louisiana.

Regular ticket prices for the Leesville show are \$14 for ages 3-12 and \$18 for adults. Children under age 3 get in free.

There are additional discounted online-only ticket packages as well:

- Family pack — \$30 package includes admission for two adults and three children.
- Two adults for the price of one — \$18
- Two children for the price of one — \$14
- One adult and two children — \$18
- Military discount — \$14 package includes admission for one adult and two children.

Tickets and ticket packages are available for purchase online at www.eventbrite.com.

They can also be purchased at the circus location. Doors open one hour before the event.

Admission to the Alexandria shows is \$12 for adults and children get in free with a paid adult ticket. Tickets are sold at the door one hour before each show. For more information visit www.eventbrite.com for the Leesville show and www.alexandriapinevillela.com for Alexandria shows.





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Head to Natchitoches' Cane River Zydeco Festival for sounds of Louisiana

GUARDIAN STAFF

FORT POLK, La. — If you want to experience the essence of down-home Louisiana through music, don't miss the 18th annual Cane River Zydeco Festival held at the Natchitoches fairgrounds Sept. 1 and 2. The fairgrounds are located adjacent to the Natchitoches Airport. Access is Fairgrounds Road from either Rapides Drive or the La. Hwy 1 bypass. There will be plenty of free parking.

The schedule kicks off at 6 p.m. Sept. 1 and includes food vendors, free bounce house for kids, poker run registration and motorcycle games and a Zydeco dance contest. Admission is free.

Poker run registration begins at 9 a.m. Sept. 2 at the fairgrounds. The poker run travels 80-100 miles through Kisatchie National Forest and along the scenic Cane River Lake past historic plantations. The best poker hand wins a cash prize. Cost is \$25 per rider and \$15 per additional rider. This includes a T-shirt and armband for the Zydeco concert.

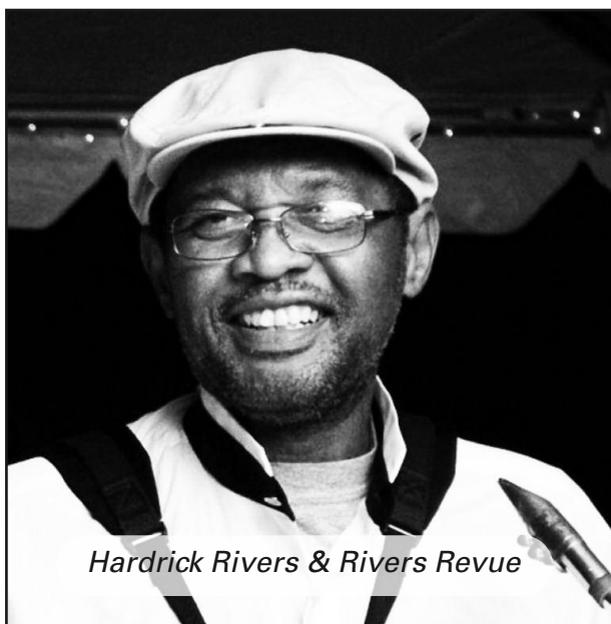
Live entertainment begins at 1 p.m. Sept. 2 with live bands, food and fun on the downtown riverbank. Admission is \$8 per person. There will be free Zydeco dance lessons by Naomi Bush at 1 p.m. and live entertainment beginning at 4 p.m.

If you haven't listened to Zydeco music, you might ask what's the big deal? A simple definition of Zydeco — according to a compilation of definitions — is folk music with a heavily syncopated dance beat that originated in South Louisiana. It was born from and contains elements of Cajun and Creole — individuals descended from African/Caribbean/French/Spanish heritage — dance melodies, Caribbean music and the blues. Zydeco music is played by small groups featuring the guitar, accordion and washboard.

Its history began in Opelousas, Louisiana with Clifton Chenier. Born in 1925, Chenier was a sharecropper's son who listened to the la-la music (also known as Creole music) performed in his community. Musicians like his father, played accordions while others



Marcus Ardoin & Da Zydeco Legends



Hardrick Rivers & Rivers Revue



Jeremy Fruge & Zydeco Hot Boys

played rub boards and triangles for rhythm. He also grew up listening to blues musicians.

Chenier learned to play the piano accordion in the late 1940s and began to perform with his brother Cleveland, who played the washboard, in Texas and Louisiana clubs.

An independent record producer heard Chenier and signed him to a contract in 1955. Chenier completed his first recording at a Lake Charles studio. He released it and the song became a hit.

As his career grew, Chenier continued to take the base of French Creole music of rural Southwest Louisiana and blend it with the sounds of rhythm and blues, which was when Zydeco was born.

Instruments such as the saxophone, horns and keyboards were added to some songs, but the core of the music remains the accordion, frottoir (washboard), guitar and drums. Zydeco rarely uses the fiddle and doesn't play the waltzes com-

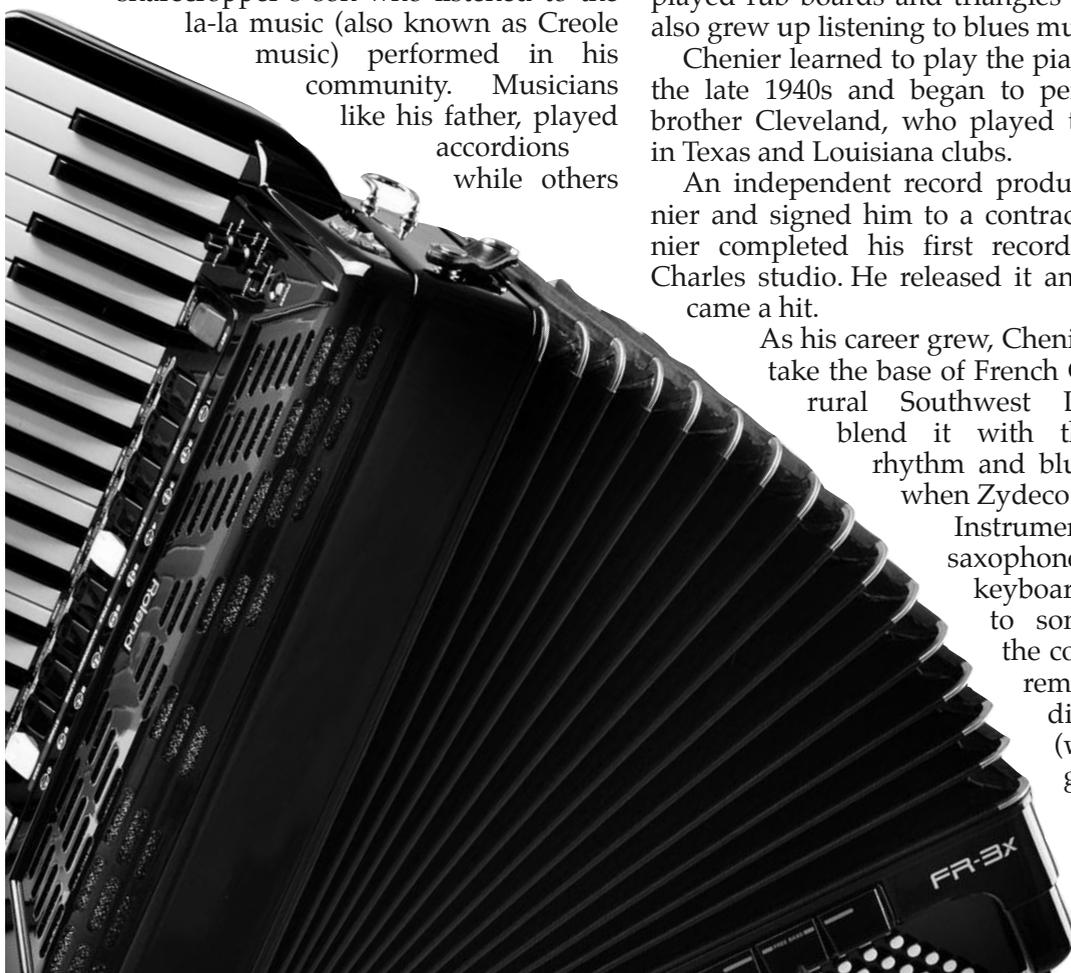
monly found in Creole and Cajun music. Chenier passed away in 1987, but his legacy continues as other musicians, such as Alton "Rockin' Dopsie" Rubin and more create and play the genre he began when he created Zydeco music.

Zydeco music has continued to grow in popularity, reaching national acclaim with Grammy nominations and wins by several artists over the years.

As a staple of live entertainment at clubs and festivals throughout Louisiana, younger Zydeco bands have begun to perform in English instead of French and have been known to incorporate rap and other musical styles in their music.

Don't miss your chance to see and feel the beauty of Louisiana through music. Make plans to head to the Cane River Zydeco Festival and have a great time. For more information call (800) 259-1714.

Editor's note: The information on the history of Zydeco was found at www.louisiana101.com.



Highland Jazz, Blues Festival brings live music to Shreveport

HIGHLAND JAZZ AND BLUES FESTIVAL

SHREVEPORT, La. — Enjoy live music at the unique and funky “party in the park” — the Highland Jazz and Blues Festival in Shreveport, Louisiana.

This free annual event features local and national jazz and blues artists, great food and local artwork in the historic Highland neighborhood.

Highland Jazz and Blues Festival takes place Sept. 16 from 11 a.m.- 6 p.m. at Columbia Park, located at 600 Columbia St.

Performers include Marc Broussard, Chris Thomas King, Maggie Koerner, Buddy Flett, Professor Porkchop and The Dishes, The Kings of Pleasure, Smoke City Band and Tchai, the Circle of Life.

Grammy Award-winning blues artists, producer, composer and ac-

tor King is known for his audacious fusion of blues and hip-hop. King reached a whole new audience with the film, “O Brother, Where Art Thou?” not only appearing on the award-winning soundtrack but also playing a prominent supporting character.

Broussard averages more than 150 tour dates a year, appearing with Zach Brown, the Dave Matthews Band, Chris Isaak, Willie Nelson, Maroon 5, Gavin DeGraw and more. He has also performed on the Tonight Show with Jay Leno, Late Night with Conan O’Brien and Jimmy Kimmel Live.

Koerner is a Shreveport born singer-songwriter who was the front-woman for New Orleans’ fun band Galactic. She now tours with her own band at festivals like New Orleans Jazz Fest. Visitors will see more than just great music. The

Artist’s Alley is filled with one-of-a-kind jewelry, paintings, home decor, jams and jellies and more.

When your stomach tells you it’s time to take a short break from the party, you’ll find fresh ground cof-

ees, and a variety of food including Cajun jambalaya, Caribbean jerk chicken, funnel cakes and all sorts of other tempting treats.

For more information visit www.highlandjazzandblues.org.



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Call 877-649-6558, we're here 24/7.

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TWIN SIZE MEDICAL BED FOR SALE. Electric head and leg lift. \$400 or best offer. Please call 337-396-9057.

SOLID WOOD/OAK CORNER ENTERTAINMENT CENTER \$300.00 OBO. 337-208-8599 call or text. Can deliver to local area.

65 GAL PROPANE HOT WATER HEATER, New, used less than 30 days. Call or text for pictures & information 337-208-8599.

'04 GMC 1/2 TON SLE loaded, 74,000 miles, leather interior, good condition. \$1,000. Call 337-238-5891.

ONE WEEK VACATION PACKAGE in Orlando Florida. You will be staying at a 5 star resort with Kitchen, Washer/ Dryer, Jacuzzi Tub. You are only minutes from all the Disney World Parks. Asking \$450 Please call 337-396-2855 or 337-460-9290 for more information.

1 DESKTOP COMPUTER with Flat Screen and printer for sale. Please call 337-396-2855 for more information.

HELP WANTED

WANTED TAX PREPARERS Jackson Hewitt Tax Service has openings for Tax Preparers. Will teach you everything needed for employment.

Classes are starting soon. Call Jackson Hewitt Tax Service in Leesville at 337-537-1040 or DeRidder at 337-460-1040 or 337-353-2202. 09-15

REAL ESTATE

NOTICE: All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination. The Guardian will not knowingly accept any advertisement for real estate, which is in violation of the law. All dwellings advertised in this newspaper are available on an equal opportunity basis.

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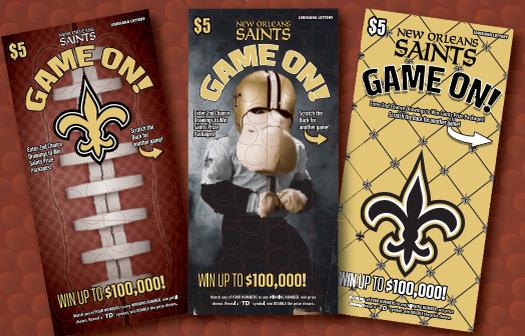
Give your back or knees the support and relief they need to reduce your pain

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* Advertising is FREE for soldiers, family members and DA civilians.
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(This includes child care, quarters-cleaning, or the sale and/or breeding of multiple pedigreed/registered animals)
 * Only single soldiers living in barracks may list numbers with 531 prefixes.

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

Deadline for FREE ads is NOON Tuesday.

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

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

I am a: Soldier Retiree DA Civilian Military family member

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

Name: _____ Date: _____

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Fort Polk Guardian

www.thefortpolkguardian.com

Tradin' Post Ads

Published for the community of Fort Polk, La.

Deadline For All Classified Ads Is Noon Tuesday

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SOCIAL SECURITY DISABILITY? UP to \$2,671/mo. (Based on paid-in amount.) FREE evaluation! Call Bill Gordon & Associates. 1-800-715-6804. Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL., member TX/NM Bar. (LA-SCAN)

HAVE 10K IN DEBT? National Debt Relief is rated A-Plus with the BBB. You could be debt free in 24-48 months. Call 1-844-290-9978 now for a free debt evaluation. (LA-SCAN)

PAYCHEX. PAYROLL. HUMAN RESOURCES. Benefits Consulting. More than Half-Million Small & Mid-Size Business Clients Nationwide! Call Now - One Month of Payroll Processing FREE! New Customers ONLY. Call 1-866-510-1144 (LA-SCAN)

SAVE YOUR HOME! ARE you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner's Relief Line now for Help. 800-917-6532 (LA-SCAN)

CUT THE CABLE! CALL DIRECTV Bundle & Save! Over 145 Channels PLUS Genie HD-DVR. \$50/month for 2 Years (with AT&T Wireless.) Call for Other Great Offers! 1-800-697-1573 (LA-SCAN)

CUT THE CABLE! CALL DIRECTV Bundle & Save! Over 145 Channels PLUS Genie HD-DVR. \$50/month for 2 Years (with AT&T Wireless.) Call for Other Great Offers! 1-800-413-8235 (LA-SCAN)

DISH TV. 190 CHANNELS. \$49.99/mo. for 24 mos. Ask About Exclusive

Dish Features like Sling and the Hopper. PLUS HighSpeed Internet, \$14.95/mo. (Availability and Restrictions apply.) TV for Less, Not Less TV! 1-866-764-5462 (LA-SCAN)

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