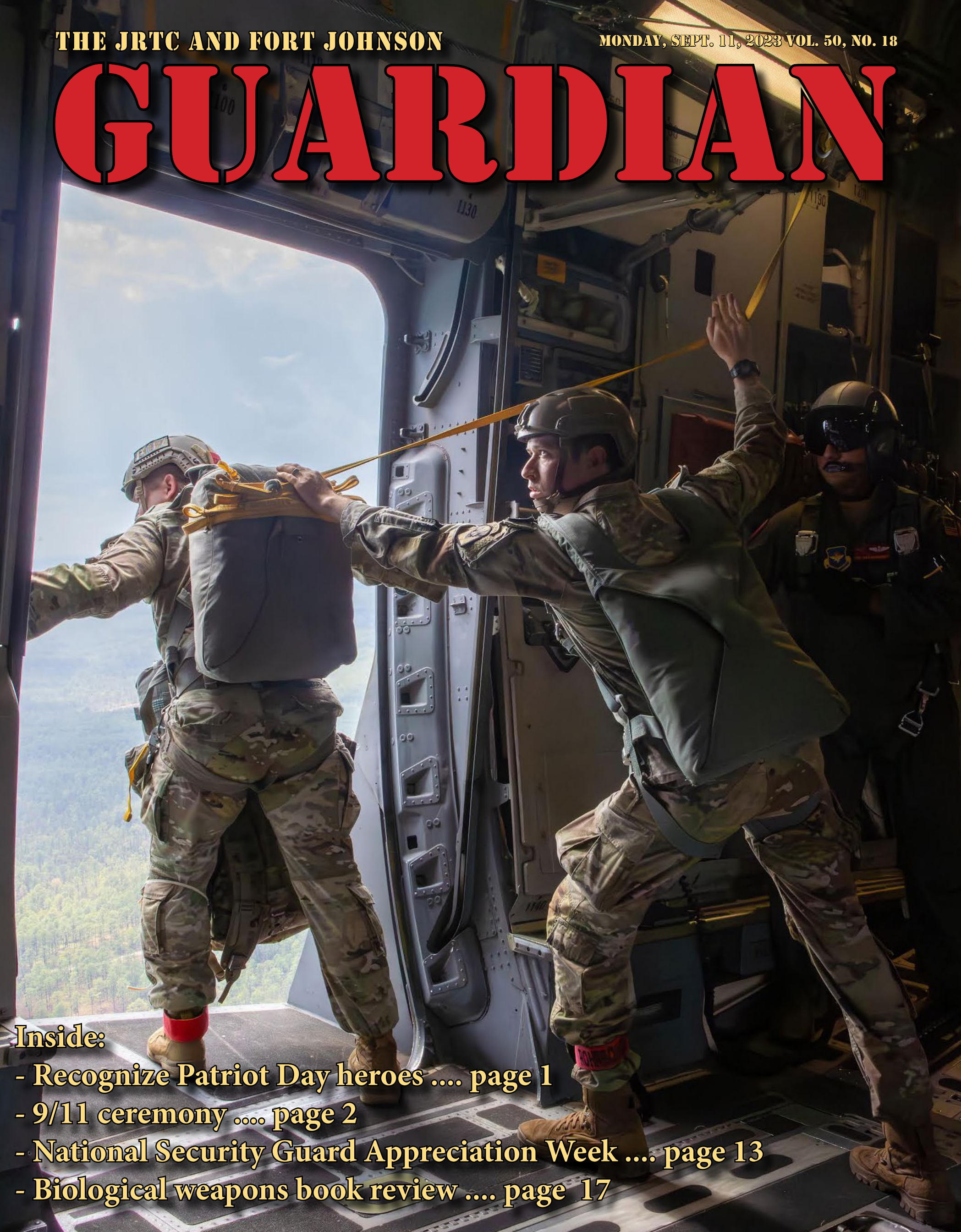


# GUARDIAN



## Inside:

- Recognize Patriot Day heroes .... page 1
- 9/11 ceremony .... page 2
- National Security Guard Appreciation Week .... page 13
- Biological weapons book review .... page 17



# Patriot Day honors lives lost on 9/11

By **PORSHA AUZENNE**  
Public Affairs Office

FORT JOHNSON, La. — A day that will forever be embedded in the hearts and minds of the American population is Sept. 11, 2001. The tragic events remain forever ingrained in the minds of those alive before, during and after that day. However, from the ashes arose a nation not filled with fear, but one united with patriotism and pride. Just as the blue lights illuminate the New York skyline at Freedom Tower, the nation continues to shine in the face of adversity.

Today, 9/11 is annually observed as Patriot Day — a national day of service and remembrance for the thousands of lives lost in the 9/11 attacks.

Patriot Day was founded Dec. 8, 2001 by a joint resolution of the U.S. Congress, when President George W. Bush signed Public Law 107-89. Each year, the president issues a proclamation that requests all U.S. flags be flown at half-staff. Americans are asked to hold a moment of silence starting at 8:46 a.m. EST — when the World Trade Center was first struck by an airplane — to hon-

or the many whose lives were cut short.

Patriot Day was created for the first responders who rushed to save as many lives as possible; the civilians who put themselves in harm's way to aid their fellow citizens and the Soldiers who sacrificed their lives in the years of war that followed. The day is a way for those left behind to forever remember their unconditional bravery and courage.

"My mother used to say that 'courage lies in every heart, and one day it will be summoned,'" President Joseph R. Biden said in his 2021 Patriot Day and National Day of Service and Remembrance Proclamation. "It was summoned and shown by those who responded to the events on 9/11. First responders, emergency workers and civilians ran to where the devastation was greatest. Death came in an instant, but there were still survivors to be found. A determined group of heroes on board United Flight 93 sacrificed their lives to save others. In every case, Americans faced the unimaginable with resolve and courage. Today and every day, we draw hope from the strength and

selflessness of those who stepped up to serve their fellow man and our nation on that tragic day."

Mitchell Smith, a Directorate of Plans, Training, Mobilization and Security antiterrorism officer, emphasized what the day means to him.

"Patriot Day is a day of remembrance for the tragic events of Sept. 11, 2001," he said. "It may mean different things to different people, but generally, it's a day to reflect on the lives lost, honor the heroes who responded and reaffirm a commitment to unity and the values that define the nation. It's a day to remember the importance of freedom, security and the resilience of the American spirit."

Just as the rest of the nation gathered to observe the 22nd anniversary of Patriot Day, Fort Johnson held a 9/11 ceremony. Members of the community and leadership gathered Sept. 11 at the Fort Johnson Fire Station to pay their respects to the 3,000 lives lost, including those of 343 firefighters, 72 law enforcement officers and 55 military personnel.

It's a day to acknowledge those patriots with the nation's respect, honor and remembrance.



## JRTC and Fort Johnson Brig. Gen. David W. Gardner

Commanding General

**Col. CJ Lopez**

Garrison Commander

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# PATRIOT DAY

— WE WILL NEVER FORGET —

SEPTEMBER 11



**Cover photo:** Paratroopers perform a static line jump from an Air Force C-17 Globemaster III. For the first time in Joint Readiness Training Center and Fort Johnson history, a C-17 landed at Maks Army Airfield. (Photo by PORSHA AUZENNE)



# FORT JOHNSON 9/11 CEREMONY

GEORGE GUTIERREZ/THE NEW YORK TIMES



**"AS WE PAY HOMAGE TO THE LIVES LOST AND HEROES FORGED TWENTY TWO YEARS AGO, LET US ALSO RECOMMIT TO THE IDEALS THAT DEFINE OUR NATION: LIBERTY, JUSTICE, AND THE PURSUIT OF HAPPINESS—THESE ARE NOT JUST WORDS; THEY ARE THE PILLARS UPON WHICH AMERICA STANDS. AS SERVICE MEMBERS, AS FIRST RESPONDERS, AS CITIZENS, IT IS OUR DUTY TO UPHOLD THESE PRINCIPLES, TO DEFEND THEM AGAINST ALL THREATS, AND TO PASS THEM ON TO FUTURE GENERATIONS AS A LEGACY OF THIS GREAT NATION."**

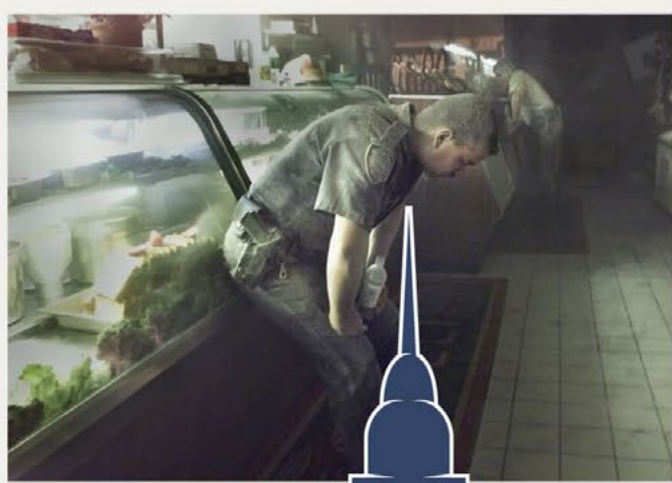
— BRIG. GEN. DAVID W. GARDNER



CHAO SOI CHEONG/AP



KEITH SRAKOCIC/ASSOCIATED PRESS



PORSHA ALZEMME/GUARDIAN





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PORSHA AUZENNE/GUARDIAN



PORSHA AUZENNE/GUARDIAN



# PARATROOPERS FIRST EVER DEPARTURE FROM MAKS ARMY AIRFIELD

*For the first time in Joint Readiness Training Center and Fort Johnson history, paratroopers departed on a U.S. Air Force C-17 Globemaster III from Maks Army Airfield to conduct a static line jump. The airfield, in the past, was unable to support C-17s due to runway length and weight restrictions. Shane Denning, MAAF manager, made the proper adjustments to verify the runway could support a C-17. This move greatly helped support the installation by cutting down travel time from Alexandria. Once the MAAF team conducted a successful C-17 landing earlier this year, a jump exercise was scheduled for Sept. 7. With support from the 58th Airlift Squadron, Soldiers from JRTC Operations Group and 1st Battalion, 509th Infantry Regiment performed a successful jump.*



PORSHA AUZENNE/GUARDIAN



PORSHA AUZENNE/GUARDIAN



JEFF ENGLAND/GUARDIAN



PORSHA AUZENNE/GUARDIAN



# FORT JOHNSON SAFETY ALERT

## INSTALLATION WIDE BURN BAN



### INSTALLATION BURN BAN ISSUED DUE TO DRY CONDITIONS

FORT JOHNSON — Effective immediately, due to the extremely dry conditions statewide and the concern over first responder safety in these dangerously high temperatures, Fort Johnson has issued an installation cease and desist order for all private burning ICW **Louisiana State Fire Ban R.S. 40:1602**.

However, Louisiana residents can resume outdoor cooking with safety measures in place. These measures include using contained cooking equipment like grills and smokers, designed for cooking purposes only, on a flame-resistant surface with a water source or fire extinguisher nearby. The fuel source for this equipment (propane, charcoal, pellets, etc.) is not a factor in its acceptable use. The use of open flames in fire pits, campfires, barrels, bonfires, burn piles, and like open burning is still prohibited.

Private burning shall not be allowed by any entity other than the rescinding of the burn ban by Governor of the State of Louisiana and Fort Johnson Commanding General.

This order is **effective immediately** and shall remain in effect until rescinded.

This ban shall also apply to prescribed burns by the Department of Public Works.

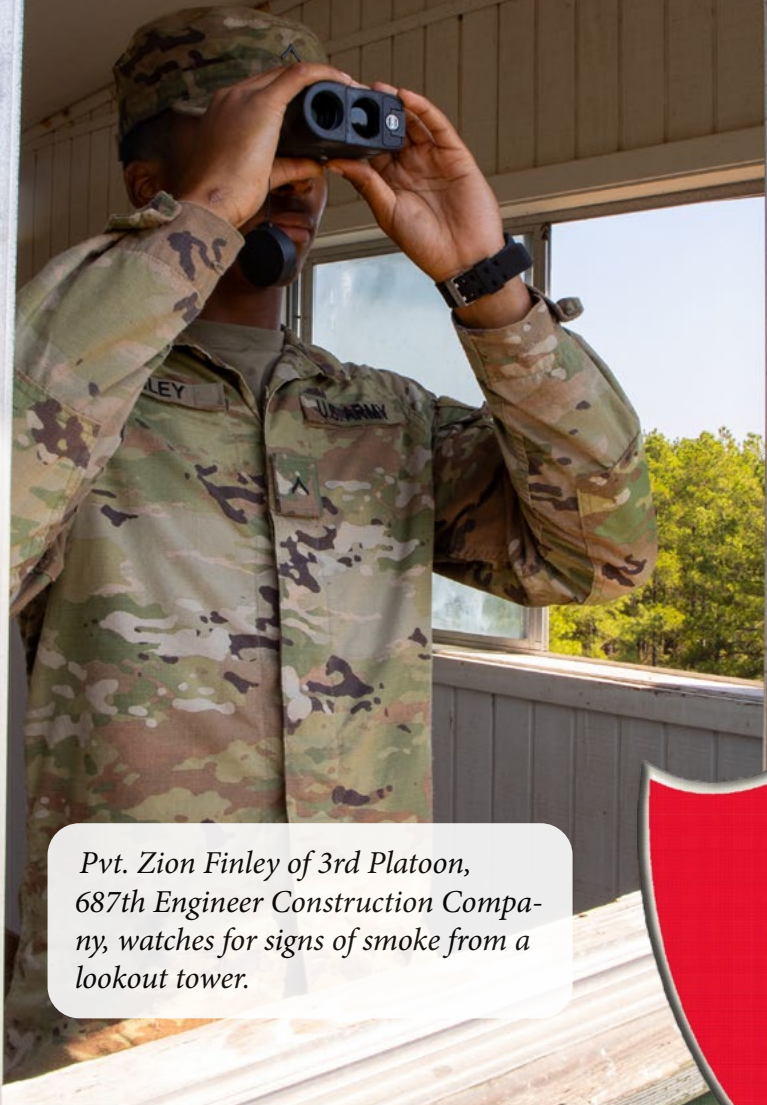
Violations of this order could result in criminal penalties IAW federal and state laws.

**\*\* Applies to all “private” burning \*\***

## INSTALLATION WIDE BURN BAN



# 46TH ENGINEERS STAY PREPARED IN WILDFIRE PREVENTION TRAINING



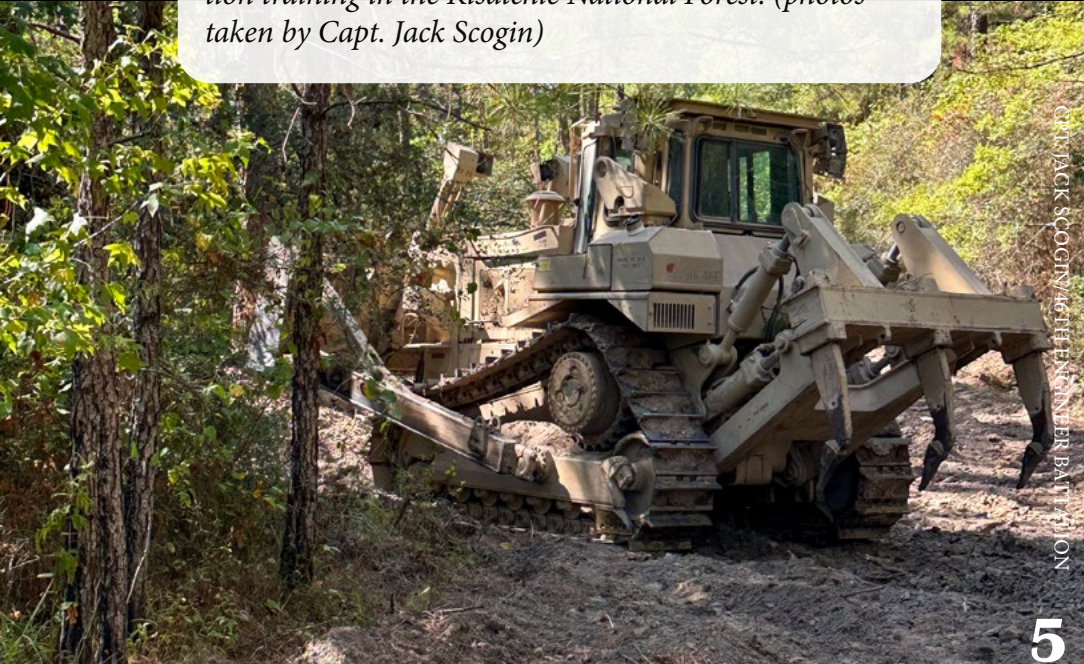
*Pvt. Zion Finley of 3rd Platoon, 687th Engineer Construction Company, watches for signs of smoke from a lookout tower.*



*Cpl. Chance White of 2nd Platoon, 687th Engineer Construction Company, operates a D7 dozer as part of an ongoing wildfire training exercise.*



*Soldiers performed daily and nightly wildfire preparation training in the Kisatchie National Forest. (photos taken by Capt. Jack Scogin)*



*Soldiers watch for signs of smoke in the case of a wildfire.*

PORSHA AUZEENE/GUARDIAN

PORSHA AUZEENE/GUARDIAN

PORSHA AUZEENE/GUARDIAN

CPT. JACK SCOGIN/46TH ENGINEER BATTALION

CPT. JACK SCOGIN/46TH ENGINEER BATTALION

PORSHA AUZEENE/GUARDIAN



# SAFETY CORNER

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**Find us on Facebook**

Fort Johnson Garrison Safety Office



## Peak Hurricane Season Activity is Almost Here Have a Plan!



Sign up for local alerts



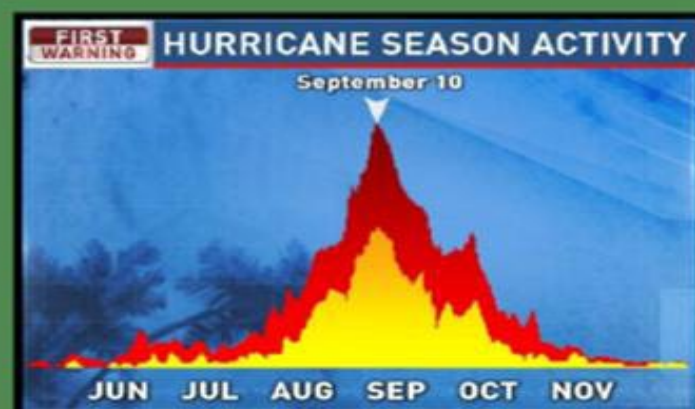
Know your evacuation plan



Discuss the plan with family



Have copies of critical documents



**You can't stop a tropical storm or hurricane, but you can take steps now to protect yourself and your family**

## Hurricane Preparedness

[weather.gov/hurricane](http://weather.gov/hurricane)



# Know Your Risk: Water & Wind



Consider your threats: storm surge, flooding from heavy rain, strong winds, tornadoes, rip currents



Determine if you live in a flood-prone area



Find out if you live in an evacuation zone



Identify your home's structural risks (mobile homes & basements can be especially vulnerable)







# Antiterrorism awareness: setting safe conditions for future

## PUBLIC AFFAIRS OFFICE

FORT JOHNSON, La. — Though Antiterrorism Awareness Month ended in August, your responsibility to remain ever vigilant is ongoing in a rapidly evolving landscape marked by ever-changing threats.

The Army is taking significant steps to set conditions for a more secure future through antiterrorism strategies.

As terrorist organizations adapt their tactics and exploit technological advancements, military forces are responding with innovative approaches aimed at safeguarding the nation and citizens.

### Harnessing cutting-edge intelligence integration

The heart of modern antiterrorism efforts lies in the fusion of intelligence from diverse sources. Today's armies are leveraging state-of-the-art technology to gather, analyze and disseminate information in real time.

By integrating intelligence from military, law enforcement and intelligence agencies, armed forces are enhancing their ability to detect and disrupt potential threats before they materialize.

### Strategic interagency collaboration

Recognizing the complex nature of the terrorism threat, armies are setting conditions for a secure future by strengthening collaboration between various government agencies.

A multidisciplinary approach that involves intelligence, law enforcement, diplomatic and humanitarian sectors is key to addressing the multifaceted aspects of terrorism. Through shared expertise and information, nations are better equipped to thwart terrorist activities and address root causes.

### Cyber shielding against extremist threats

As technology becomes increasingly entwined with terrorism, armies are placing



cybersecurity at the forefront of their strategies. Advanced digital platforms are exploited by terrorists for communication and recruitment. To counter these threats, military forces are deploying robust cybersecurity measures to safeguard critical infrastructure and protect sensitive data from cyberattacks and hacking attempts.

### Empowering communities to counter radicalization

Setting conditions for a secure future involves empowering local communities to play an active role in countering radicalization. Armies are collaborating with community leaders, educators and religious figures to identify vulnerable individuals and provide alternatives to extremist ideologies. By promoting education, inclusion and opportunity, military forces are tackling the root causes of radicalization.

### Adaptive training for counterterrorism operations

The dynamic nature of terrorism demands that armies maintain a high degree of adaptability. As part of their efforts to set conditions for a secure future, military personnel undergo comprehensive counterinsurgency and

counterterrorism training. Through realistic simulations and scenario-based exercises, soldiers are equipped with the skills needed to effectively respond to a wide array of terrorist tactics.

### Global solidarity in combating terrorism

Terrorism recognizes no borders, prompting armies to establish international partnerships and collaborations. Joint exercises, information sharing and mutual support are fostering a global front against terrorism.

Through shared insights and coordinated efforts, nations are better positioned to identify and neutralize threats on a global scale.

The determined efforts of the armies worldwide to set conditions for a more secure future through advanced antiterrorism strategies demonstrate a commitment to safeguarding societies from the scourge of terrorism.

By harnessing technology, fostering interagency cooperation, prioritizing cybersecurity, engaging communities, enhancing training and fostering international unity, military forces are actively working to mitigate the impact of terrorism and create a world defined by safety, stability and resilience.



# Fort Johnson leadership talks about importance of suicide prevention

FORT POLK, La. — September is National Suicide Prevention Month. We tragically lose far too many brave men and women to suicide.

We want everyone in our military community, including our military Families, to know that reaching out isn't a sign of weakness, it's a sign of strength.

Every Soldier, Civilian, and Family member can play a part in suicide prevention by understanding the signs and symptoms of at-risk behavior and encouraging and connecting those in distress with those who can help.

Sources of help include unit leaders, chaplains, Army Community Service counselors and behavioral health specialists. Dial 988 and press 1 for the Military Crisis Line.

The crisis line is available 24 hours a day. We encourage you all to share this information widely and use the

support materials to help prevent suicide and save lives.

Every single suicide is one tragedy too many. For any member of our team struggling with issues, it is important to seek help and we want you to seek help.

Suicide is never a good choice; it leaves too many left behind in unimaginable pain. The only clear choice, as hard as it may seem, is to stay connected with your support network and never downplay your importance to the team and mission - you are a light in somebody's life, and we are very proud to serve with each of you.


Forging the Warrior Spirit!  
David P. Hanson  
Command Sergeant Major, U.S. Army  
David W. Gardner  
Brigadier General, U.S. Army commanding

## COMMAND MESSAGE

CALL OR TEXT

988


SUICIDE  
& CRISIS  
LIFELINE



20%

OF SUICIDE  
DEATHS  
ANNUALLY IN  
THE U.S. ARE  
MILITARY  
VETERANS.

September is Suicide Prevention Awareness Month







JOINT READINESS  
TRAINING CENTER

**FORT  
JOHNSON**



Dr. Roy Nafarrete presents

# CHANGE THE CULTURE

**Sept. 19**

(3/10 MTN only)

**9:30 a.m., 1 p.m.  
& 3 p.m.**

**Sept. 20**

(All)

**9:30 a.m. & 1 p.m.**

**Q:** How do we eliminate  
violence and destructive  
events in DOD?

**A:** We stop it before it starts  
by eliminating destructive  
behaviors.

We Change the Culture.



at the  
**BAYOU  
THEATER**

For more information,  
contact Dr. Nafarrete at

[changethecultureconsulting@gmail.com](mailto:changethecultureconsulting@gmail.com)





# FALL HYBRID HIRING AND EDUCATION EVENT

**21 September 2023**

**In Person: 1000-1300**

**Virtual: 1400 (Ends Oct. 21, 2023)**

**Free Event For Transitioning Service  
Members, Spouses, Veterans, Retiree,  
and the local community invited!**

## **Located Inside**

**Library and Education Center,  
Rm 203/205, 207/208  
(7460 Colorado Avenue, Bldg. 660  
Fort Johnson, LA 71459)**

## **Postitions Include:**

- Energy • Finance • Health and Science
- Architecture • Hospitality and Tourism
- Information Tech • Manufacturing
- Science, Tech, Engineering & Math
- Telecommunication • Trans, Distro, Logistics

## **Please Contact**

**Fort Johnson Transition Assistance Program  
to register or for more information.**

**☎ (337) 531-1591**

**✉ [usarmy.johnson.id-readiness.mesg.tap@army.mil](mailto:usarmy.johnson.id-readiness.mesg.tap@army.mil)**



**Over 40,00 nationwide positions available!**

TAP enhanced hiring events are designed to provide transitioning Service Members the opportunity to connect with employment and education opportunities. The event is a Hybrid, in-person and virtual starting on the same day.

TAP is the host for the in-person event and Vets4Life is the host for the virtual event using the Premier Virtual platform. The in-person and virtual event is free to job seekers and employers.



**Don't miss out. Register now!**

[pvpapi.premierevirtual.com/s/xgw0ex](https://pvpapi.premierevirtual.com/s/xgw0ex)







DESIGNED BY PORSHA AUZENNE/GUARDIAN



**Hon. Rachel Jacobson tours Fort Johnson, gives praise**  
 Hon. Rachel Jacobson, the 17th Assistant Secretary of the U.S. Army for Installations, Energy and Environment, visited Fort Johnson Aug. 29 to Sept. 1. As the primary advisor to the Secretary of the Army and Chief of Staff, Jacobson is responsible for all matters related to Army installation policy and oversight, coordination of energy security and management. Jacobson, along with Fort Johnson leadership and Fort Johnson's Directorate of Public Works Energy Management team, toured various parts of the installation including post headquarters, barracks, Maks Airfield, housing, and the fire station. Jacobson completed her tour with the Corvias and DPW Housing teams at a home in Palmetto Terrace Aug. 30 to discuss future projects. Jacobson was pleased during the housing tour, giving positive feedback throughout the presentation.

# HIRING EVENT

ACS Building 920  
September 19  
1000-1300

On the spot  
interviews  
and  
job offers!

For more information please call  
EMPLOYMENT READINESS  
 (337) 531-6922

[johnson.armymwr.com](http://johnson.armymwr.com)

CALLING ALL  
**VOLUNTEERS**

JRTC and Fort Johnson DFMWR  
offers several volunteer opportunities

IF YOU ARE INTERESTED IN VOLUNTEERING,  
OR NEEDING MORE INFORMATION, PLEASE  
CALL ACS AT 337.531.1941

CHECK OUT  
[HTTPS://VMIS.ARMYFAMILYWEBPORTAL.COM](https://vmis.armyfamilywebportal.com)  
FOR ALL AVAILABLE POSITIONS



FAMILY ADVOCACY PROGRAM

# RAISING AN EMOTIONALLY INTELLIGENT CHILD

Learn 5 key steps to becoming an emotional coach, guiding your children through self awareness and positive social lessons.

**September 14**  
**@ 1:30 - 2:30 PM**

To register please call  
**337-531-1938/0636**

Earn Parent Participation Points on  
childcare with CYS!

**Army Community Service**  
1591 Bell Richard Ave. Bldg 920  
Fort Johnson, LA 71459

**HOPELINE: 337-531-HOPE/4673**  
**Fort Johnson Domestic Violence Hotline:**  
**337-531-6897**





# Fort Johnson security guards work to make installation safe, secure

## DIRECTORATE OF EMERGENCY SERVICES

FORT JOHNSON, La. — National Security Officer Appreciation Week is Sept. 18–22. Fort Johnson’s Directorate of Emergency Services is proud to honor its Department of the Army security guards during this week of recognition. DES security guards are dedicated professionals who provide Fort Johnson with services that maintain a safe and secure installation, but they’re more than that. They are:

- Everyday heroes who provide lifesaving support during medical emergencies by getting first responders on and off the installation in times of crisis, which assures victims can get the urgent medical attention they need as soon as possible.
- Hardworking, highly-trained men and women who initiate emergency response plans, lead evacuation efforts and provide DES with vital information during times of distress.
- Guardians who find themselves in high-risk situations confronting and detaining offenders engaging in theft, trespassing, drug activity or other criminal acts as they attempt to enter Fort Johnson’s gated community.
- Former service members, retired law enforcement officers and community advocates who work in partnership with local police departments to provide critical details to solve crimes.
- The first line of defense against natural disasters, civil unrest, violence and terrorist attacks as they put their lives at risk each day to protect and serve.
- Public ambassadors who remain vigilant, responsive and dedicated to ensuring people feel safe as they keep Fort Johnson’s neighborhoods, facilities and businesses safe and secure.

•The go-to source for everything from a finding missing personnel, to defeating vehicle-borne improvised explosive devices.

•The friendly face that delivers a warm smile as you enter and leave the installation. The fact is, they merit heartfelt appreciation.

Cpl. Joshua Rogers, DES security guard, likes being a guard at Fort Johnson.

“I’m able to help protect the installation. It feels good to have a positive impact on our community,” Rogers said. “Our training makes me proficient and timely when it comes to screening vehicles at the gate. I think the community appreciates not being held up and getting to their jobs on time. As a veteran, I understand how important a Soldier’s timeline can be and try my best to accommodate them.”

Sgt. Morgan Alford, DES security guard, loves serving his community and the country.

“Being a security guard gives me an opportunity to do both. I started off as a corrections officer in 2012 and have been in law enforcement ever since. There are plenty of training opportunities for security guards at Fort Johnson that enable us to succeed and advance in our careers,” Alford said.

Alford said they are the first line of defense for the installation.

“I am proud to be in a position to make an impact by preventing criminals from entering, or deterring a possible terrorist attack. The community can rest easy knowing the we are doing everything we can to ensure the safety of Fort Johnson Soldiers, employees and their Families.”

So, take part in celebrating these brave men and women in uniform during National Security Officer Appreciation Week by showing them how much you appreciate them:

•Share your appreciation with an ICE Com-



COURTESY DES

ment or a message on Fort Johnson Facebook page.

- Tell them thank you for their hard work.
- Have your ID card out and a smile on your face as they greet you while entering the installation.
- When traffic is backed up at an ACP, let the guards know you appreciate them getting you through the gate as fast as possible.

National Security Officer Appreciation Week offers an incredible opportunity for the Fort Johnson community to say thank you.

These unsung heroes don’t just deserve respect and gratitude during this one special week, but 365 days a year.

## First Aid for Heat Illness

The following are signs of a medical emergency!

- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

- 1 » OFF-POST – CALL 911 or ON-POST – 531-COPS (2677)
- 2 » COOL THE WORKER RIGHT AWAY WITH WATER OR ICE
- 3 » STAY WITH THE WORKER UNTIL HELP ARRIVES

Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

If a worker experiences:

- Headache or nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output

Take these actions:

- » Give water to drink
- » Remove unnecessary clothing
- » Move to a cooler area
- » Cool with water, ice, or a fan
- » Do not leave alone
- » Seek medical care if needed

Rosa Hart Theatre Rededication Celebration!

# MARCIA BALL

Live in Concert

with special guest JAIUS DAIGLE & THE NETWORK

## ROSA HART THEATRE

Lake Charles Civic Center • 900 Lakeshore Dr.

Sunday, October 15, 2023

Doors open at 12:00 • Event begins at 1:00

\$10 at the door

Advanced tickets available at Ticketmaster



# Hospital hand rodeo: following one patient's journey

By JEAN CLAVETTE GRAVES  
BJACH PAO

FORT JOHNSON, La. — Bayne-Jones Army Community Hospital continually strives to increase access to care for Soldiers and their Families at the Joint Readiness Training Center and Fort Johnson.

One of those collaborative efforts took place Aug. 23-25 and included active and reserve assets from across the Military Health enterprise. The collaboration brought enhanced hand and wrist surgical capabilities to BJACH.

Shelby Snyder, military spouse, took advantage of the additional assets due to an injury in her right hand.

Snyder, no stranger to the medical system, has found herself in and out of doctor offices for various issues and illnesses in recent years. As a military spouse who moves frequently, she encourages others to empower themselves to be their own advocates regarding their health.

This most recent health-related journey began Feb. 4 when she woke up with pain, along with loss of mobility and dexterity in her right hand and wrist.

A local artist and potter by trade, Snyder said the use of her hands is important for normal day-to-day activities and for her livelihood.

Before beginning medical interventions for her hand, thumb and wrist, she attempted therapeutic cupping and soft tissue rolling techniques.

"I've used these techniques in the past to soften tissue and alleviate muscle pain," she said. "I was hoping I could manage my own pain and restore the mobility in my hand and wrist with applied pressure and increasing blood flow to the affected area."

After several attempts to solve her issues on her own, she finally called and made an appointment with her primary care physician at BJACH where the process began to determine what was going on, remedy her pain and find permanent solutions.

"While in Germany, I had a similar feeling in my left hand and they told me it was de Quervain's tenosynovitis, which is a painful condition affecting the tendons on the thumb side of my wrist," she said. "After discussing what was going on with my doctor, I was referred to occupational therapy where I spent two months working to resolve the issues I was having."

1st. Lt. Johnathan Ekas, certified strength and conditioning specialist, and the chief of occupational therapy for BJACH, said patients are referred to him from patient centered medical home; the orthopedics department; 3rd Brigade Combat Team, 10th Mountain Division; holistic health and fitness; and network hand and orthopedic surgeons.

"Most OT referrals are due to musculoskele-



*1st Lt. Jonathan Ekas, occupational therapist at Bayne-Jones Army Community Hospital (left), uses heat to treat de Quervain's tenosynovitis, a painful condition affecting the tendons on the thumb side of Shelby Snyder's wrist during an appointment in April.*

tal pain that range anywhere from the neck to the fingertips impacting a patient's functional use of their upper extremities," Ekas said. "Each referral and patient is different. In occupational therapy we use exercises, tabletop activities, soft tissue mobilization and simulated work tasks to accomplish physiological adaptations needed to regain function and perform normal day-to-day tasks."

As a specialty provider at BJACH, PCMH is his biggest referral source.

"One of my primary roles is to assist primary care with diagnosing hand and upper extremity conditions," Ekas said. "Patients are often sent to me before seeing a surgeon to determine whether the patient is a candidate for conservative non-operative treatment versus surgical interventions. In addition to an interview, there are a variety of tests and assessments used to determine whether the individual is a candidate for surgery."

Listening to patients and good cohesion between departments within the hospital are key to positive outcomes.

"One of my hand therapy instructors, Dr. Gregg Pitts, a subject matter expert in the field of hand therapy, taught us the most important part of an OT's evaluation is the patient interview section of the evaluation," Ekas said. "Our patients will tell us what is wrong with them. As a provider, it is my responsibility to ask the right questions and get the information needed to assist that patient with treating their condition. In more cases than not, if I am thorough when interviewing a patient, I can usually figure out what is wrong before I even begin taking measurements and running tests."



*Shelby Snyder, military spouse (right), talks with Dr. Ed Southern, orthopedic surgeon for Bayne-Jones Army Community Hospital during her preoperative examination Aug. 23.*

In Snyder's case, after attempting several weeks of therapeutic interventions, she continued to experience more pain and loss of mobility.

Ekas referred her back to primary care for further evaluation and imaging.

Snyder's primary physician was unavailable, so her next appointment at PCMH was with Maj. David Flick, an individual mobilized augmentee assigned to BJACH. Flick, a family medicine doctor, is a U.S. Army Reserve Soldier who conducts his annual training at BJACH.

Flick completed his residency at Tripler Army Medical Center and joined the IMA program after seven years of active-duty service. This year was his first rotation at BJACH.

"While my time at BJACH is brief in nature, I can provide additional access to care above and beyond BJACH's normal capabilities. I

Please see **Patient**, page 15



# Patient

Continued from page 14

also bring a fresh perspective with me, which can be of value,” Flick said. “My current role in my civilian practice is what’s called a ‘cross-over physician,’ which means I don’t have my own panel of patients, but I see everyone else’s. In this role, I am specifically looking at things from a fresh perspective and always thinking outside the box. In this regard, I am often able to catch things that can sometimes be difficult to see or hear. My mentor in medical school always told me to ‘be quiet and just listen to your patient. They will usually tell you everything you need to know.’ I take this to heart and try hard to resist the urge to interrupt. I let the patient tell me everything they are concerned about up front.”

Flick confirmed de Quervain’s tenosynovitis and initiated referrals to the radiology and orthopedic departments. On May 12, Snyder had magnetic resonance imaging done.

“My first appointment with Dr. Ed Southern was on June 12 in the orthopedics department following my MRI,” Snyder said. “By the time I met him, I was unable to perform normal daily functions with my dominate hand without experiencing extreme pain. He suggested injections to provide some immediate relief before looking into surgical solutions.”

The shot didn’t provide any relief, so surgery was imminent.

“Fortunately, during my first appointment with Dr. Southern, he told me there was a hand specialist coming to BJACH in August from Brooke Army Medical Center who could perform the surgery if required,” she said.

Lt. Col. Grigory Charny, deputy commander for BJACH, said having a hand and elbow expert from BAMC come to BJACH is a big win for patients.

“We care for thousands of beneficiaries, just like Shelby, whose illness or injury follow the map that providers create to identify, treat and resolve a host of conditions,” Charny said. “We do not possess the full array of specialists and subspecialized surgeons at our hospital that are available in large medical centers. When our map takes patients outside the care of our MTF, we have three choices: send them to a large military medical center, send them to a local specialist or bring experts to our facility.”

Snyder said patients should continue to advocate for themselves throughout the process.

“If I’m unable to work, I don’t get paid. Getting my range of motion back and taking care of this is important not only for my overall well-being but also for my livelihood,” Snyder said.

Lt. Col David Wilson, orthopedic hand and elbow surgeon for BAMC, said he and the team at BJACH have a good working relationship. They coordinated his travel to limit inconvenience for patients and increase the spectrum

of care at the JRTC and Fort Johnson MTF.

“I have a good working relationship with the surgeons, ortho physician assistant and the occupational therapist at BJACH. We share patients frequently,” Wilson said. “When the opportunity came up for me to travel to central Louisiana, I jumped at it.”

It was not only a win for patients, but for the combined teams.

“It facilitates teaching and sharing of educational and technical resources between orthopedic surgical colleagues. I’ll be scrubbing in with BJACH surgeons on common hand and upper extremity cases during my time,” Wilson said. “For the operating room team, the goal is to explore efficiency improvements in the throughput of common upper extremity cases. I’ve coordinated with the OR (operating room) clinical nurse officer in charge in advance to get some equipment on hand that will further the efficiency of the BJACH OR in the future.”

For Cindy Nelson, group practice manager of surgical services at BJACH, this is a first in her 15 years at BJACH.

“Having Dr. Wilson come to us will save our patients the time traveling to San Antonio, Shreveport or Lake Charles,” Nelson said. “This will prevent a delay in care and allow us to take care of our patients in a timely manner.”

There were 15 patients, including Snyder, preloaded for preoperative appointments Aug. 23 with right hand surgeries scheduled Aug. 24 and left-hand surgeries Aug. 25.

“We’re calling it our hand rodeo,” Nelson said. “This is a win-win for our team and beneficiaries. Following their surgery, each patient will get their medications, post-surgery orthopedic appointments and occupational therapy sessions in house. In fact, 1st Lt. Ekas will be observing the surgeries and helping patients with their postop recovery efforts.”

Having the orthopedic, radiology, rehabilitative, primary care and surgical departments working together is important for a productive medical system.

“No one department has all the answers or is appropriate for all patients in all circumstances,” Ekas said. “With this in mind, there is a mutual understanding between all of us that we are stronger together and benefit from helping each other with solving the patient’s problems. We do this by working as a unit to diagnose and subsequently treat our patients.”

Ekas echoed Snyder’s sentiment on patient self-advocacy.

“One of the major reasons I push for patients to speak up for themselves is that they are ultimately the ones who have to live in their body,” Ekas said. “They are the subject matter experts when it comes to their perceived experiences and know the effect the injury has on



Shelby Snyder, military spouse, is a local artist struggling with, a condition affecting the tendons on the thumb side of her wrist.

JEAN CLAVETTE GRAVES/BJACH PAO

their body better than anyone else.”

Providers work in tandem to take care of patients.

“This story illustrates a multidisciplinary approach model. Patients receive care from their primary care physician, with the help of our radiology department and appropriate consultation from our occupational therapist and orthopedics specialist,” Charny said. “Every provider adds their expertise for treatment and evaluation, building towards a success story.”

Charny, who attended medical school with Wilson, said it was a great reunion and he is proud of the team taking care of Snyder.

“Success like this cannot be done without professionals like our clinical and operating room nurses, medics, technicians, our credentialing department and group practice managers,” he said.

Every patient’s journey is unique. Every injury or illness will take the patient down a different road. Understanding their rights and resources to advocate for their own health care is imperative for the achievement of positive outcomes.

For Snyder, the road to recovery has just begun, but by being an engaged patient and working through the process from point of injury to diagnosis to surgical intervention, the end of the road is in sight.

The BJACH Patient Advocate Office, located in room 2654 on the second floor of BJACH serves as a link between patients and hospital staff at all levels and can offer education and information regarding policies, procedures, systems and concerns about care and safety within the hospital. For more information call 337-531-3628/3880 or send an email to [usarmy.johnson.medcom-bjach.list.patient-advocate@health.mil](mailto:usarmy.johnson.medcom-bjach.list.patient-advocate@health.mil).



Could you have unclaimed property you know nothing about?

# **THE ANSWER IS YES!**



The Louisiana Department of Treasury has already returned more than \$739,145,285 to people who didn't realize they had unclaimed property out there. Most claims can be easily started via the state unclaimed property website at

**[LOUISIANA.FINDYOURUNCLAIMEDPROPERTY.COM](http://LOUISIANA.FINDYOURUNCLAIMEDPROPERTY.COM)**

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## **MOLD MITIGATION**

**TIP  
#9**



**Do not paint or caulk moldy surfaces. Clean up the mold and dry the surfaces before painting. Paint applied over moldy surfaces is likely to peel.**



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# Delve into dangerous, deadly world of biological weapons

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

FORT JOHNSON, La. — “Biological Weapons and America’s Secret War — Germs,” by Judith Miller, Stephen Engelberg and William Broad, is not on the Chief of Staff of the Army reading list.

However, it is one worthy of consideration for anyone’s bookshelf who is a serious or even casual student of American security, crisis preparation or domestic defense. I will readily admit biological warfare is not one of my normal areas of interest, but I decided to take this read on as part of my ongoing quest to expand my skill set to prepare this installation for any threat.

While I expected a fact-filled “snore bore” of a read, I discovered this book was anything but. In fact, it is a masterfully well-written work that engrosses the reader.

The book opens with a great attention getter, the 1984 salmonella attack in the town of Dalles, Oregon, conducted by the cult followers of Bhagwan Shree Rajneesh. The strike was the first known, if somewhat unsophisticated, biological warfare attack on American soil carried out by domestic terrorists.

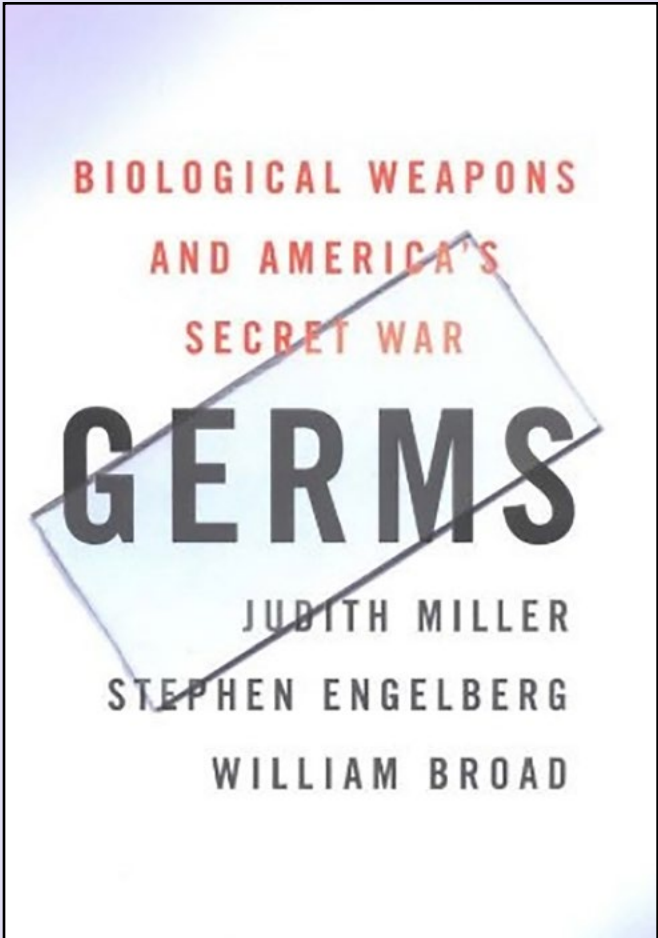
The authors have painstakingly researched how germ warfare has been waged throughout the ages; what the future of germ warfare might look like; who the future perpetrators of germ warfare are likely to be and what future biological warfare might look like.

## BOOK REVIEW

The book traces the rather unknown history of biological weapons and the even lesser-known employment of them in many major conflicts, which leads to some fascinating tales. I think readers will be shocked and maybe even a little disappointed with our own country due to some of the ethically questionable experiments and poor record keeping, even in relatively recent times.

This book is not conjecture or speculation. The authors conducted dozens (if not hundreds) of interviews with scientists, military and civilian experts and others from the U.S., Soviet Union, Iraq and more. One of the many revealing things these interviews expose is the ability of relatively less powerful nations or minor organizations to gain immeasurable power through the proliferation of biological warfare capabilities. It is also apparent that while our nation has done much in the counter-nuclear and chemical munitions efforts, counter biological efforts have not received the same amount of focus for a variety of reasons, one of which, it is in the “too hard to do” category.

There are a lot of lessons to be learned in this book and I highly recommend it for anyone in the protection, chemical, biological, radiological, nuclear, emergency management fields or any leader who just wants to learn more about the vulnerabilities facing not only our nation and military, but our very own community. “Biological Weapons and America’s Secret War — Germs” is available at Allen Memorial Library or at a variety of sources online. This



book earns a solid three anvils on the Joint Readiness Training Center and Fort Johnson anvil scale of five.

# CYS YOUTH SPORTS HOMESCHOOL P.E.



- \* \$10/MONTH
- \* LOCATED AT THE YOUTH GYM (BLDG 2070)
- \* MUST BE REGISTERED WITH CYS AND HAVE A CURRENT HEALTH ASSESSMENT

\*REGISTRATION BEGINS **AUGUST 1**

\*CLASSES BEGIN **SEPTEMBER 7**

\*CLASSES WILL TAKE PLACE ON **THURSDAYS** AND WILL BE SPLIT UP BY AGE GROUP:

PLEASE CALL **337-531-6004** FOR MORE INFORMATION OR ANY QUESTIONS





## THIS WEEK 4-8 SEPT 2023



### SOLDIER PPE

After we finished the mission, we headed back to our camp. The relaxation and rest didn't last long, however. Later that night, we learned a Soldier in our platoon had died in a runaway vehicle. A subsequent investigation revealed he'd struck his head on the smoke control panel, causing the fatal injury. Stunned, we were briefed that if he'd worn his Kevlar, it would have saved his life.



### EMERGENCY PREPAREDNESS

An important part of family safety is having a plan and being prepared in case an emergency strikes. Why? So you can increase your personal sense of security and peace of mind. Preparing just makes sense.



### FOD CHECKS

A FOD check should be conducted frequently and consistently around work areas. We give our warfighters the best products available, regardless how terrible the weather is or how tired we are. There is no room for complacency.

## PRODUCTS & TOOLS



Learn the safety culture and climate within your organization.



A family of information technology systems that underpins the Army Safety and Occupational Health Management System.



A great resource for motorcycle information and learning to be a safe rider.



An interactive, easy-to-use, automated system designed to assist users with the application of risk management.



Make your Soldiers aware of the off-duty hazards they'll face with the Off-Duty Safety Awareness Presentation.



A collection of resources to aid commanders and leaders in the management of range operations and safe weapons handling.

### DID YOU KNOW?

**RISK MANAGEMENT** is always looking for contributors to provide ground, aviation, driving and off-duty safety articles. Don't worry if you've never written an article for publication. Just write about what you know and our editorial staff will take care of the rest. Your story might just save another Soldier's life. Click the **SUBMIT AN ARTICLE** tab below to share your story.



## WHAT'S NEW

### SAFETYNET

SafetyNet is a knowledge-based online platform for the Army safety and occupational health community that encourages professional dialogue and exchange of loss-prevention information. The platform also allows online collaboration between members.

*Click here to learn more. (A CAC login is required.)*



## POST THIS



CLICK TO DOWNLOAD

## WATCH THIS



CLICK TO VIEW

**SUBMIT AN ARTICLE**

**SUBSCRIBE TO SAFETY PRODUCTS**

**CONTACT US**





# Leesville Lions Club

# RODEO

## 2023



**73<sup>rd</sup>**  
**Annual**

**Leesville Rodeo Arena**  
**Oct 5-7 7:30**



**Featuring**

**J2 Rodeos, Announcer Seth Roy, and Rudy Burns**

**Tickets are \$12 in advance and \$15 at the gate**



# Fort Johnson continually works to upgrade, replace HVAC systems

By **ANGIE THORNE**  
Public Affairs Office

FORT JOHNSON, La. — Louisiana is tough on air conditioning systems and this summer’s heat is even more intense than the norm. But Fort Johnson’s Directorate of Public Works not only takes the required proactive steps to ensure the installation’s heating, ventilation and air conditioning systems perform as designed, but also assures the life-cycle replacement of systems or components when needed.

Russell Castillo, DPW Engineering Division chief, said HVAC systems fail unexpectedly, and when that happens, sustainment and restoration projects are required to execute major repairs and replacements to HVAC components.

“These types of efforts are not quick undertakings. Funding can take a few years to acquire through planning and annual program reviews for the major HVAC restorations. In addition, smaller sustainment funded repairs compete with the limited sustainment received each year. After funding is obtained or earmarked, the DPW Engineering team is tasked with developing the acquisition strategy and documents required to solicit and award the repair projects,” Castillo said.

Nathan Jernigan, DPW director, said Fort Johnson’s DPW Engineering team provides an incredible in-house capability, expertly providing meaningful solutions to complex problem sets that come with facility HVAC systems and infrastructure.

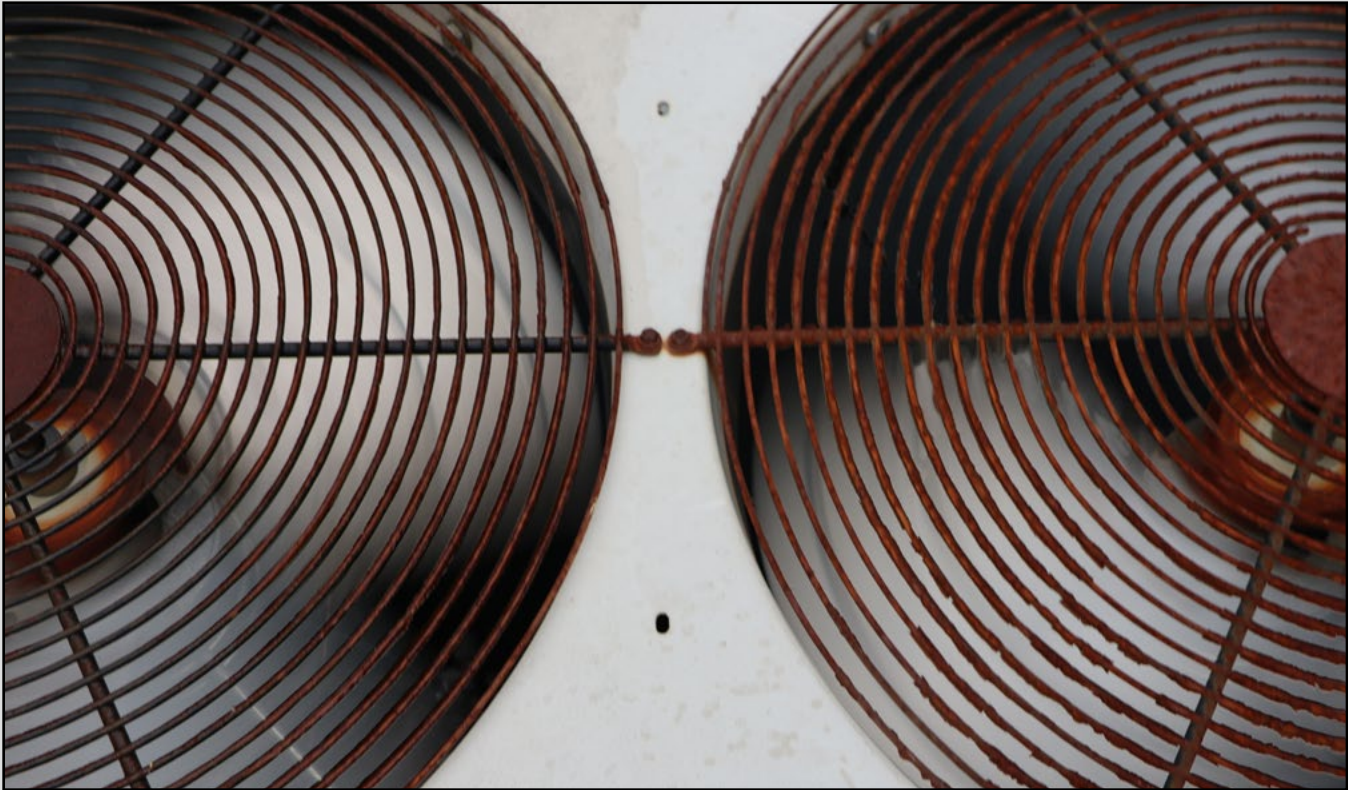
“Our team of engineering professionals play a critical role in the design, construction and renovation of facility HVAC systems, ensuring projects account for efficiencies, reliability, operability and maintainability of all aspects of the systems. Each of the dedicated professionals on the team take to heart the importance of the work that each performs, understanding that in the Louisiana climate, the HVAC system is one of the most important systems in a facility,” said Jernigan.

An example of some of the current major HVAC facility restorations includes the Home of Heroes Soldier Recreation Center, buildings for 2nd Battalion, 30th Infantry Regiment, 1st Battalion, 5th Aviation Regiment and Operations group, as well as the Post Exchange.

“These efforts can take longer than expected due to material procurement lead times and manpower shortages, which at times results in multi-year efforts to repair or replace HVAC systems,” Castillo said. “This creates a challenge for both DPW and the tenant unit occupying these facilities. Units are required, in most cases, to obtain their own swing space within their existing footprint due to limited administration space available on the installation. In the short term, this can be tough for the impacted units, but the end result will be a new and improved HVAC system when the



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unit returns to their facility after restorations are complete.”

The DPW Engineering team understands Fort Johnson’s senior commander’s and garrison commander’s number one priority is people, and as part of that priority, it’s critical that people employed on the installation have a working environment conducive to meeting their mission.

“This is why our Engineering Division is currently executing approximately \$11.3 million in HVAC repairs at 11 facilities, and concur-

rently, the team is working pre-award HVAC project packages for an additional 33 facilities, anticipated to begin this winter and continue through 2024. This level of investment, spearheaded by our senior commander and garrison commander, amplifies the importance of ensuring our garrison facility HVAC systems are adequately sustained,” Jernigan said.

For more information visit <https://home.army.mil/johnson/about/garrison-directorates-and-support-offices/directorate-public-works>.



# LEMON LOT

**15\$ per Month**

**Across from Catfish Cove**

## JUST WHEN YOU THOUGHT BEACH WEEKENDS WERE OVER...

# Beach Sweep 2023

**SEPTEMBER 16th**  
**7:00–10:30AM**

The City of Lake Charles invites you and your organization to participate in the Annual Beach Sweep and Inland Waterway Cleanup!

**Pre-Event Briefing**  
Saturday, September 16th  
7:00 am at the Visit Lake Charles parking lot (1205 N. Lakeshore Dr).

**Trash Drop Site**  
Civic Center Dumpster Area, Cemetery Area, Gator Pond, Beach Area (east and west sides).

Proudly Sponsored By:

For more information, or to participate as a volunteer, please call the City of Lake Charles Recreation and Parks Department at (337)491-1280.

# VOLUNTEERS NEEDED

## MOVIE NIGHT

Featuring  
The Land Before Time

**SEPTEMBER 15**  
**18:00**  
**HEADQUARTERS FIELD**

Come Out & Enjoy A Magic Show And Free Popcorn!!

PROUDLY SPONSORED BY

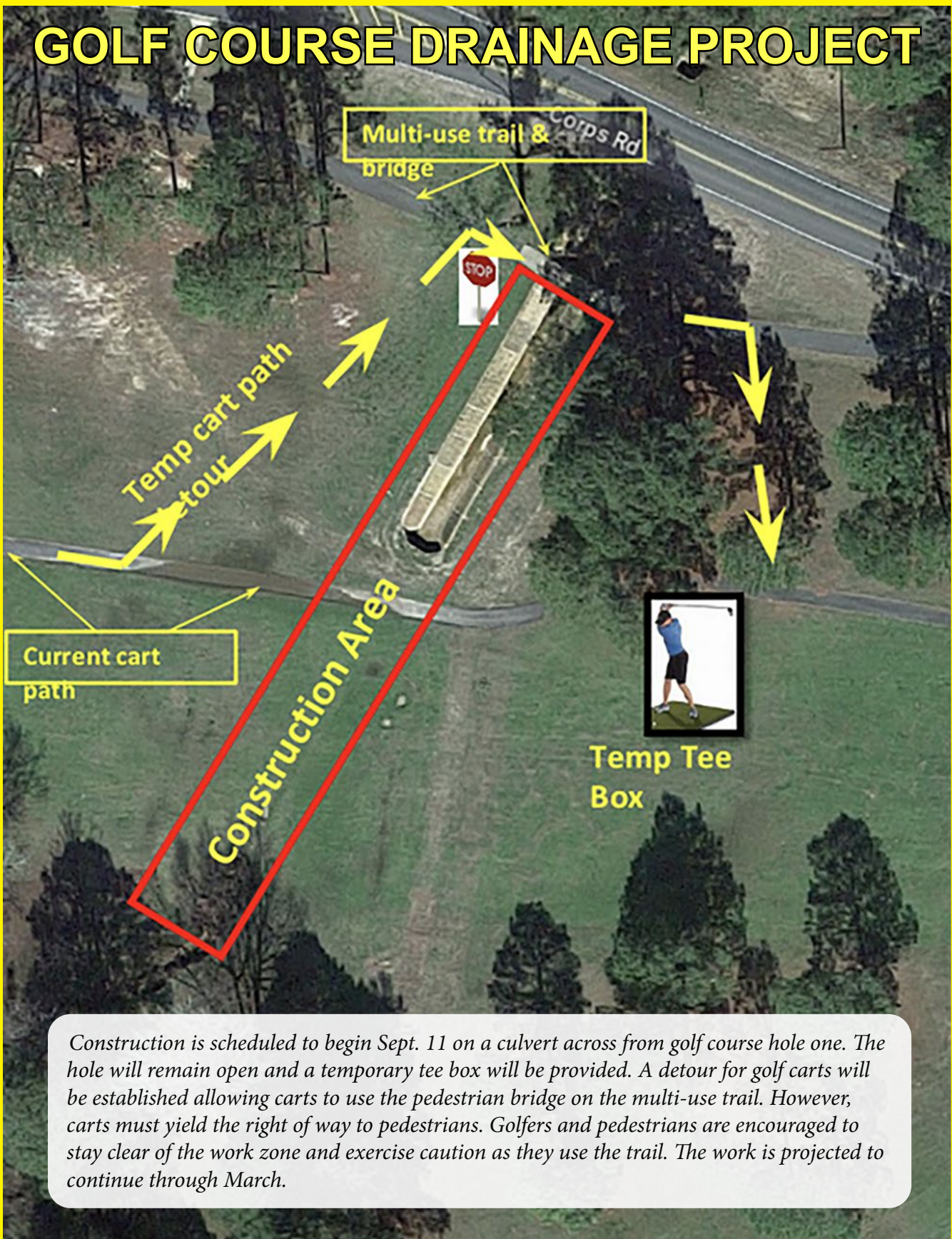
## Check VIN numbers

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.

2016	Mazda	3	5679
2008	Chevrolet	Impala	9420
2010	Chevrolet	Cobalt	6002
2002	VW	GTI	2558
1981	Yamaha	XJ650	8637
1994	Ford	F-250	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	LeSaber	7593
2005	Lincoln	LS	5385
2001	GMC	Yukon	6444



# GOLF COURSE DRAINAGE PROJECT



## SPORTS COUNCIL WANTED

Looking for Soldiers & Civilians to  
create a Sports Council

For more information Call (337) 531-9789  
Intramural Sports Office  
BLDG 3350, Wheelock Fitness Center - 7755 Georgia Ave.

# POWER LIFTING COMPETITION

SEPTEMBER 16 @ 930AM  
HOME OF HEROES GYM  
SIGN UP AT WHEELOCK!

# Bubbly YOGA Brunch

## September 23

Warrior Hills ✿ 9:00—10:30 AM

We invite you to join us for a session of yoga taught by Instructor Jules, followed by a delicious brunch and mimosas!

(located next to Warrior Hills Golf Course and The Forge)

Cost: \$20 | Registration and payment can be done at the Warrior Hills Pro Shop

## Employee Assistance Program

5 Sessions - Confidential - No Cost

**Short-term**  
Provides solution-focused counseling to individuals and organizations

**Family Members**  
Army Civilians, Retirees, their family members, as well as Active Duty family members are eligible

**Rolling Year**  
Use up to 5 EAP sessions per rolling year; Year begins on intake date

### Reasons to Consider Counseling

- Relationship Concerns**  
Personal or workplace interactions
- Stress & Anxiety**  
Feeling down, hopeless, and/or overwhelmed

- Workplace Stressors**  
Conflict, difficult people, burnout or overwhelmed with workload
- Phase of Life**  
Starting a family, divorce, marriage, retirement, etc.

- Substance Abuse or Other Concerns**  
Alcohol, marijuana, opioids, pornography, gambling, etc.
- Grief, Loss, Other Concerns**  
Death of loved one, death of coworker, loss of relationship, financial stress, referrals, etc.

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For questions or appointments, call 337-531-2031/1964.



## **ATTENTION**

As of Sept. 1, the installation electronic access control system is returning an error when scanning driver's licenses. To mitigate this, the guards at all access control points will redirect personnel with this error to ACP 7 (Alligator Lake) or to the Visit Control Center during operation hours to register. After a one-time registration is completed, visitors will be properly identified by the AIE system and continuously vetted. The community should take note of the VCC operating hours Monday-Friday 5 a.m. to 9 p.m. and Saturday-Sunday 8 a.m.-4 p.m.

During VCC closures, guests are encouraged to complete temporary registration by phone at 337-531-0024 (ACP 7) ahead of their visit. Guests arriving after hours at ACP 1 (main entrance) will be redirected by security personnel to the VCC parking area to perform temporary registration of their driver licenses by phone, before being granted access. Visitors are expected to complete their one-time registration during VCC standard business hours.

**VCC** — 5 a.m.-9 p.m. Monday-Friday; Saturday-Sunday  
8 a.m.-4 p.m.

### **ACP (gate) standard hours:**

**ACP 1 (main gate)** — Open 24/7 and all federal holidays.

**ACP 2 (University Parkway and Highway 467 North)** — Open from 5 a.m.-9 p.m. Monday-Friday and closed weekends and federal holidays.

**ACP 5 (Highway 467 South and Highway 10)** — Open from 6 a.m.-6 p.m. Monday-Friday; open Saturday 9 a.m.-4 p.m. and closed Sunday and federal holidays.

**ACP 6 (Chaffee Road at North Fort housing)** — Open from 5 a.m.-9 p.m. Monday-Friday; Saturday from 10 a.m.-6 p.m. and closed on Sunday and federal holidays

**ACP 7 (K Avenue and Alligator Lake)** — Open 24/7 and on all federal holidays.

**ACP 8** — Closed









FORT JOHNSON MWR PRESENTS

LOUISIANA

# Hayride

JOHNSON.ARMYMWR.COM

HOME OF HEROES PARKING LOT

OCTOBER 7  
11am- 4pm



COOKIE DECORATING

HAYRIDES

HOME BASED BUSINESSES

BOUNCE HOUSE



CARDBOARD REGATTA

OKTOBERFEST



Corvias



FOOD VENDORS



CAR SHOW