

GUARDIAN



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46th Engineers kick off Best Squad Competition with special guest

By **PORSHA AUZENNE**
Public Affairs Office

FORT JOHNSON, La. — Feb. 18-24 is formally known as Engineers Week, which celebrates how engineers make a difference around the world. Engineer Soldiers are the Army's experts in general construction, combat engineering, geospatial and many other unique capabilities such as search and rescue, diving, fire-fighting and power production. The 46th Engineer Battalion is a prime example of this, as demonstrated by their courageous efforts during fire prevention training as Central Louisiana was devastated by wildfires in 2023.

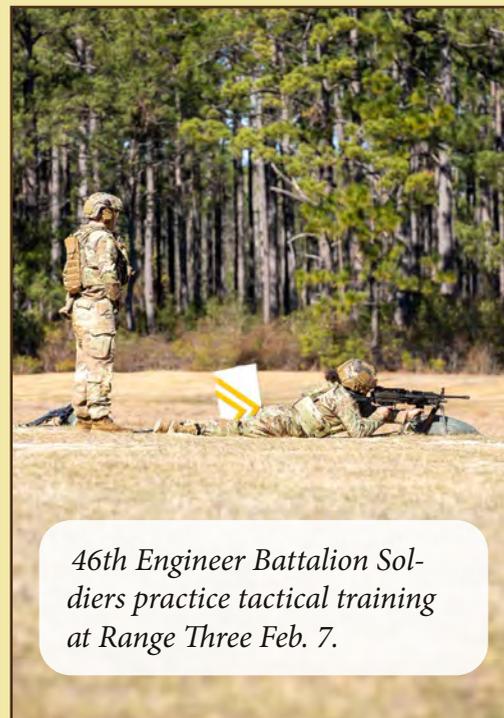
In anticipation for the 20th Engineer Brigade's annual Best Squad Competition, the 46th Engineers once again went through grueling training in Fort Johnson's challenging landscape Feb. 6-8. The week-long competition assesses each squad on technical and tactical proficiency, as well as their ability to work as a disciplined and cohesive team.

Featuring a multitude of different fitness and combat-related events, ranging from the Army Combat Fitness Test and various weapons lanes to a strenuous 12-mile foot march, the Best Squad Competition emphasizes teamwork and bonds forged through shared hardship. Afterward, the top four teams of the week will travel to Washington, D.C., for a board-style interview that will test their knowledge and professionalism in front of top Army leaders.

Maj. Gen. Colin P. Tuley, XVIII Airborne Corps deputy commanding general, visited from Fort Liberty to meet with the 46th Eng Bn Feb. 6 at Range Three in anticipation for the upcoming competition.

"Give it your all and win this thing," Tuley said to Soldiers before wishing them luck going forward. Tuley spent time getting to know each Soldier personally as cheer and

Maj. Gen. Colin P. Tuley, XVIII Airborne Corps deputy commanding general, visits with 46th Engineer Battalion Soldiers Feb. 6 in anticipation of the 2024 Best Squad Competition.



46th Engineer Battalion Soldiers practice tactical training at Range Three Feb. 7.

smiles were spread all around. Tuley also awarded challenge coins to Soldiers during his visit.

2nd Lt. Julia Seibold, who gave a briefing during the three-gun shoot Feb. 8, detailed how prepared the team is for Best Squad Competition.

"The Best Squad Competition is going well," said Seibold. "We were here yesterday at the Fort Johnson Morale, Welfare and Recreation Shooting Range doing our rehearsal and validation of our lanes. We're ready, prepped to go and feeling good about our performance for today."

The competition wrapped up with the Yarborough Mile and Air Assault obstacle course Feb. 8.



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The Guardian can be found on the JRTC and Fort Johnson website at home.army.mil/johnson and the JRTC and Fort Johnson Facebook page at [@JRTCandFortJohnson/](https://www.facebook.com/JRTCandFortJohnson/). eGuardian archives can also be found on the JRTC and Fort Johnson website.

Links to the eGuardian are also included in all-users emails to government email users and by request to non-military units. All editorial content of the Guardian is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Johnson.

For more information on Fort Johnson units and happenings visit the [@JRTCandFortJohnson](https://www.facebook.com/JRTCandFortJohnson/) Facebook page.

Cover photo: The 46th Engineer Battalion trains on the shooting range for the Best Squad Competition. (Photo by Porsha Auzenne)



46th Engineer Battalion THREE-GUN SHOOT



WELCOME HOME

204TH

MILITARY POLICE COMPANY



PORSHA AZZENNE/GUARDIAN

Soldiers from the 204th Military Police Company returned home from deployment Feb. 9. Part of the 519th Military Police Battalion, the group deployed in May 2023 in support of Operation Atlantic Resolve.

One hundred and twenty certified military police officers were sent to bases in Germany and Italy to provide law enforcement support for the garrisons of Wiesbaden, Kaiserslautern, Baumholder and Vicenza. While there, the unit covered all law enforcement functions of the Military police branch to include traffic enforcement, access control point operations, disturbance calls, responding to traffic accidents, security patrols and community policing. Soldiers spent nine months on rotation supporting over 100,000 Soldiers, Families, and civilians across four unique installations.



Fort Johnson nurses celebrate 123 years of service

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT JOHNSON, La. — Bayne-Jones Army Community Hospital hosted a ceremonial cake cutting to commemorate the 123rd anniversary of the United States Army Nurse Corps, Feb. 2, at the Joint Readiness Training Center and Fort Johnson.

Lt. Col. Nicole Rau, deputy commander of nursing for BJACH, coordinated the event to highlight the important role nurses play in health care and celebrate this year's theme of serving with distinction and healing with compassion.

Before the cake was cut, she presented a video message from Col. James Burk, chief of Army Nurse Corps. In his message, Burk thanked nurses serving on active duty, in the Reserve, and the National Guard.

"This year's theme highlights the dual roles we all serve as both nurses and Soldiers," Burn said. "As nurses, we answer the call to care for people. We hold the hand of our patient during their first steps post-surgery, we provide phlebotomy services in the early morning hours and we respond to patients in an emergency. As Soldiers, we answered the call to serve this country and are prepared to deploy on a moment's notice to care for warriors serving in combat."

2nd Lt. Steven McCray, mixed medical surgical nurse, is the newest member of the BJACH nursing team.

"Serving in the United States Army was always a goal of mine, so it was an easy decision to pursue a career in the Army Nurse Corps," he said. "Nurses bring a blend of expertise, empathy, and care to the table. Nurses are responsible for administering treatments, offering emotional support and acting as advocates for our patients."

Maj. Cody McDonald, clinical nurse officer in charge of the BJACH emergency department, said the Army Nurse Corps is much more than nursing. McDonald said he chose to be an Army Nurse because of a calling to help others and serve his country.

"This year's theme demonstrates that we are held to a higher standard. We are expected to know and do more than our civilian counterparts," McDonald said. "We are Soldiers first, but we provide compassionate care and empathy in all we do, whether we are leading soldiers or caring for patients. We are a diverse population in the Army with many hidden talents."

Maj. Carmen Salcedo, commander, C Company, 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division, initially enlisted as a combat medic, but wanted to do more.

"I wanted the ability to care for injured and ill Soldiers and civilians in the hospital set-



Capt. Rebecca Horgan (left), labor and delivery nurse and most junior nurse, and Lt. Col. Nicole Rau, deputy commander of nursing and most senior nurse, cut the cake during a ceremony at Bayne-Jones Army Community Hospital celebrating the 123rd anniversary of the United States Army Nurse Corps.

ting," Salcedo said. "I was fortunate enough to meet the requirements for the Army Medical Department Enlisted Commissioning program, which allowed me to complete my Bachelor of Science in nursing and commission into the Army Nurse Corps."

Salcedo said it's important to celebrate the anniversary of the Army Nurse Corps annually.

"Nursing as a profession has come a long way in society and most certainly in the Army," she said. "I think it is important to use this anniversary to reflect on how far we've come as Army nurses and celebrate the roles and responsibilities we hold within the Army."

Salcedo said she is proud to be an Army Nurse Corps officer.

"All my experiences have enabled me to become even more passionate when it comes to taking care of people," she said.

McDonald echoed her sentiment.

"The Army Nurse Corps has grown into so much more than nursing and we provide diversity and experience in every position we hold," he said. "Nurses command organizations, lead Soldiers on the battlefield and sacrifice their lives to save others," he said. "It is important to remember those who have paved the way for us."

Rau said this year's theme reinforces her commitment to high standards with a focus on helping and healing patients.

"As nurses, we bring a blend of expertise, empathy and care to the table," she said. "Nurses administer treatments, offer emotional support and act as advocates for our patients. By recognizing and celebrating the Army Nurse Corps anniversary, we honor the nurses who serve a vital medical role providing care to Soldiers, veterans and their Families."



JOINT READINESS
TRAINING CENTER
**FORT
JOHNSON**

Join us for the

AER KICKOFF 2024

Since 1942, Army Emergency Relief has been the conduit through which Soldiers provide financial support to their fellow Soldiers. The annual campaign is held three months of every year, and is the only fundraising the Army may conduct Armywide. The campaign's purpose is to fully inform 100% of all active-duty and retired Soldiers and their Family members (including spouses and children of deceased Soldiers) about the types of financial assistance available from AER and provide the opportunity for Soldiers to donate.

KICKOFF EVENTS TAKE PLACE MARCH 1

CAMPAIGN TAKES PLACE MARCH 1-MAY 15

2-MILE KICKOFF FUN RUN @ 6:30 A.M. WARRIOR CENTER

(Open to the community. Dress code is civilian attire.)

FAMILY MOVIE KICKOFF NIGHT @ 5:30 P.M. WARRIOR LANES BOWLING CENTER

(Open to the community.)



Donate and help a Soldier out today!
**GIVE.ARMYEMERGENCY
RELIEF.ORG/FTJOHNSON**

SCAN ME



IRS: Take care when choosing tax return professional

INTERNAL REVENUE SERVICE

WASHINGTON — The Internal Revenue Service reminds taxpayers carefully choosing a tax professional to prepare a tax return is vital to ensuring their personal and financial information is safe, secure and treated with care. Most tax return preparers provide honest, high-quality service. But some may cause harm through fraud, identity theft and other scams.

It's important for taxpayers to understand who they're choosing and what important questions to ask when hiring an individual or firm to prepare their tax return. Another reason to choose a tax preparer carefully is because taxpayers are ultimately legally responsible for all the information on their income tax return, regardless of who prepares it.

The IRS has put together a directory of federal tax return preparers with credentials and select qualifications to help individuals find a tax pro who meets high standards.

There is also a special page on [IRS.gov](https://www.irs.gov) for choosing a tax professional who can help guide taxpayers in making a good choice, including selecting someone affiliated with a recognized national tax association. There are different kinds of tax professionals, and a taxpayer's needs will help determine which kind is best for them.

There are warning signs to help steer taxpayers away from unscrupulous tax return preparers. For instance, not signing a tax return is a red flag a paid preparer is likely not to be trusted. They may be looking to make a quick profit by promising a big refund or charging fees based on the size of the refund. These unscrupulous "ghost" preparers often print the return and have the taxpayer sign and mail it to the IRS.

For electronically filed returns, a ghost preparer will prepare the tax return but refuse to digitally sign it as the paid preparer.

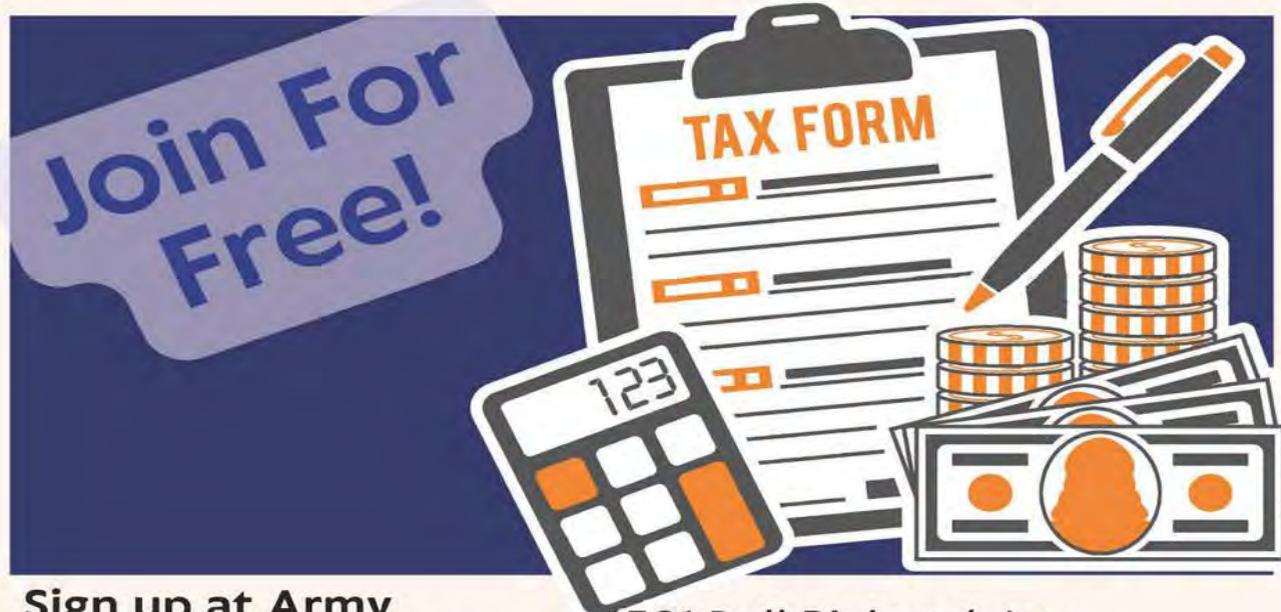
In addition, taxpayers should always choose a tax professional with a valid preparer tax identification number. By law, anyone who is paid to prepare or assists in preparing federal tax returns must have a valid PTIN. Paid preparers must sign and include their PTIN on any tax return they prepare.

Here are a few tips to consider when choosing a tax return preparer:

- Look for a preparer who's available year round. If questions come up about a tax return, taxpayers may need to contact the preparer after the filing season is over.

- Review the preparer's history. Check the Better Business Bureau website for information about the preparer. Look for disciplinary actions and the license status for credentialed preparers. For CPAs, check the State Board of Accountancy's website, and for attorneys check with the State Bar Association. For en-

Income Tax Basics Class



Sign up at Army
Community Service:
337-531-7237

1591 Bell Richard Ave.
Building 920
Fort Johnson, Louisiana 71459

FEB. 22: 5:30-6:30 P.M.
MAPLE COMMUNITY CENTER
100 PENDELTON ST.
FORT JOHNSON, LA 71459

FEB. 23: 1-2 P.M.
VIRTUAL (MICROSOFT TEAMS)

rolled agents go to [IRS.gov](https://www.irs.gov) and search for "verify enrolled agent status" or check the IRS directory of federal tax return preparers.

- Ask about service fees. Taxpayers should avoid tax return preparers who base their fees on a percentage of the refund or who offer to deposit all or part of the refund into their own financial accounts. Be wary of tax return preparers who claim they can get larger refunds than their competitors.

- Find an authorized IRS e-file provider. They are qualified to prepare, transmit and process e-filed returns. The IRS issues most refunds in fewer than 21 days for taxpayers who file electronically and choose direct deposit.

- Provide records and receipts. Good preparers ask to see these documents. They'll also ask questions to determine the client's total income, deductions, tax credits and other items. Do not hire a preparer who e-files a tax return using a pay stub instead of a Form W-2. This is

against IRS e-file rules.

- Understand the preparer's credentials and qualifications. Attorneys, CPAs and enrolled agents can represent any client before the IRS in any situation. Annual Filing Season Program participants may represent taxpayers in limited situations if they prepared and signed the tax return.

- Never sign a blank or incomplete return. Taxpayers are responsible for filing a complete and correct tax return.

- Review the tax return before signing it. Be sure to ask questions if something is not clear or appears inaccurate. Any refund should go directly to the taxpayer — not into the preparer's bank account. Review the routing and bank account number on the completed return and make sure it's accurate.

For more information and helpful links visit <https://www.irs.gov/newsroom/irs-take-care-when-choosing-a-tax-return-professional>.

Radiology specialist earns national credentials

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT JOHNSON, La. — Sgt. Jacob Loya, radiology specialist at Bayne-Jones Army Community Hospital, passed the American Registry of Radiologic Technologists examination and earned his radiologic technician credentials on Jan. 31.

According to www.arrt.org, the ARRT is the world's largest organization offering credentials in medical imaging, interventional procedures and radiation therapy. The organization certifies and registers technologists in a variety of disciplines through the oversight and administration of education, ethics and examination requirements.

After basic training, Loya spent six months in the classroom followed by another six-month clinical rotation to become a radiology specialist.

"Civilian radiology technologists earn a college degree, then challenge the registry to become certified, but military rad techs don't earn a degree during our advanced individual training and are not required to earn the ARRT credentials to work at military treatment facilities," he said.

The ARRT requires registry applicants to have an associate degree or higher from a regionally accredited college or university along with the successful completion of an educational program that demonstrates competencies in didactic coursework and clinical procedures.

Earning his associate degree and challenging the registry has been Loya's goal since he graduated from AIT.

"I chose to tackle the registry after I earned my degree from Northwestern State University," Loya said. "I wanted to gain a new skill and show that I am knowledgeable and can provide the proper care to our patients. It is very important to me because I want my patients to know they are getting the best care available."

Challenging the registry and earning the ARRT credentials enhance Loya's credibility with his patients as a professionally certified radiology technologist.

Command Sgt. Maj. Larry White, senior enlisted advisor, is proud of Loya and emphasized BJACH Soldiers strive for excellence, accept opportunities to excel and take pride in their profession every day.

"Sgt. Loya's accomplishment is a testament to his professionalism as a noncommissioned officer," White said. "He is not only proficient in his craft but has taken the necessary steps to ensure he provides top-notch care to our Soldiers, Family members and beneficiaries. This is an example of how the Soldiers at BJACH exemplify our motto: We Provide the Best."

Loya said he didn't pass the exam the first

Sgt. Jacob Loya, radiology specialist at Bayne-Jones Army Community Hospital, passed the American Registry of Radiologic Technologists examination and earned his radiologic technician credentials Jan. 31.



JEAN CLAVETTE GRAVES/BJACH PAO

time, but that was a learning experience too.

"I knew the importance of earning the AART credential for my future in this field," Loya said. "Continuing to challenge the registry has been rewarding. After I failed the first time, I could have given up, but I am resilient. I never lost focus on becoming a registered tech. Sometimes life happens, you don't always get the results you want, but it's important to never give up in pursuit of your goals."

White said this accomplishment means a lot for the radiology department and its patients.

"Our patients can rest assured that Army Medicine is serious about providing care that rivals any civilian treatment facility in the world," White said. "The radiology department at BJACH benefits from the accomplishments of our teammates because it exemplifies their dedication to professional excellence."

All active-duty radiology specialists plan to challenge the registry.

"Being one of the few people to actually successfully challenge the registry shows Soldiers it is possible by setting and sticking to goals," Loya said. "The hardest thing is making it a priority when life happens. I hope I can be an

example to my fellow Soldiers that it is possible for them to do it too."

Loya plans to make a career of the Army and is focused on earning his bachelor's degree and computed tomography credentials.

"My short-term goal is to get promoted to staff sergeant," he said. "This summer I will be heading to San Antonio as an instructor for new radiology specialists. I hope I can inspire the next generation to challenge the registry when they get to their first duty station."

Loya said he loves being a rad tech.

"I like working with patients," he said. "Knowing I am part of the diagnostic process for our patients is rewarding. Talking to patients and helping them determine the root cause of their issues is something I really enjoy. I try to make a positive impact on my patients."

Loya will continue pursuing credentialing in all the different modalities in the radiology field.

The BJACH radiology department consistently wins the Joint Outpatient Experience Survey ancillary satisfaction award for their dedicated professionalism and customer service.



Garrison HHC CoC

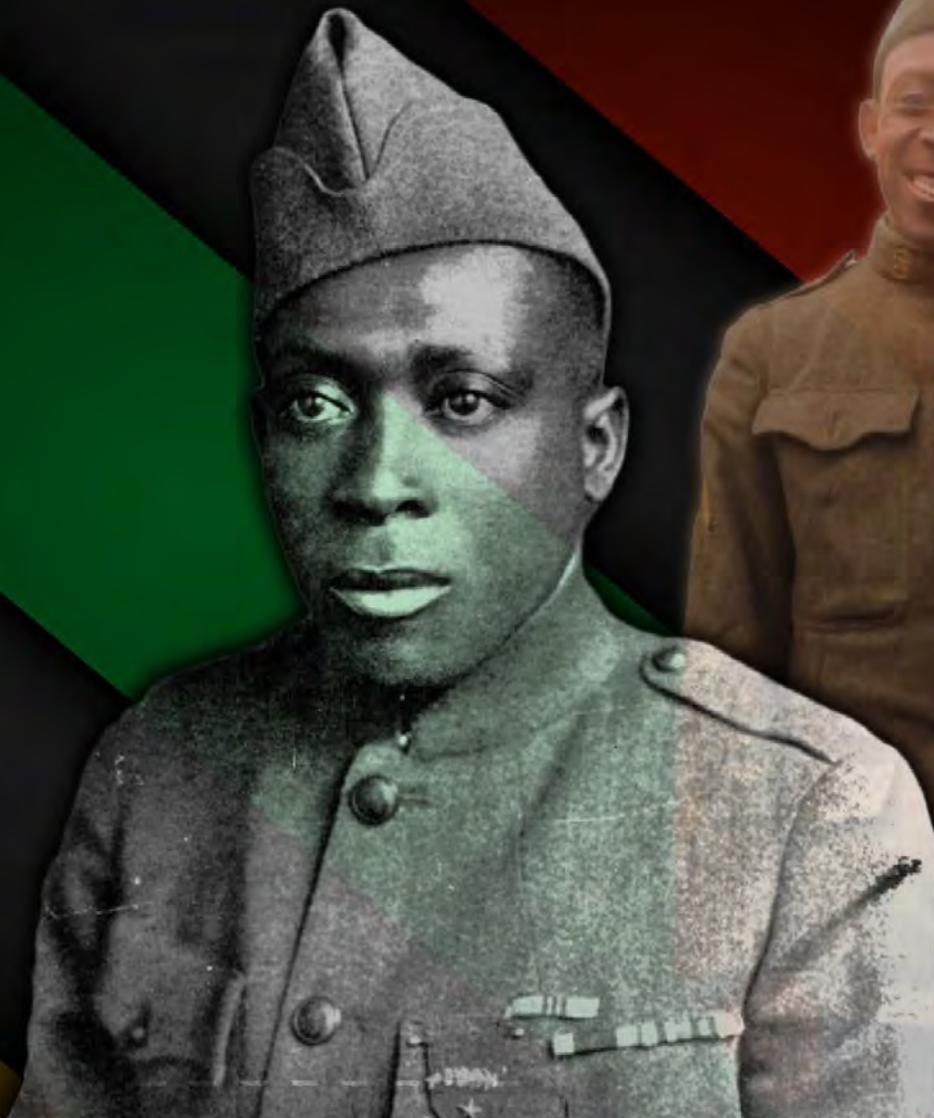
A change of command ceremony for the Garrison Headquarters and Headquarters Company, 1st Battalion, 5th Aviation Regiment, Joint Readiness Training Center and Fort Johnson, took place Feb. 8. Capt. Brandon S. Owlett relinquished command to Capt. Kody W. Hoadley.



ANGIE THORNE/GUARDIAN



Black History Month 2024



DESIGNED BY PORSHA AUZENNE/GUARDIAN




Corvias®
HOUSING INSPECTIONS

Starting March 5, Fort Johnson will begin a 100% third-party inspection for all Corvias homes.



Door hangers with additional information will be dispersed to residents.

The mandate is noted in the National Defense Authorization, which requires the Secretary of Defense to “establish and implement a uniform code of basic housing standards for safety, comfort, and habitability for privatized military housing, informed by a nationally recognized, consensus-based, model property maintenance code,” and to submit a Department of Defense plan to contract with qualified home inspectors to conduct a thorough inspection and assessment of the structural integrity and habitability of each unit of privatized military housing using the uniform code. Section 3051 further requires the Secretaries of the Military Departments to conduct “inspection and assessments of privatized military housing units” using the DoD plan and the established uniform code. Section 2818 of the NDAA (Public Law 116-283) requires the SecDef to expand the uniform code and the housing inspection and assessment “to include Government-owned and Government-controlled military family housing located inside or outside the United States and occupied by members of the Armed Forces of such military family housing.

For more information call the Army Housing Office at
337-531-6000



COURTESY 519th MILITARY POLICE BATTALION

519th says goodbye

Military working dog Reka passed away at Fort Johnson Jan. 21. Her handler, Spc. Crystal Hostetter, 519th Military Police Battalion, 91st Military Police Detachment, 50th Military Working Dog Detachment; her fellow handlers, 519th Soldiers and Fort Johnson leadership gathered at the Main Post Chapel to celebrate Reka's life. Those speaking at the memorial said Reka had their deepest gratitude and respect as a steadfast, loyal and true working dog. Hostetter said she would always remember Reka as her sweet girl that she would miss everyday.

ANGIE THORNE/GUARDIAN

JRTC & Fort Johnson Motorcycle Safety Courses

See your unit Motorcycle Mentor first!



- Type in <https://safety.army.mil>
- Click on 'OFF-DUTY' at the top of the page
- Under 'PMV-2 (Motorcycles)' choose 'Training'
- Click on visit AIRS Website at <https://airs.army.mil/Home.aspx>
- Follow the above link, type in your CAC code and click on "I ACCEPT"
- At the top for Region, click on "Southeast", and in Garrison, click on "Fort Johnson"
- Utilize the calendar and choose a course/date and click on "Location"
- This will take you to a page. Read the instructions and fill out the form

(337) 531 - RIDE

FEBRUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Intermediate Drivers Training 	2	3
4	5	6 Basic Riders Course 	7	8 Intermediate Drivers Training 	9	10
11 SUPERBOWL SUNDAY	12	13 Basic Riders Course 	14 	15 Intermediate Drivers Training 	16 Advanced Rider Course 	17
18	19 PRESIDENT'S DAY	20	21	22 Intermediate Drivers Training 	23	24
25	26	27	28	29		



LOOKING FOR A JOB? NEED HELP TO PREPARE? WE GOT THE RESOURCES FOR YOU!



HIRING EVENT

AND PREPARATION WORKSHOPS

**FOR MORE INFORMATION
CALL 337-531-6922
ACS Building 920**

**Preparing for a
Hiring Event
Workshop**

10 a.m.-12 p.m.

**Feb. 22
June 20**



Hiring Event

10 a.m.-1 p.m.

**Feb. 27
June 25**

HOW TO CONTROL CHOLESTEROL

✓ UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and your **BODY**.

It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).

👍 HDL = GOOD

High-density lipoprotein is known as "good" cholesterol.

👎 LDL = BAD

Low-density lipoprotein is known as "bad" cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke.

heart.org/cholesterol

TRIGLYCERIDES
The most common type of fat in the body.

TOTAL CHOLESTEROL
HDL level + LDL level + 1/5th of triglyceride level = total cholesterol level.

✓ TRACK LEVELS



A health care professional can measure your blood cholesterol and help you understand what the levels mean in context of your overall heart health.



Track your cholesterol levels over time and take steps to reduce high cholesterol.

Check your heart disease risk with the [Check. Change. Control. Calculator.](#)

Learn more at heart.org/lifes8

TIPS FOR SUCCESS

🍎 EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.

🏃 MOVE MORE

Physical activity helps improve cholesterol levels.

🧠 KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats.

🚭 NO NICOTINE

Smoking lowers good HDL cholesterol. It also raises your risk of heart disease.

💊 TAKE MEDICATION AS DIRECTED

Your health care professional may prescribe statins or other medications to control your cholesterol levels.

HOW TO MANAGE WEIGHT

✓ KEEP TRACK

Understanding how many calories you take in and your activity level can help you identify changes you want to make. To lose weight, you need to burn more calories than you eat.

➔ REDUCE CALORIES IN:

Keeping track of what and how much you're eating can help you know whether you're eating out of habit, stress or boredom instead of real hunger.



➔ INCREASE CALORIES OUT:

An activity tracker can help you gauge how much physical activity you get.



✓ LEARN YOUR BMI



Body Mass Index (BMI) is a numerical value of your weight in relation to your height. It can help you know whether you're at a healthy weight or need to lose weight. Optimal BMI is less than 25 but less than 18.5 is considered underweight. You can calculate your BMI online or see your health care professional.

Learn more at heart.org/lifes8

TIPS FOR SUCCESS

🍴 CONTROL PORTIONS

Learn about portion sizes and how much you might really be eating.

🏃 GET ACTIVE

Sit less, move more and add intensity to burn more calories and improve your overall health.

🍎 EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.

🏠 GET HELP

If you aren't able to lose weight successfully on your own, talk with your health care professional.

HOW TO GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.

✓ LEARN HOW SLEEP AFFECTS YOUR HEALTH

Most adults need 7 to 9 hours of sleep each night. Babies and kids need even more. *Poor sleep may put you at higher risk for:*

- Cardiovascular disease
- Cognitive decline and dementia
- Depression
- High blood pressure, blood sugar and cholesterol
- Obesity



✓ LEARN THE BENEFITS OF SLEEP

HEALING and repair of cells, tissues and blood vessels

STRONGER immune system

IMPROVED mood and energy

BETTER BRAIN FUNCTION including alertness, decision-making, focus, learning, memory, reasoning and problem-solving

LESS RISK of chronic disease

TIPS FOR SUCCESS

Clean up your sleep hygiene

🔌 MOVE IT.

Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.

🌞 DIM IT.

Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.

🕒 SET IT.

Alarms aren't just for waking up - set a bedtime alarm to remind you that it's time to wrap it up for the night.

🔒 LOCK IT.

If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.

🌙 BLOCK IT.

Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.

Learn more at heart.org/lifes8

HOW TO QUIT TOBACCO

✓ EDUCATE YOURSELF

The first step to quitting smoking, vaping and using tobacco is to understand the risks and health effects for you and your family.

- ➔ Within 1 year after quitting, your risk of heart disease goes down by half.
- ➔ Smoking is the most preventable cause of death in the U.S. It's linked to about one third of all deaths from heart disease and 90% of lung cancers.
- ➔ Smoking damages your circulatory system and increases your risk of multiple diseases.
- ➔ Cigarettes, e-cigarettes and tobacco products contain many toxic chemicals, as do their smoke, vapor and liquids.
- ➔ Tobacco use and nicotine addiction is a growing crisis for teens and young adults. You can be one of the millions of people who successfully quit every year.
- ➔ Vaping and secondhand smoke
- ➔ About half of U.S. children ages 3-11 are exposed to secondhand smoke and vapor.

✓ MAKE A PLAN TO QUIT

You're more likely to quit tobacco for good if you prepare by creating a plan that fits your lifestyle.

SET a quit date within the next 7 days.

CHOOSE a method: cold turkey or gradually.

DECIDE if you need help from a health care professional, nicotine replacement or medicine.

PREPARE for your quit day by planning how to deal with cravings and urges

QUIT on your quit day.

Learn more at heart.org/lifes8

TIPS FOR SUCCESS

🚭 DEAL WITH URGES

Whether physical or mental, learn your triggers and make a plan to address them. Avoid situations that make you want to smoke or use tobacco until you're confident that you can handle them.

🏃 GET ACTIVE

Physical activity can help you manage the stress and cravings when quitting. You'll feel better, too.

🧘 HANDLE STRESS

Learn other healthy ways to manage the stress of quitting.

👥 GET SUPPORT

A buddy system or support program can help you with some of the common struggles of quitting. 1-800-QuitNow

🏆 STICK WITH IT

Quitting tobacco takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.

Book delves into science of achieving better things

By Retired Lt. Col. MARK LESLIE
Director of Plans, Training, Mobility and Security

FORT JOHNSON, La. — I walked into Fort Johnson's Allen Memorial Library in January for my monthly quest for a few good reads to help me meet my goal of "24 in 24" (that's 24 books read in 2024). I accomplished "23 in 23" with ease and managed to do so at a relatively low expense thanks to the great selection at the Fort Johnson library.

I saw my latest pick in the new arrivals section of the library, gave it a quick scan and decided to give it a try. "Hidden Potential, The Science of Achieving Greater Things," by Adam Grant, doesn't fall within the bounds of my normal reading range, but I was intrigued.

One of the good things about getting a book from the installation library is it doesn't cost you anything to take a chance on a book, except the investment of your time. In my opinion, this book was a worthy investment. While I won't say the read is revolutionary, I will say it will make you think about everything you have learned and taught anyone, as well as how to do both more effectively and efficiently.

Hidden Potential is masterfully written and researched by Grant. This is a powerful book that is perfectly titled and discards the notion that only those born with advantages can and will become great. The author theorizes that while hard work matters, it matters less than how you learn.

The book's pages are packed with real-life stories that tell of truly amazing individuals

who make the reader question their learning experiences in the realms of both teaching and leading. These stories highlight the distance traveled and the character developed along life's journey, which is the true measure of one's potential.

While the author stops short of making recommendations, the examples he provides made me realize we could do better in the process of teaching and learning across the globe. If we could make learning easier, more achievable and equitable, wouldn't that make the world a better place? I think so. There is a lot to learn and unpack in this book.

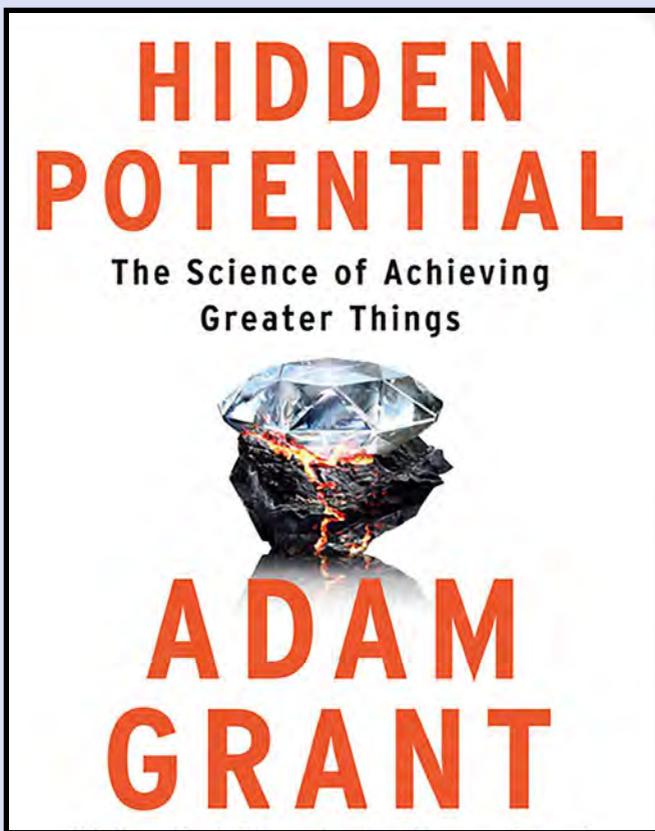
For example, while Einstein may have been brilliant, he wasn't the best teacher. It's not because he wasn't an expert, but because of distance traveled — the path taken by a body to get from an initial point to an endpoint in a given period of time, at a certain velocity.

Grant focuses on the concept of distance traveled throughout the book.

For instance, ever hear of the lattice system? This is where ideas and concepts have more than one path to reach the top. The author explains the positive impact this can have on the effectiveness of an organization, but also the culture of the organization.

Then there's the story of the Golden 13. I hadn't heard of the narrative before I read this book. What the people in this example managed to accomplish, just because they were told they could not and with everything stacked against them, is amazing. What they went on to achieve is even more so.

Hopefully these stories are enough to entice



you to read this superb piece of work that is sure to make you think differently about thinking.

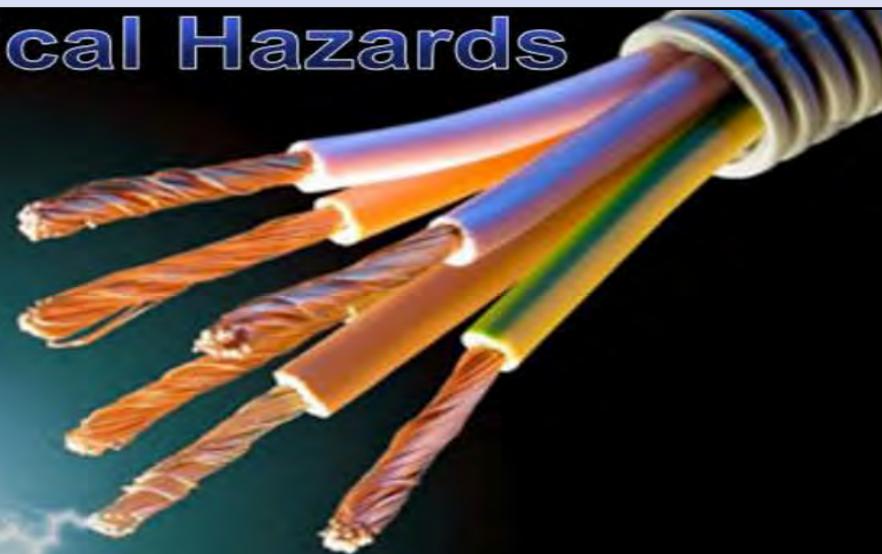
It's a great piece of work that parents, educators, child care workers, leaders of all professions and anyone interested in helping people achieve truly great things in life, should read.

I believe this book will make your perspective on learning and what potential lies within, change. This book earns five anvils out of five on the Fort Johnson anvil scale.

BOOK REVIEW

Just say...NO to Electrical Hazards

before you turn it on,
make sure you say
no to the following:



Are my hands wet?

Do I see sparks or smoke?

Am I wearing metal jewelry?

Are cords twisted or tangled?

Are outlets, motors or circuits overloaded?

Are cords running near heat or water sources?

Fariss builds career with zealous protection of land, focus on mission

By THOMAS MILLIGAN
U.S. Army Environmental Command

FORT JOHNSON, La. — Wayne Fariss has always had a solid base for his career aspirations, literally the dirt.

“Everything that happens, it’s growing on top of this important resource – the dirt. I care about the dirt,” said Fariss, who runs the Integrated Training Area Management program at Fort Johnson, Louisiana. “The trees are growing on it; the flora and fauna are too. Embedded in it are prehistoric archeological resources. All of these are important purposes.”

“But the mission, and why this dirt is owned by the U.S. government, is to train Soldiers,” said Fariss. These purposes are not mutually exclusive. I can create the necessary training for the soldier and grow several endangered species as we do it.”

Fariss, who began his decades-long career at Fort Johnson in an environmental role before shifting to ITAM, makes clear his focus on dirt is driven by the core mission.

“If the training ground isn’t kept together the right way, the Soldiers can’t train. And if they can’t train, they’re at greater risk in real-world operations,” he said. “I get real protective of these Soldiers. I’m not the one training them, but I make sure there is a landscape that is accessible and meets the training requirements.”

Fariss said he’s earned a reputation for being blunt in his work. He said that’s due to his passion for the mission, and a focus on getting to the right solutions to get the best outcomes.

“You need to understand you can’t be blunt without having a vision. Most people who are direct like me have done the work, and know the circumstances,” he said. “To get away with being blunt, you have to know why you’re doing what you’re doing, believe it and be ready to defend it.”

Part of defending his positions is understanding the role the ITAM team plays in finding the balance between effective land stewardship and endangered species protection and the training mission.

“You can’t be a preservationist, just block everything off and leave it the way it is. Instead, you have to be a conservationist and you must understand the single, best purpose for this dirt is to train the American Soldier. You don’t have to be loud like me to do that, but you do have to be zealous.”

Part of effectively doing that is understanding both the training needs and the land management required to support them. For example, Fariss said if his team were asked to build a helicopter landing in a location that includes wetlands, he’d strongly share his views on how and where to do that.

“When dealing with wetlands, you have to get a permit. Wetlands are like a filter. If you fill a filter, you need make some more filters to



Wayne Fariss, Fort Johnson Integrated Training Area Management program coordinator, sits atop recycled concrete on the edge of a low water crossing Sept. 26, 2023.

PORSHIA AUZENNE/GUARDIAN

replace it. And have you ever seen a helicopter get stuck? It’s not pretty and it tears things up to get it out,” he said.

So, rather than just saying “no” in this hypothetical situation, Fariss would work to find the right answer to meet the needs.

“I’d be a fool to build that in a wetland. So, before I go to the expense of filling that wetland, I’d work with everyone involved to get to a better answer,” he said. “Part of what I get to do is to be this constant interface between the Army’s garrison side and the environmental side, who each have their own requirements.”

Fariss points to the 42,000-acre expansion of training land at Fort Johnson, and his team’s role in converting it into excellent training grounds, as one of his proudest accomplishments in his career. Unlike Army compatible use buffer projects, which support the purchase of land for conservation easements, the 42,000-acre purchase at Fort Johnson was specifically for expanding training opportunities.

“When we got the dirt, it was nowhere near ready. It had old houses, septic tanks, clearcuts, you name it, we had it. When you buy dirt, it isn’t ready to train on. It needs a bunch of attention,” he said. “For me personally this has been a major career project. I oversaw the environmental impact statement and worked on this from conception of expansion, through detailed decision processes, to the land development stage, to where it is today – useful training ground.”

“Now that it’s useful, it’s like my baby,” he said. “I like all of Fort Johnson, but if you come visit, I’m taking you out to the new patch of dirt.”

Fariss said his work at Fort Johnson, which began in 1998, continues to be rewarding.

“The land is like a canvas, and you can nudge it whichever way you want it to go. There are a billion variables, but you can ultimately get it where you want it to go,” he said, adding that dating back to his youth in the cotton fields of



Fariss views open training land he and the Fort Johnson ITAM team paved from inside a replicated farm house.

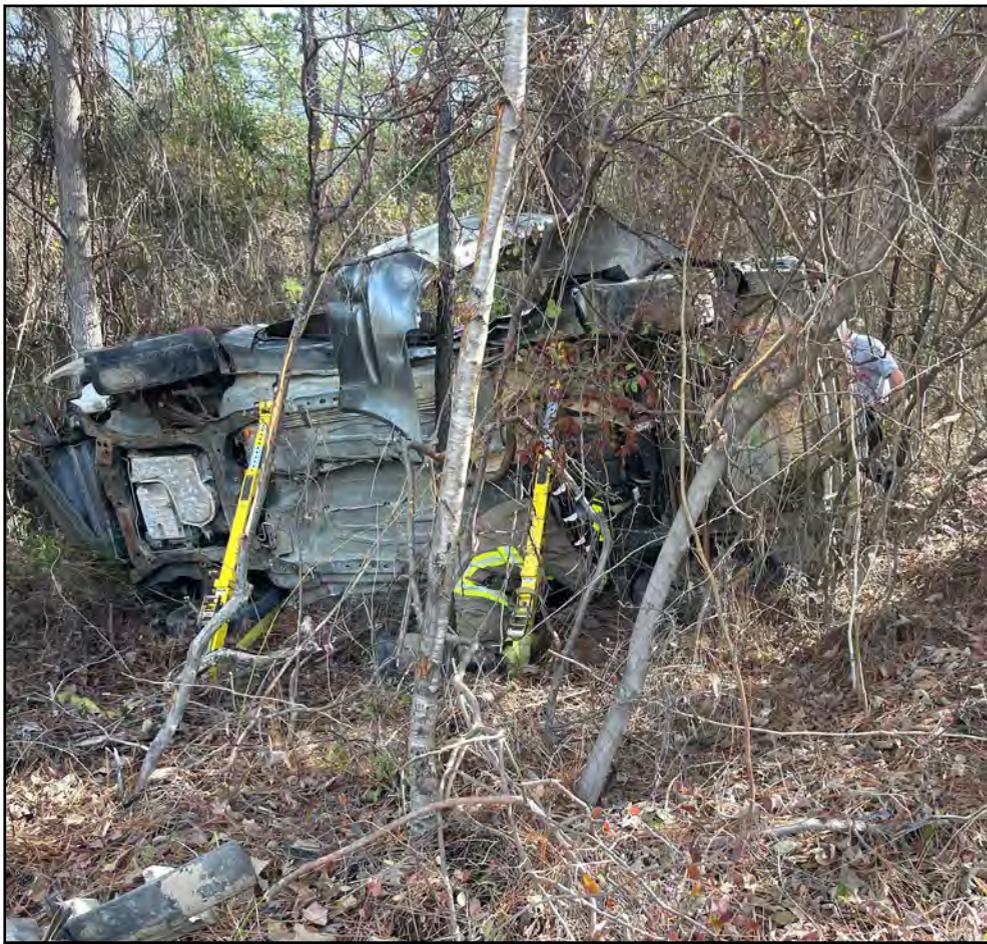


Fariss stands near a 4-year-old longleaf pine.



Fariss talks about maintaining assets for Soldier training as one of his aides operates a tractor in the background.

West Texas, he’s always been attracted to land management. “When this opportunity arose, it gave me the opportunity to get my hands back in the dirt and back into managing the property. I’ve been here ever since.”



Fort Johnson fire training

The 1st Battalion, 5th Aviation Regiment and the Fort Johnson Fire Department held medical evacuation exercises Feb. 7-8 at the fire department training grounds. The two-day joint event included training exercises such as stabilizing a vehicle for extraction, performing medical evaluations and more.

READING RESOLUTION 2024



JANUARY 1ST - MARCH 31ST

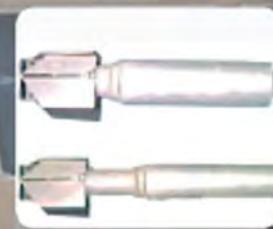
CONTACT THE LIBRARY FOR MORE INFORMATION 337-531-2665

ALL AGES WELCOME!

Munitions Hazards in Retrograded Equipment



- Never assume a vehicle returned from theater is free of munitions until all hidden areas are inspected
- All munitions found must:
 - Be considered dangerous
 - Not be touched, moved or disturbed
- Protect yourself and coworkers by following the 3Rs



Follow the 3Rs

Recognize

Munitions may be present in returned equipment and that munitions present a risk of injury or death.

Retreat

Stop work, carefully leave the area and keep others away.

Report

Immediately report munitions or suspect munitions to a supervisor who will contact the police to request support.

Visit the 3Rs Explosives Safety Education website: <https://3Rs.mil>

Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to MWR for disposal if they remain unclaimed. Vehicles are listed with the last four of their VIN number. If one of these vehicles belongs to you, please contact the Fort Johnson Police Traffic Division at 337-531-1806, 6675 or 2675.

1994	Ford	F250	3432
1997	Dodge	1500	3720
2003	Nissan	Maxima	6157
2014	Chevrolet	Cruze	0491
2002	Pontiac	Grand Prix	1285
1995	Dodge	1500	8277
2016	Jeep	Patriot	9883
2005	Buick	LaSaber	7593
2001	GMC	Yukon	6444
2010	Hyundai	Genesis	5409
Unknown	Unknown	Utility trailer	N/A
2000	Ford	Mustang	8551
2016	Hyundai	Elantra	3891
2008	Yamaha	R6	5446
2016	Yamaha	R3	2153
UNK	UNK	Boat trailer	UNK
UNK	UNK	Kayak trailer	UNK
UNK	UNK	Boat trailer	UNK
UNK	UNK	M/C trailer	UNK



ARMY COMMUNITY SERVICE ARMY FINANCIAL LITERACY PROGRAM

DTG	Financial Literacy Classes	Location
Every Wednesday 8:30 AM - 12:30 PM	Refresher Course	ACS, Bldg. 920
1st Wednesday of each month 1:00 PM - 2:00 PM	Prepare Finances for vesting in the TSP	ACS, Bldg. 920
1st Wednesday of each month 2:30 PM - 3:30 PM	Prepare Finances for Continuation Pay Under Blended Retirement System	ACS, Bldg. 920
2nd Wednesday of each month 1:00 PM - 2:00 PM	Prepare Finances for a Deployment	ACS, Bldg. 920
2nd Wednesday of each month 2:30 PM - 3:30 PM	Prepare Finances for Return From Deployment	ACS, Bldg. 920
2nd Wednesday of each month 3:30 PM - 4:30 PM	Prepare Finances for a PCS	ACS, Bldg. 920
3rd Wednesday of each month 1:00 pm - 2:00 pm	Prepare Finances for a Marriage	ACS, Bldg. 920
3rd Wednesday of each month 2:30 PM - 3:30 PM	Prepare Finances for Welcoming a New Child	ACS, Bldg. 920
4th Wednesday of each month 1:00 PM - 2:00 PM	Prepare Finances for Divorce	ACS, Bldg. 920
4th Wednesday of each month 2:30 PM - 3:30 PM	Prepare Finances for a Disabling Sickness or Condition	ACS, Bldg. 920
4th Wednesday of each month 3:30 PM - 4:30 PM	Prepare Finances for a Promotion	ACS, Bldg. 920

RSVP Required: Please call ACS at 337.531.1957/1958



TURKEY HUNT MARCH 30

The Louisiana Department of Wildlife and Fisheries is hosting their annual Youth Turkey Hunt March 30. Ten slots are available for active-duty military dependent youth ages 10-17. LDWF will hold a random lottery drawing in mid-March.

Applications can be filled out at the link below:

[Click here for application form](#)

Applicants must bring their own gun and gear. Application must be filled out by active-duty military parent or legal guardian assigned to Fort Johnson. If active-duty member is deployed, spouses may sign up their youth. Please submit completed application via email to klegleu@wlf.la.gov. Applications due no later than Feb. 29. All youth must purchase a \$5 Youth Hunting License and download/print turkey tags at www.wlf.la.gov/page/lottery-hunts.

For more information please call LDWF at 337-491-2575.



WINTER SAFETY TIPS

TIP #6



When outside, frostbite and hypothermia are possible in freezing temperatures. Be sure to wear layers of loose-fitting, lightweight, warm clothing, wear a hat, cover your mouth to protect your lungs from extreme cold and wear mittens snug around the wrist.



Armed Forces Wellness Center



JOINT READINESS TRAINING CENTER

FORT JOHNSON



FORT JOHNSON

AFWC

ARMED FORCES WELLNESS CENTER

Open to active-duty Soldiers, Families, retirees and Department of Defense civilians

Services

- Body composition analysis
- Metabolic testing
- Weight management
- Stress management
- Health assessments
- Exercise testing
- Exercise prescription
- Nutrition education
- Wellness coaching



337-531-3055

Local Scouts help **recycle** Christmas Trees, improve environment



Fort Johnson's Department of Public Works-Environmental biologists held a Christmas tree recycling event for the various scout groups associated with Fort Johnson Jan. 30. More than 20 scouts from Boy Scout Troop 124 and Girl Scout Unit 254 participated in placing discarded Christmas trees in strategic patterns to serve as escape cover for northern bobwhite quail. In addition to placing the Christmas trees, scouts also planted more than 20 Chickasaw plum trees to further enhance wildlife habitat. The scouts learned about the ecology of the northern bobwhite quail and the benefits in how Fort Johnson actively manages for a wide variety of wildlife species.



BRIEFS

Story time

Fort Johnson Allen Memorial Library hosts Story Time each Tuesdays and Fridays at 11:30 a.m. Library staff, or a special guest, read a story to children from the Fort Johnson community. After listening, kids participate in a craft.

For more information call 337-531-2665.

Meet and greet

Rising young comedian Drew Hernandez will be making a stop at the AAFES Class 6 Feb. 16 before taking the stage in his upcoming comedy show. Guests can meet with Hernandez from 4 p.m.-6 p.m.

www.facebook.com/events/906180337373607/

Cars and coffee

Join the Auto Skills Center for discussion about cars around a hot cup of coffee. Takes place every third Saturday from 9 a.m.-1 p.m. The next Cars and Coffee event is scheduled for Feb. 17.

For more information call 337-531-6149.

ACS hiring event

Job searching? Well search no more! From 10



a.m.-2 p.m., Fort Johnson Army Community Service is hosting a hiring event Feb. 20 as well as preparation workshops to help you get that job!

<https://johnson.armymwr.com/calendar/event/acs-hiring-event-and-workshops/6275800/84887>

Outdoor movie night

Come out to Headquarters Field March 15 for an outdoor movie night complete with complimentary popcorn and drinks! Military spouse-owned businesses will set up shop as well as an evening full of fun activities. Event opens at 6:30 p.m. and movie begins at 7:30 p.m.

<https://johnson.armymwr.com/calendar/event/outdoor-movie-night/6224915/83168>

Couples shoot

Grab your cupid and get ready to aim for love Feb. 17. The Fort Johnson Shooting Range will host a couples shooting competition from 9 a.m.-5 p.m. Shooters who bring their significant other get half off for the day.



For more information call 337-531-7552.

Newlywed game

Calling all newlyweds (and not-so-newlyweds)! The Forge Bar and Grill will host a fun date night Feb. 23 at 6 p.m. For \$40, guests can enjoy a three-course meal, with couples being selected to compete. Prizes will be awarded to the winning couples.

Tickets can be purchased at the Forge Bar and Grill. For more information call 337-531-7668.

Amazing Race

Join us in this installation -wide scavenger hunt, March 2. Navigate through various Fort Johnson facilities with your team in search of clues that will lead you to victory! Categories consist of Family, Soldier and bike teams. Family and Soldier teams will compete via vehicle and bike teams will pedal their hearts out.

For more information call 337-531-1959.

Pool tournament night

Fort Johnson parents might want to join in the fun of competing with your youth at the Child and Youth Services Middle School and Teen temporary building #744 March 1 from 5:30-6:30 p.m. Show your youth what you've got as you pocket stripes or solids one after another.

For more information call 337-531-1992.

FORT JOHNSON THINGS TO DO

Feb. 13: Eunice Cajun Mardi Gras Festival Eunice, La.

The Cajun Mardi Gras Festival is Eunice's largest community event of the year with street dances, live music, Cajun cuisine and crafts. Come on down to Louisiana's Prairie Cajun Capital to enjoy all the fun and experience the Cajun culture like never before.

<https://www.eunicemardigras.com/>

Feb. 17: Drew Hernandez Comedy Show DeRidder, La.

Come see rising young comedian Drew Hernandez that you've been watching for years as 'A Combat Veteran' on social media as he makes yet another stop on his Veteran Service Organization Tour! Drew has sold out at multiple VFWs and American Legions, so be sure to get your tickets on pre-sale now before Feb. 1 to save. A 10% military/vet discount upon proof of eligibility will also be offered.



www.eventbrite.com/e/drew-hernan-

[dez-comedy-night-tickets](#)

March 9: Black Heritage Festival 2024 Lake Charles, La.

The 2024 Black Heritage Festival is underway. Bring out the entire Family as we educate and celebrate the rich, dynamic, and wonderful African American culture and heritage. The festival hosts food trucks, food vendors, merchandise vendors, live musical performances, empowerment sessions, dance performances, a kids zone, black pot cook off, health fair and more.

Admission is free.

<https://www.visitlakecharles.org/event/black-heritage-festival-2024/46510/>

March 2: Relay for Life Lake Charles, La.

Welcome to the Relay For Life community! We celebrate our survivors, remember those we have lost and fight back as a community to end cancer. At Relay For Life, you'll find community members taking turns walking around a track lined with luminaria bags. You'll have the opportuni-



ty to cheer for local survivors (or participate as a survivor) in our first lap of the day. Caregivers of cancer patients (currently or previously diagnosed) will then be invited to join the survivors.

<https://www.visitlakecharles.org/event/relay-for-life-relay-like-a-rockstar/44824/>

2024 Relay For Life of SWLA
Presented By: **NORTHROP GRUMMAN**
5K Gleaux Run & 1K Fun Run

Scan the QR Codes below to check out our event website and sign up today. You can also "like" our Facebook page to stay up to date on all Relay For Life details!

EVENT WEBSITE:

RUNNER REGISTRATION:

FACEBOOK PAGE:

5pm - Event Doors Open
5:15pm - Survivor & Caregiver Celebration
5:30pm - 5K Run & 1K Fun Run
7pm - Luminaria Ceremony & Fireworks Show

Saturday | March 2nd, 2024 | 5pm to 8pm
Lake Charles Event Center | Amphitheater Stage

EVERY CANCER. EVERY LIFE.

North Elementary School celebrates Mardi Gras with playful parade



ANGIE THORNE/GUARDIAN

I Pledge to our IMCOM PROFESSIONALS

As a service provider organization, we are committed to providing programs and services delivered with a sense of individual pride, professionalism and in keeping with the spirit of Army values and U.S. Army Installation Management Command principles.

Taking care of our customers starts with taking care of each other. We will provide our team members the same concern, respect, and caring attitude that we expect to share with our customers – Soldiers, Families, civilians and Soldiers for life. We will:

- ✓ deliver quality products and services
- ✓ build relationships with our customers, community and each other
- ✓ be kind and respectful to those we serve
- ✓ conduct ourselves professionally
- ✓ welcome and encourage feedback; we will communicate and listen
- ✓ provide neat, professional and aesthetically pleasing facilities
- ✓ take ownership of our actions



DESIGNED BY PORSHA AZZENNE/GUARDIAN

**18+
 ONLY
 FACILITY**

FORT JOHNSON



**OPEN
 MONDAY-SUNDAY
 11 A.M. - 10 P.M.**

PERFORMANCE PLAN

MEAL PREP MENU



MONDAY

Beef & broccoli w/ steamed rice
 Pesto pasta w/ steamed asparagus
 Grilled chicken breast, brown rice
 and carrots



TUESDAY

Roasted turkey, mashed potatoes
 and green beans
 Herb baked chicken, roasted
 potatoes and mixed veggies



WEDNESDAY

Caribbean chicken w/ green beans
 Turkey yakisoba w/ asparagus



THURSDAY

Spaghetti w/ meat sauce
 Pesto pasta w/ steamed carrots



FRIDAY

Beef & broccoli w/ brown rice
 General Tso's chicken, rice
 and broccoli



Meal card holders use
 their MEC w/ CAC and
 BAS Soldiers pay \$7.00
 (standard lunch rate).

Request meals at point
 of sale (restaurant).
 Soldiers can request two
 meals per day and no
 more than 14 meals per
 week.

Average calories per
 entree: 450-800

Entrees include:
 Side salad, fresh fruit,
 chips, dessert, flatware
 and more!

Starting Feb. 12 at Geronimo Warrior
 Restaurant and Patriot Warrior Restaurant
Now available for Soldiers!