

GUARDIAN

JRTC
AND
FORT
POLK

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HOME OF HEROES

PREPARING FOR
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COVER PHOTO

Brig. Gen. Jason A. Curl, Joint Readiness Training Center and Fort Polk commanding general, speaks at the Fort Polk Redesignation Ceremony held July 11 in front of Woodfill Hall. (U.S. Army photo by Angie Thorne)



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JRTC AND FORT POLK

Brig. Gen. Jason A. Curl
Commanding General
Col. Adam Barlow
Garrison Commander

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For additional information, please visit the @JRTCandFortPolk Facebook page.

TROPICAL STORMS CAN BE DEADLY



Even if it's not a hurricane, tropical storms are still dangerous.



They can bring heavy rain, which can lead to deadly flooding.



Remain vigilant if a Tropical Storm Watch or Warning is issued for your area.



Never walk or drive into floodwaters. It only takes 6 inches to knock you over and only 12 inches to sweep a car away.



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Preparing for hurricane season



ON POST

Upcoming Events



Patriot Powerlifting Competition

July 19, 9 a.m. at Home of Heroes Fitness Center

Unleash your strength and lift for honor at the Patriot Iron Powerlifting Competition! Cost is \$10 per person. Participants must be 18 and over to enter.

Pre-registration is required. To register, click the link below:

[Click here to register](#)

ACS 60th Birthday Jubilee and Movie Night

July 25, 5 3:0 p.m. at
Army Community Service (Building 920)

Celebrate 60 years of ACS with a special movie night—fun, friends, and popcorn await!



Friday Night Live: Let Them Eat Cake!

Aug. 1, 5 3:0 p.m. at the Warrior Center

Free food, prizes, and fun—come out for Friday Night Live! This event is 18+.



Back to School Bash

Aug. 8, 5:30 p.m. at
Army Community Service (Building 920)

Head back to school with a bash! Families are invited to attend this indoor event and encourage parent/child bonding.



OFF POST EVENTS



19
July

NSU Folk Festival
NATCHITOCHES, LA.

[Click for more info](#)



18-19
July

Christmas in July
LEESVILLE, LA.

[Click for more info](#)



19
July

Cajun Music and Food Festival
LAKE CHARLES, LA.

[Click for more info](#)



25-27
July

Jurassic Quest + Brick Fest Live
LAFAYETTE, LA.

[Click for more info](#)



5
Aug.

National Night Out
DERIDDER, LA.

[Click for more info](#)

NO ARMY OR FEDERAL ENDORSEMENT IMPLIED.

Fort Polk redesignation ceremony honors past, future

By Karen Sampson
Fort Polk Public Affairs Office

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk held a redesignation ceremony honoring General James H. Polk July 11 at Woodfill Hall.

Polk commanded the 3rd Mechanized Cavalry Group, also known as Task Force Polk, until the end of the war II.

The ceremony began with the unveiling of the new Fort Polk sign donning the top of building 350 and was followed with honors fired by Bravo Battery 525th Artillery Battalion, 3rd Brigade Combat Team,

10th Mountain Division to honor the installation's namesake.

James H. Polk III, the General Polk's son, was a guest speaker at the redesignation ceremony.

He said it was a special occasion to be at Fort Polk for redesignation honoring his father.

"We know he would be extremely proud and as honored as we are to have this historic Army post and training area named after him," said Polk.

Polk commended his father's career and how he witnessed and participated in numerous remarkable events throughout the 20th century.

"His dedication of service to our country and

patriotism has always been an inspiration to our family and to all who knew him," Polk said. "Indeed, our admiration for his life and accomplishments in the U.S. Army continue to increase since his death over thirty years ago."

Polk added a special tribute to his mother Josephine Joy Polk.

"There is no doubt his Army career succeeded because of her undying support."

He added his family would like to honor the legacy and spirit of Sgt. Henry Johnson and his heroic record in WWI.

"We know our father would want Sgt. Johnson to be honored and remembered by Fort

Polk and the U.S. Army for the great hero he was," he said.

Fort Polk was named after Sgt. Henry Johnson for two years.

"We recognize the extraordinary career and leadership of Gen. James H. Polk, a Soldier whose life defined commitment to the country, excellence in command and devotion to Soldiers and families," said Brig. Gen. Jason A. Curl, JRTC and Fort Polk commanding general.

Curl said Polk earned his commission in 1933 and rose through the ranks in an army that would soon be tested in the fires of a glob-

al war. "As a cavalry officer during the Second World War, he commanded the 3rd Mechanized Cavalry Group in combat across France and Germany."

Curl said Polk saw himself as a leader entrusted with the lives of his men and believed their courage was the real story.

"At Fort Polk and the Joint Readiness Training Center, we carry that same conviction forward," Curl said. "We forged the warrior spirit by pushing Soldiers beyond what they think is possible. We train them to fight with discipline, lead with integrity, and stand ready to defend freedom wherever it is threatened."





JRTC AND FORT POLK





Barlow takes helm of USAG Fort Polk

By Chuck Cannon
Fort Polk Public Affairs Office

FORT POLK, La. — Col. Adam Barlow assumed command of U.S. Army Garrison Fort Polk during a change of command ceremony July 3 at 9 a.m. on the installation's Warrior Field.

Barlow replaced Col. CJ Lopez, who remains at Fort Polk for his next assignment as Joint Readiness Training Center and Fort Polk chief of staff.

Mr. Patrick Appelman, director, Installation Management Command-Readiness, was the reviewing officer and the first to speak. He thanked those in attendance and gave special thanks to the color guard. "There's a saying in the Army: Commanders come and go, but the colors always remain," he said. "Today, we honor one of our military's oldest traditions by witnessing the change of command between Colonel C. J. Lopez and Colonel Adam Barlow."

Appelman said it was a privilege to salute an outstanding garrison commander and his family, as well as welcoming a new garrison commander and his family.

"C.J., I know this is a bittersweet day for you," he said. "Commanding a garrison is one of the most unique military assignments one can experience, serving our Soldiers, civilians, and their families."

Although admitting it was sad for the IMCOM staff to see him leave, Appelman said congratulations were in order on Lopez' next position as the chief of staff for the JRTC and Fort Polk.

"This assignment's an honor and very well deserved, and it's great to see that you'll just be moving down the hall," Appelman said.

After thanking Lopez for his leadership during the past two years, Appelman highlighted a list of accomplishments Lopez led. They included:

- Facilitated an electrical commodity review, which resulted in a 10-year GSA Area wide utility contract that saved Fort Polk \$2 million annually in electrical costs.
- Your team was instrumental in obligating more than \$325 million in appropriated funding, which resulted in barracks renovations, HVAC upgrades, and various road projects. Lopez also oversell several projects like the new CDC, an Information Systems facility, and a new Joint Operation Center
- You focused your efforts on the heart and soul of the garrison, always putting Soldiers, families and civilians first.

"CJ, we teased about this yesterday, but you have sincerely been one of the best -- probably the best -- garrison commander in all of IDR, which obviously makes you one of the best if not the best in the Army," he said. "So, thank you for all you've done and thank you for all you've done for Fort Polk."

Appelman then welcomed Barlow and his family.

"I enjoyed our conversation yesterday and I'm excited to see you command and lead the garrison," he said. "I'm confident you will invest the passion, professionalism and energy into the duties of being garrison

commander each and every day of your command." Lopez followed Appelman to the podium. The outgoing commander thanked all who had a part in the ceremony. He said it is well-known that soldiering is an affair of the heart.

"It's that spirit, that fundamental commitment to volunteer to stand for the country, to place the nation's needs above themselves that makes our Soldiers the best in the world," he said. "What most don't know or don't see are the thousands of professionals that pledge to support and stand behind those Soldiers. The lifeblood of a Soldier's home."

Lopez said those professionals make up an incredible team at Fort Polk.

"Each day, you power this place," he said. "You've made huge improvements in the quality of life," he said. "We've cut a lot of ribbons. You also responded to 1.6 million text messages from me. That makes me damn proud. Your dedication just doesn't support mission, it sustains and enriches lives our lives, our lives. Because of your passion and professionalism, and tireless service, you are the reason that the place to live, train, deploy, and return home to is JRTC and Fort Polk. And I couldn't be prouder to have stood alongside you."

Lopez then turned his attention to the two command sergeants major who served with him during his time as garrison commander – CSM Antonio Paparella and CSM Stephen Nielsen.

"(The command sergeant major position) is peerless on the installation," Lopez said. "The nuances and contours of this position are far more demanding than any other job. I'm lucky to have both (CSMs Paparella and Nielsen) here today. Of course, there were challenges and there were faults, but there were never failures. That's because of you."

Lopez then took an emotional pause.

"I love you both," he said. "Thank you for your counsel and every moment that made Fort Polk successful, and yes, thank you for all those four-letter words. When you were saying out loud what my mind was thinking."

Lopez then thanked JRTC and Fort Polk Commanding General Jason Curl for his leadership.

"Thank you for your trust and mentorship," he said.

Lopez welcomed the Barlow Family to Fort Polk.

"You just won the lottery and inherited the greatest extended family and the best little community in the best part of the world," he said. "You're about to embark upon a great crusade, toward which you have striven for many months. The eyes of the world are upon you and the prayers of liberty loving Central Louisianians are marching with you."

Next to speak was Barlow. He thanked Appelman and Curl thank you the opportunity to serve as Fort Polk garrison commander.

"I believe this place (Fort Polk) is magical," Barlow said. "If you want to experience the salt of the earth, of the epitome of small-town USA, you come here. If you want to experience patriotism at its core, you come here. If you want to experience what I call living



Col. Adam Barlow, Joint Readiness Training Center and Fort Polk garrison commander says a few words after accepting command July 11 at the Joint Readiness Training Center and Fort Polk Garrison Change of Command ceremony. (U.S. Army photos by Angie Thorne)

in the 1950s, this is the place you come. If you want to experience your worst day in combat so that you pray that you never have to see that day down range, this is the place you come. There is no place on earth like this place, and I say it again, this place is magical."

Barlow said he and his Family were excited and motivated to join the Fort Polk team, the local community, and become part of the family.

"So, let's get to work and make the magic happen," he said.

Barlow returns to Fort Polk, where he served in JRTC Operations Group as a Task Force Senior from June 2020-May 2022. Following his Operations Group assignment he attended the U.S. Army War College and served as a Division Chief in Washington, D.C. He is married to the former Amanda Gail Hart. They have four children: Madalynn (22), Quinton (18), Payton (13) and Josephine (7).

During a change of command ceremony, a unit's colors as passed from the outgoing commander to the incoming commander. The colors served as the talisman of unit activity.

The flag was symbolic. It helped units develop a sense of pride, as well as serving the more practical purpose of marking the location of the commander by providing a rally point for Soldiers during the smoke and chaos of battle. The colors are the commander's symbol of authority, representing his responsibilities to the organization; wherever the commander is, there also are the colors. The custodian of the colors is the command sergeant major. As a senior enlisted soldier in the unit and principal adviser to the commander, the passing of the colors symbolizes the transfer of authority from the outgoing commander to the incoming commander. The passing of the color symbolizes the transfer of command, responsibility and authority.



5 THINGS TO KNOW ABOUT GETTING YOUR HURRICANE SUPPLIES



1 Food/Water - Get supplies well in advance, enough for each person for at least one week.



2 Medicine/First-aid - Have 30 days worth of medicines and medical supplies. Fill prescriptions before the storm.



3 Communications - Have extra batteries or portable chargers for your cell phones and batteries for your radios.



4 Gas - Fill up your car or a gas can beforehand. If the power goes out, you will be unable to pump gas.



5 Money - Have cash on hand. With no electricity, ATMs and credit cards will not work.



For more Hurricane Safety Information, visit weather.gov/hurricanesafety

5 THINGS TO KNOW ABOUT HAVING AN EVACUATION PLAN



1 Find out today if you live in a hurricane evacuation zone.



2 Plan today where you would go and how you would get there if told to evacuate by local officials.



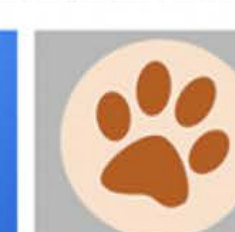
3 If you don't live in an evacuation zone, identify someone who does, and plan to be their inland evacuation destination.



4 Leave immediately when told to evacuate by local officials.



5 Identify an evacuation destination that will accommodate your pets, as most shelters do not permit them.



For more Hurricane Safety Information, visit weather.gov/hurricanesafety

BJACH radiology specialist earns professional credential

By Jean Clavette Graves
BJACH PAO

FORT POLK, La. — Spc. Johnny Rainwater, a radiology specialist assigned to Bayne-Jones Army Community Hospital, passed the American Registry of Radiologic Technologists exam on July 2 in Shreveport — earning a nationally recognized credential that supports military medical readiness and aligns with civilian professional standards.

Rainwater, a native of Mississippi, enlisted in the Army in 2022 seeking financial stability and greater opportunities to support his Family.

At the time, he had already earned a bachelor's degree in healthcare management from the University of South Alabama and had begun working toward a Master of Business Administration.

He selected his military occupational specialty to gain hands-on clinical experience and broaden his understanding of patient care to complement his administrative education.

"I wanted something that would get my foot in the door of healthcare and allow me to work directly with patients," he said. "I chose radiology because it's a strong foundation. It's fast-paced, it's dynamic and every patient brings something new."

Rainwater challenged the ARRT less than six months after arriving at BJACH. He passed on his first attempt after several months of self-directed study using online resources recommended by a noncommissioned officer during Phase II of his Advanced Individual Training.

"I set small goals and treated the registry as a first step," Rainwater said. "This credential helps open doors to additional certifications like computed tomography or magnetic resonance imaging and supports my long-term goals in Army Medicine."

Dawn Carter, imaging supervisor at BJACH, said nationally recognized credentials validate clinical training and support both individual and departmental credibility.

"For our Soldiers, passing the registry shows they've retained the knowledge required to meet national standards," Carter said. "It enhances their professional development and helps them transition into civilian healthcare roles if they choose to separate."



Spc. Johnny Rainwater, a radiology specialist at Bayne-Jones Army Community Hospital, positions a patient for an X-Ray during a staged photo session July 9 at the Joint Readiness Training Center and Fort Polk, Louisiana. Rainwater recently earned a nationally recognized credential after passing the American Registry of Radiologic Technologists registry exam. (Army photo by Jean Clavette Graves)

Rainwater is quick to encourage his peers to challenge the registry.

"You only get three chances in the three years following AIT," he said. "If you don't pass in that time, you have to complete a civilian program to requalify."

In addition to preparing for potential advanced certifications, Rainwater is considering applying for a commission or pursuing a clinical psychology degree after his military service. He is continuing his graduate studies using Army tuition assistance.

"My goal is to maximize the opportunities available while I'm in," he said. "If commissioning doesn't work out, I want to have a solid foundation to continue

serving in healthcare in another capacity."

Rainwater said working in radiology has strengthened his interest in direct patient care and helped him understand the value of combining clinical and administrative knowledge.

"We play a role in readiness," he said. "Accurate imaging helps identify injuries and support timely treatment so Soldiers can return to duty."

Carter added that while credentialing is not required for active-duty radiology specialists, it demonstrates initiative and technical proficiency — characteristics that support the Army and Defense Health Agency priorities of ensuring high-quality, reliable care across the Military Health System.

As BJACH continues to support the Joint Readiness Training Center and the Fort Polk community, professionals like Rainwater reflect the future of Army Medicine — credentialed, competent and aligned with national standards of care.



BJACH medic answers midnight call when tornado slams hometown

By Jean Clavette Graves
BJACH PAO

Fort Polk, La. — For Staff Sgt. Jack Helton, a weekend at his parents' house in London, Kentucky, was supposed to be a break from the demands of recruiting school at Fort Knox, just two hours away. Instead, an EF-4 tornado became a defining moment that tested the core of his character and reaffirmed his calling to serve — not just in uniform, but as a human being.

Born and raised in London, Helton graduated from North Laurel High School in 2018 and joined the Army shortly after. From the start, his motivation was clear — he wanted to become a medic and help people in their most vulnerable moments.

On May 16, Helton's relaxing weekend at home quickly turned to a nightmare just after midnight when Pulaski and Laurel counties experienced winds exceeding 170 mph, destroying neighborhoods like Sunshine Hills and overwhelming local emergency services.

"I was on the phone with my wife and said, 'I guess I'm going to go up there and see if anybody needs help,'" he recalled. "I couldn't just sit still knowing people were going to be hurt."

What followed was hours of chaotic, relentless triage alongside local ambulance crews and firefighters. Helton, a seasoned combat medic and operations noncommissioned officer from Bayne-Jones Army Community Hospital, worked through the night coordinating care, helping stabilize critically injured residents, and transporting dozens to area hospitals.

"It was pitch black except for the spotlights from the rescue teams," he said. "We were triaging patients as fast as they were being carried out. At one point the ER was overwhelmed — we'd sent over 70 patients."

Among the cases were gut-wrenching scenes: an elderly woman who secured a tourniquet on her own leg after a traumatic amputation, another had been eviscerated, and a steady stream of walking wounded stumbling out of the darkness — shoeless, bloodied, and in shock.

"The chaos — that's where we thrive," Helton said. "You train for mass casualty events, but nothing prepares you for seeing your own community in that condition."

After the initial response, Helton returned home during Memorial Day weekend to support ongoing recovery efforts. He volunteered at a donation hub organized at the local airport, helping distribute water, tools, roofing supplies, clothing, and food to families who had lost everything.



Staff Sgt. Jack Helton stands with his wife, Becca, and their children, Copelan, 2, and Haegan, 3, following his graduation from the U.S. Army recruiting school at Fort Knox, Kentucky, on June 12, 2025. (U.S. Army courtesy photo by Teresa Sue Riley)

"There were so many moments that made me believe God put me there for a reason," he said. "You don't forget that."

Helton has spent the past six years assigned to the Joint Readiness Training Center and Fort Polk in Louisiana, first as a line medic with the 3rd Brigade, 10th Mountain Division, and then at BJACH — including about a year as the NCOIC of the Ear, Eye, Nose and Throat clinic, and the remainder of his time in hospital operations.

Sgt. 1st Class John Martinez, who worked alongside Helton for two years in operations at BJACH, said he wasn't surprised when he heard about Helton's selfless actions.

"Staff Sgt. Helton epitomizes what it means to be a medic, a leader and a Soldier," Martinez said. "Whether he's on duty or not, you can always count on him to step up — for his teammates, his Family, or even a stranger in need."

Capt. Christina Pierce, command surgeon liaison officer for the Joint Readiness Training Center and Fort Polk, and Helton's former company commander, echoed that praise.

"I had the privilege of working with Staff Sgt. Helton during his time at Fort Polk — both as his commander and during the Army Best Medic Competition hosted at JRTC and Fort Johnson in February 2023," she said. "Not only is he a stellar Soldier and skilled medic, he's cool and calm under pressure. Helton is just a good person all around, and I'm not surprised at all that he took the initiative to help his fellow man and serve his community with the gifts he has."

Known as a team-first leader, Helton often placed the needs of the mission and his family above his own professional advancement.

With limited time for civilian education or structured career development, he admitted his focus had been elsewhere.

"I focused so much on the work here, and then went home to be with my wife and kids — I didn't leave time for myself," he said. "Recruiting school gave me a chance to take the next step while continuing to serve."

On June 12, Helton was promoted to staff sergeant, the same day he graduated from basic recruiting school. He is now bound for Oklahoma City, where he will serve as an Army medical recruiter. He'll attend the Healthcare Recruiting Course and Advanced Leader Course in the coming year.

Though his next role will be behind a desk rather than behind a stretcher, Helton said his experience as a medic — and that weekend back home — will guide how he inspires future Soldiers.

"If your passion is helping people, there's no better place to do that than the Army," he said. "We take care of people when they need it most — in combat, in crisis, and in moments like this tornado."

As Helton prepares for his next assignment, he reflects on the training, experiences, and sense of duty that have guided him — shaped by the Army values he's committed to upholding both in uniform and in his community.

"Being in the Army gave me the training to respond," he said. "But being from London — that's what made it personal."

Editor's Note: Laurel County continues to rebuild after the devastating EF-4 tornado in May. A disaster recovery center remains open at the County Public Library.

U.S., JORDANIAN ARMED FORCES HONE LETHALITY AT JRTC

Right: U.S. Army 3rd Security Forces Assistance Brigade advisors and Jordanian Armed Forces participate in Joint Readiness Training Center Rotation 25-08. The U.S. and Jordan share an enduring, strategic, relationship rooted in shared interests and security values. Soldiers conducted a live-fire exercise, along with both offensive and defensive tasks, demonstrating strong interoperability between U.S. and Jordanian maneuver formations. U.S. Army Central remains the partner of choice for land forces throughout the U.S. Central Command area of responsibility. (Photos by Staff: Sgt Devon Jones/ U.S. Army Central Command)



By Staff Sgt. Devon Jones
U.S. Army Central Command

FORT POLK, La. — Jordanian Armed Forces, in coordination with U.S. Army Central and 3rd Security Forces Assistance Brigade, conducted integrated training operations with 2nd Infantry Brigade Combat Team, 34th Infantry Division, during Joint Readiness Training Center rotation 25-08. The 34th Infantry Division, primarily comprised of Soldiers from the Minnesota and Iowa Army National Guards, constituted the majority of participants in this exercise.

During this rotation, JAF and U.S. Soldiers conducted a live-fire exercise and a force-on-force scenario — a training exercise that simulates both offensive and defensive tasks in a simulated environment.

“It was fantastic seeing these Soldiers come out and utilize the training that was taught during our rotation,” said Staff Sgt. Raul Lopez, 3rd SFAB combat engineer advisor. “After nine months of working closely with them — training, building the partnership, and strengthening their skills — it was gratifying to see them apply that training during the live-fire exercise.”

This JRTC rotation consisted of a JAF infantry company along with their Jordanian Quick Reaction Force. The Jordanian QRF is similar to the U.S. Army Ranger Regiment in its intended purpose. There were approximately 180 exercise participants, 10 guest observer controller/trainers, and Soldiers of the 3rd SFAB.

“One of our primary objectives was to bring the Jordanian forces out of the U.S. Central Command Area of Responsibility and into one of our premier training centers within the United States,” said Col. Charles Canon, U.S. Army Central security cooperations chief.

“This effort aimed to strengthen the partnership between the JAF, U.S. Army, [and USCENTCOM],” he said, “while also demonstrating the combined lethality and operational capability of both militaries.”

This marks the first time JAF has deployed a company-sized element to the JRTC.

“This exercise was one of the mutually agreed-upon actions between the Jordanian Armed Forces and the U.S. military,” said Col. Michael Kovacevic, 3rd SFAB commander.

“To prepare, the Jordanians conducted a selection process among all platoons within their QRF,” he said. “Once the participating platoon was identified, they underwent training alongside 3d SFAB advisors in preparation for their rotation at JRTC.”

During a visit with participating forces, Lt. Gen. Patrick D. Frank, commanding general, USARCENT, spoke highly of the exercise, underscoring the strength of the partnership between the JAF and the U.S.

“Just a few months ago, this was merely a vision,” he said. “Now we stand together at JRTC — ready to train, fight and demonstrate the combined lethality of our forces.”



Operation Ring the Bell is another way for Soldiers to save lives

By Fort Polk Public Affairs Office



FORT POLK, La. — Every year 17,500 Americans are diagnosed with diseases requiring a bone marrow transplant. The Army Family — Soldiers, families, civilian professionals and Soldiers for Life — are among those who may benefit from support. Voluntary marrow donor registration is a powerful way to demonstrate the Army value of selfless service and may save a life. Operation Ring the Bell is a grassroots bone marrow donation registry operated by a team of volunteer Soldiers across the Army working closely with programs like the Salute to Life registry.

As part of supporting this operation, the Army wants to increase annual, Army-affiliated bone marrow registrations by 50% annually.

In addition to adding new Soldiers to the registration, the Army's goal is to have at least 85% of previously registered donors review and update their point of contact information by next May.

"Supporting marrow donation is a commitment to saving lives, strengthening our ranks, and embodying the selflessness that defines military service. Every Soldier, every leader and every citizen has the power to be a hero beyond the uniform," Lt. Gen. Mary K. Izaguirre, U.S. Army Surgeon General and Commanding General, U.S. Army Medical Command, said.

Why register?
Registry programs fund and facilitate donor registration, patient matching and donations to life-saving opportunities for patients needing bone marrow or peripheral blood stem cell transplants.

Programs like Salute to Life help register marrow donors, focusing on service members and their families.

Registrants are included in the National Marrow Donor Program and the World Marrow Donor Association.

Operation Ring the Bell
"Ring the Bell" refers to the symbolic act of celebrating a successful donor match — a bell is often rung to signify a new life. But to ring the bell, potential donors much



register. Registry drives have proven highly effective. They are dramatically increasing the number of potential donors and improving outcomes for patients in need.

"Supporting marrow donation is a commitment to saving lives, strengthening our ranks, and embodying the selflessness that defines military service. Every Soldier, every leader and every citizen has the power to be a hero beyond the uniform."

Lt. Gen. Mary K. Izaguirre, U.S. Army Surgeon General and Commanding General, U.S. Army Medical Command

The operation is focused on reaching members of the military and veteran communities to "Ring the Bell." Service members are prime candidates for bone marrow donation because they are typically young, healthy and ready to serve in yet another meaningful way. Through Operation Ring the Bell, a single

donor can make a life-changing difference for multiple patients, highlighting the ripple effect of each registration. After all, a Soldiers duty can extend beyond the battlefield to include the fight against life-threatening diseases. Operation Ring the Bell registry drives fit seamlessly into unit schedules, ensuring that mission readiness and operational requirements are never compromised. By participating, Soldiers demonstrate selfless service, strengthen the Army's connection to the nation it serves and directly contribute to saving lives. To help do this, the Army is launching an Army-wide communication campaign, building on the success of the "Operation Ring the Bell" initiative. "The campaign will educate and inform our Army about the opportunities for voluntary marrow donor registration. The Army will leverage medical readiness and blood drive events to offer convenient registration opportunities," Izaguirre said. "Leaders at all levels — champion this effort! Promote voluntary registration, share campaign materials, and reinforce our Army values. Combat Ready Care ... This We'll Defend!" If you are interested in registering, visit <https://www.salutetolife.org/>.

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9AM

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\$2

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MWR Shooting Range

- 8AM Sign In
- 8:45am Safety Brief
- 9 AM Shooting Starts

Fee: \$20

Categories:
Centerfire Handguns
Pistol Caliber Carbines (PCC)
(9MM, .38 Spec, .40 cal, .45 ACP)

- 150 rounds suggested
- Minimum 3 magazines or revolver speed loaders
- Quality kydex belt holster preferred

*No nylon, unreinforced leather, hybrid, or drop leg holster (issue duty holster may be considered)

Weapons must be registered on post
For more info please call 726-780-1456

pop on over

AND CHILL WITH US



Join us for Army Community Service's
60th Birthday Jubilee!

JULY 25



4:30 P.M.

**1591 Bell Richard Ave., Bldg. 920
Fort Polk, LA 71459**

Cake cutting begins at 4:45 p.m.
Movie and snacks to follow.

Joint Readiness Training Center and Fort Polk



U.S. ARMY
Army Community Service & Prevention Center



FOR THE PEOPLE WHO SERVE.™

EXPAND YOUR FUTURE OPPORTUNITIES!

Get **FREE** support from one PCS to the next ...
and back to civilian life.



Contact a **USO Transition Specialist**
today to develop a personalized plan!

[USO.org/transition](https://uso.org/transition)

**Career Exploration • Job Board Resources
Mentorship Opportunities • Professional Certificates
Resume Support**

USO TRANSITION PROGRAM

The USO is a not-for-profit organization and not part of the Department of Defense (DOD).

Win gift cards to celebrate Exchange’s 130th anniversary

By AAFES public affairs

DALLAS — The military community can feast on winnings to celebrate the Army & Air Force Exchange Service's 130th anniversary thanks to a sweepstakes sponsored by Subway®.

Through July 31, authorized Exchange shoppers 18 years and older can enter at [ShopMyExchange.com/sweepstakes](https://shopmyexchange.com/sweepstakes) for a chance to win:

- \$5,000 Exchange gift card (five winners).
- \$3,000 Exchange gift card (five winners).
- \$1,000 Exchange gift card (90 winners).

“For 130 years, the Exchange has gone where Warfighters go, bringing them a taste of home,” said Air Force Chief Master Sgt. Rich Martinez, the Exchange senior enlisted advisor. “The Exchange is excited to bring the taste of victory to celebrate our milestone anniversary with 100 winners this summer.”

No purchase is necessary to enter.

All authorized Exchange shoppers, including veterans, Department of Defense civilians and common access card holders can enter.

Veterans can visit <https://aafes.media/paveterans> to learn more about their shopping benefit while DoD civilians and other CAC holders can visit <https://aafes.media/cacbenefitspa>.



A green poster for Subway's 130th anniversary sweepstakes. At the top left is the Subway logo. To its right is a circular badge with '130' and 'CELEBRATING' above it. Below the Subway logo, the text reads 'ENTER FOR A CHANCE TO WIN ONE OF FIVE \$5,000 EXCHANGE SHOPPING SPREES'. At the bottom is a large, detailed image of a submarine sandwich filled with meats, cheeses, and vegetables.



A blue and white advertisement for Corvias. The top left features the Corvias logo. Below it, the text 'WELCOME HOME' is prominently displayed. Underneath, it says 'LEASING CENTER' followed by the phone number '337-537-5000'. At the bottom, the address '7509 Magnolia Drive Fort Polk, La. 71459' is listed. To the right of the text are three images: a man playing pool, a large outdoor fountain, and a modern two-story house.



A large advertisement for 'Free Cookies & Lemonade'. The top left features the text 'Free Cookies & Lemonade' in large yellow letters, with 'Just for being a great resident' in green below it. To the right, an orange circle contains the text 'Every Friday In July 2-4 pm'. The center features a large illustration of a glass of lemonade with a lemon slice and a stack of cookies. Below this, the text 'COOKIES & LEMONADE' is written in a stylized font. At the bottom left, it says 'Come by any of our community centers, and get a cookie and a drink on us!'. Below that, it says 'Contact your Community Office for more details. Look forward to seeing you there!'. The bottom right features the Corvias Property Management logo. A circular logo for 'STRONG COMMUNITIES • BETTER LIVING' is also present.

Stay in the know
at Fort Polk with

MY ARMY POST APP

- ✓ Upcoming events
- ✓ Weather alerts
- ✓ Gate hours and information
- ✓ Maintenance orders
- ✓ Fitness facilities
- ✓ Dining and more!

GET IT ON
Google Play

Download on the
App Store



JRTC AND FORT POLK LAW ENFORCEMENT HIRING EVENT

SEPT. 19
FORT POLK'S EDUCATION CENTER,
7460 COLORADO AVE., BLDG 660,
SECOND FLOOR
9-11 A.M.
FOR MORE INFORMATION CALL
726-780-1016/726-780-1017

THIS EVENT IS HOSTED BY THE
TRANSITION ASSISTANCE PROGRAM. TAP PROVIDES
HIRING OPPORTUNITIES FOR SOLDIERS, FAMILIES AND
VETERANS TRANSITIONING FROM THE MILITARY.

INCOMING SOLDIERS

FOR FREE TRANSPORTATION TO
FORT POLK PLEASE CALL

337-718-8820

FOR IN-PROCESSING STAFF DUTY
CALL

726-780-2160

ROTATIONAL TRAINING UNITS (RTUS)
PLEASE CALL

337-653-3488

**NEED A
RIDE?**



TRANSITION
ASSISTANCE PROGRAM

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 Polk Police Traffic Division at 337-531-1806, 6675 or 2675.



2016	Yamaha	R3	2153
UNK	UNK	Boat trailer	N/A
UNK	UNK	Kayak trailer	N/A
UNK	McClain	Boat trailer	N/A
2001	Ford	F150	0450
2000	Ford	Ranger	3852
2006	Nissan	350Z	4586
2004	Cadillac	Escalade	5765
2003	Ford	Crown Victoria	2046
2011	Chevrolet	Cruz	6489
2012	Land Rover	Land Ranger	2214
2005	Honda	Civic	6295
1994	GEO	Tracker	0139
2007	Ford	F150	7785

FLOOD WATCH

A Flood Watch is issued when **flooding is possible.**

Stay tuned to trusted news sources and be ready to seek higher ground.

Be Prepared.

FLOOD WARNING

A Flood Warning is issued when **flooding is happening or about to happen.**

Move to higher ground immediately! Never drive or walk through floodwaters.

Take Action!

3 SIMPLE STEPS FOR FLASH FLOOD SAFETY

During a flood, water levels and the rate at which the water is flowing can quickly change. Remain aware and monitor local radio and television.

1 GET TO HIGHER GROUND
Get out of the areas subject to Flooding

2 DO NOT DRIVE INTO WATER
Do NOT drive or walk into flooded areas. It only takes 6" of water to knock you off your feet.

3 STAY INFORMED
Monitor local radar, television, weather radio, internet or social media for updates.

NEVER DRIVE AROUND BARRICADES

Most flood fatalities occur in vehicles

You don't know how deep the water is

Even when the water recedes, the ground may be unstable

BE PREPARED FOR DEBRIS FLOWS

Heavy rain can cause debris flows in minutes, potentially burying homes.

Areas with low vegetation or recent wildfire burns are especially at risk.

Have a plan for your family and be ready to follow instructions from local officials.

Listen & watch for rushing water or mud or unusual sounds such as trees cracking or boulders knocking together.

The

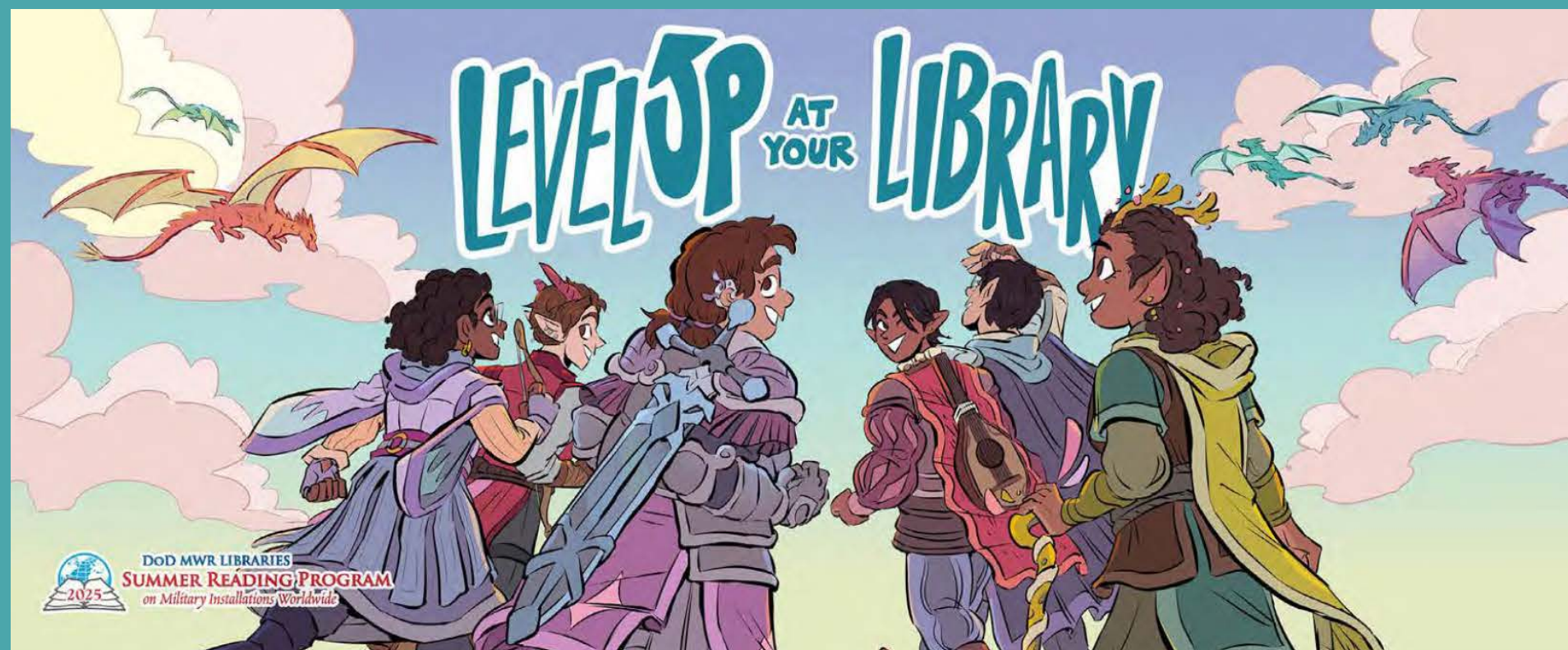
THREAT

may be closer than you think

Stay Vigilant

Report all suspicious activities — See Something. Say Something.

Call Fort Polk CID at 337-531-2931



Allen Memorial Library
7460 Colorado Ave., bldg 660
726-780-1088/337-531-2665



YOU ARE CORDIALLY INVITED TO THE
JRTC & FORT POLK
INSTALLATION

PARAGON CASINO RESORT

SOCIAL 4:30 PM -6:00 PM

BALL 6:00 PM - 11:00 PM



Open to the entire JRTC & Fort Polk Installation, Area Veterans, and Community Leaders





Lake Charles VFW Post donates diapers

Vickie Bailey, with Lake Charles VFW Post 2130 Women's Auxillary, unloads diapers with the help of Pfc. Luis Morales (center) and Spc. Serigle Diouf, Religious Support Specialists with the Fort Polk Main Post Chapel July 15. The VFW Post collected diapers and donated them to the MPC lending closet. (U.S. Army photo by Chuck Cannon)



**JRTC & Fort Polk
Sexual Assault Response
Coordinator:**
Tiffany Auzenne
tiffany.v.auzenne.civ@army.mil
337-208-0403



**JRTC & Fort Polk
Victim Advocate:**
Brittany Iles
brittany.n.iles2.civ@army.mil
337-208-0402

If you are being sexually harassed or have been sexually assaulted, please call us 24/7, or call the Fort Polk SHARP Hotline at (337) 718-7272

INSTALLATION SERVICES FAIR

Fort Polk invites the community to meet leadership and hear about some of the outstanding programs and services offered on the installation.



AUG. 7
4:30-6 P.M. AT THE WARRIOR CENTER

ORGANIZATIONS

- Family and Morale, Welfare & Recreation
- Human Resources
- Garrison Safety Office
- Religious Support Office
- Plans, Training, Mobilization and Security
- Emergency Services
- Logistics Readiness Center
- Public Works
- Staff Judge Advocate
- SHARP
- Bayne-Jones Army Community Hospital
- American Red Cross
- Equal Opportunity
- Master Resilience Training
- Public Affairs Office
- Corvias
- United Services Organization
- Human Resources
- Commissary
- AAFES
- Non-Federal Employers
- MSC CFFRs and more!



SERVICES

General Powers of Attorney, extreme weather notifications sign-up and professional photos

Childcare provided for service members, families and attendees

**Not available for organization employees working a booth*

Complimentary food will be available!

For more information call 337-353-1694

Celebrate NNO Week

**With the DeRidder Police Department &
the Beauregard Parish Sheriff's Office**
Meet our officers before the BIG event

Wild West NNO Event
Books with the Blue
Wednesday
July 30th
10:30am



Beauregard Parish Library
205 South Washington Street
Phone: (337) 463-6217

**Events before
National Night Out:**

July 30th—10:30am
Books with the Blue

August 1st—2pm
Cones with the Cops

August 4th
**War Memorial
Civic Center**
Comedy Gun Fight Show
Evening event—6:30 pm
FREE event for ALL AGES!
Saddle up & get ready!!

DERIDDER NATIONAL NIGHT OUT
August 5th
DeRidder Fairgrounds
5:30pm—8:30pm

NNO Week Event



**JOIN US
FOR
Cones
WITH THE
Cops!**
DAIRY QUEEN
August 1st
2:00pm
410 Mahon Street
DeRidder, LA

**DERIDDER NATIONAL NIGHT OUT
PRESENTS**
**IRON HORSE
CAR
SHOWDOWN**
DERIDDER FAIRGROUNDS
SHOW US THE HORSES UNDER YOUR HOOD!
TUESDAY, AUGUST 5, 2025
JUDGING FROM 5PM - 7:30PM
**TOP THREE
PEOPLE'S CHOICE**
ALL MAKES, MODELS AND YEARS WELCOME
NO ENTRY FEE
FOR SHOW INFO CALL (337) 348-6885



DeRIDDER POLICE
Est. 1903
"Servitium Non Servitudo"

**SHERIFF
BEAUREGARD
PARISH
OFFICE**

*Saddle Up & Get Ready
for a Ride through the*
**WILD
WEST**
at **DERIDDER
NATIONAL NIGHT OUT**
**TUESDAY,
AUGUST 5, 2025**

**5:30 PM
TO
8:30 PM**

LAW ENFORCEMENT • COMMUNITY • MUSIC • CAR SHOW • FOOD TRUCKS • PRIZES • GAMES • VENDORS
DERIDDER FAIRGROUNDS