

THE JRTC AND FORT JOHNSON

GUARDIAN

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Garrison commander tours child development centers



Fort Johnson garrison commander Col. CJ Lopez (right) took his first tour of child development centers July 13. During the tour, Lopez presented the U.S. Army Guardian Safety Award to Ada Jones (second from left) for saving a child from choking.



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

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Deputy Garrison Commander
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Director of Public Affairs
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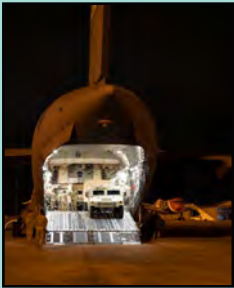
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Cover photo: Joint Readiness Training Center and Fort Johnson Soldiers with the 519th Military Police Battalion load vehicles onto a C-17 Globemaster III at Alexandria International Airport July 9 as part of an emergency deployment readiness exercise before departing to White Sands Missile Range, New Mexico. (Photo by PORSHA AUZENNE)

Fort Johnson airfield redesignated for former Polk aviator, Desert Storm hero

By CHUCK CANNON
Public Affairs Office

FORT JOHNSON, La. — “Our dead are only forgotten when their names are no longer mentioned. 1st Lt. Maks will always be remembered.”

Those words, spoken by Shane Denning, manager of Fort Johnson’s Maks Army Airfield, captured the sentiments of those who attended a redesignation ceremony July 10 at the Joint Readiness Training Center and Fort Johnson.

A large crowd cheered as the airfield was renamed Maks Army Airfield, in honor of 1st Lt. Joseph D. Maks, a Fort Johnson (formerly Fort Polk) aviator, who along with his crew, perished in a helicopter crash during Operation Desert Shield / Desert Storm on March 12, 1991.

Maks and his crew, members of the 36th Medical Detachment (MedEvac), 5th Infantry Division, were transporting two badly wounded Iraqi resistance fighters to a hospital during a nighttime thunderstorm when their UH-60 Blackhawk crashed. There were no survivors.

First to speak at the ceremony was Maks’ oldest son, Jason Maks. Jason, who choked back tears throughout his tribute to his dad, thanked those responsible for redesignating the airfield in his father’s name.

“This is a tremendous honor,” he said. “To have my dad’s name unveiled here today means the world to all of us. My father was a loving husband, committed father and a loyal friend. The limited time God gave him on Earth did not go wasted. He was an example of how each of us should love one another without restrictions.”

Maks said his father’s untimely death in 1991 while trying to get Iraqi resistance fighters the medical attention they needed was a great testament to his love for all people.

“Regardless of where a person came from, what they believed, or what they thought of him, my father always chose kindness,” Maks said.

Maks said his purpose in addressing those in attendance was not to reminisce about the past or the days following his father’s death, but instead to encourage others to show kindness and perseverance like his parents did and his mother continues to do.

“Maks Army Airfield is a testament to sacrifices made by both of my parents: one through the ultimate sacrifice, and the other to her continued commitment to their relationship, their boys and their country,” he said. “I am forever grateful to have grown up to witness a household of selfless dedication.”

Maks said although the airfield bears his father’s name, it also honors the crewmembers who lost their lives that day, as well as their Families.

“To the Donaldson, Smith and Phillips Families, you should know this honor is as much



From left: Brig. Gen. David W. Gardner, Josh Maks, Jason Maks and Command Sgt. Maj. David P. Hanson stand in front of the newly redesignated Fort Johnson Maks Army Airfield July 10.

about your family as it is about mine,” he said. “Your sacrifices are no less important than any of those who have passed in service to this great country.”

Maks closed by saying the airfield holds good memories for him and his Family.

“I pray that it continues to build good memories for others,” he said.

Following Maks’ comments, Brig. Gen. David W. Gardner, commanding general, Joint Readiness Training Center and Fort Johnson, spoke. He said it was important to honor the sacrifices Maks made on behalf of his country, and his legacy serves as a reminder that we have a duty to a cause greater than ourselves.

“Lieutenant Maks embodied the best of what our Army represents: loyalty, courage, and unwavering commitment to protecting our nation and the freedoms we hold dear,” Gardner said. “Throughout his distinguished career he demonstrated unparalleled skills and a passion for flying that set him apart from his peers, but his contributions extended far beyond the skies. He epitomized the values that define a true leader, inspiring those around him and forging bonds of camaraderie that transcended the bounds of duty.”

Gardner said the airfield will stand not only as a shining reminder of the legacy of Maks, but also a testament to the indomitable spirit of brave service members who put their lives on the line for freedom.

“It will serve as a powerful reminder of the sacrifices made by all our service men and women, and stand as a beacon guiding future aviators with inspiration, reminding them of the tremendous responsibilities they carry on their shoulders,” Gardner said.

While some may see Desert Storm and Desert Shield as “easy,” Gardner said it was not easy for the Maks, Donaldson, Smith and Phil-

lips Families.

“This will serve as a reminder that whenever we put America’s men and women in harm’s way, there are those that may be called to provide that ultimate sacrifice,” he said. “The Maks Army Airfield will continue to ensure that this story does not fade into obscurity, but that it will be etched into the records of our military heritage, reminding us of the unyielding spirit and unmatched bravery of those who served.”

Gardner said choosing to redesignate the airfield after Maks was an easy decision.

“This was the Fort Polk community as we got ready to become the Fort Johnson community, coming forward in unison saying this ought to be the Maks Army Airfield,” he said. “May this renaming ceremony mark the beginning of a new chapter in the distinguished history of this airfield, a chapter that continues to honor and pay tribute to this crew.”

In closing, Gardner challenged those in attendance to carry forward the legacy of 1st Lt. Joseph Maks, “a true American hero,” and to strive each day to embody the same sense of duty, honor and courage he exemplified throughout his life.

“Let us never forget the sacrifices made by him, his crew, and countless others who have answered the call of duty in defense of our great nation,” Gardner said. “May the memory and spirit of this crew forever inspire us to soar to new heights both personally and as a nation.”

Following the ceremony, Sue Maks, Joseph’s widow, said she and her Family were honored by the airfield’s redesignation.

“We just found out a few weeks ago,” she said. “We were so touched. Joe is probably looking down from above, asking ‘Why me?’ Our whole Family is just overwhelmed.”

DEPLOYMENT EXERCISE PREPARES FORT JOHNSON FOR MISSION SUCCESS

By PORSHA AUZENNE
Public Affairs Office

FORT JOHNSON, La. — At a moment's notice, Soldiers from the 519th Military Police Battalion were mobilized and deployed from Fort Johnson to White Sands Missile Range, New Mexico, July 7 to participate in a Level III Emergency Deployment Readiness Exercise conducted by U.S. Forces Command.

The battalion deployed for the exercise in support of the U.S. Army North Joint Operations Area for Homeland Defense and critical site defense operations in the U.S. Northern Command area of responsibility in the case of an emergency disaster or for contingency operations within the continental United States. As ongoing training, the U.S. Army activates select units with no notice as part of a rapid—deployment exercise designed to test and validate global response and readiness capabili-

ties. EDREs also assess a unit's home-station support procedures and pre-deployment activities to ensure the Army can rapidly reply to support America's national security interests.

Units participating in this exercise came from Fort Drum, Fort Stewart, and Fort Liberty, including the 511th Military Police Company, 549th Military Police Company and the XVIII Airborne Corps.

"We received the orders from FORSCOM and immediately started doing evaluation to push information out to the affected unit," said Matthew West, Joint Readiness Training Center and Fort Johnson chief of current operations. "We also brought in the Crisis Action Team, a group of personnel ready to support the mission. It is important we try to leave the unit alone during this time to let them go through their sequence and get tasks done while we as the installation come together to help with whatever they need. We have our

team on standby to assist with logistics and requests for information."

From July 7—9, Soldiers from the battalion worked tirelessly in the sweltering Louisiana heat to pack and load equipment, supplies, and vehicles for deployment.

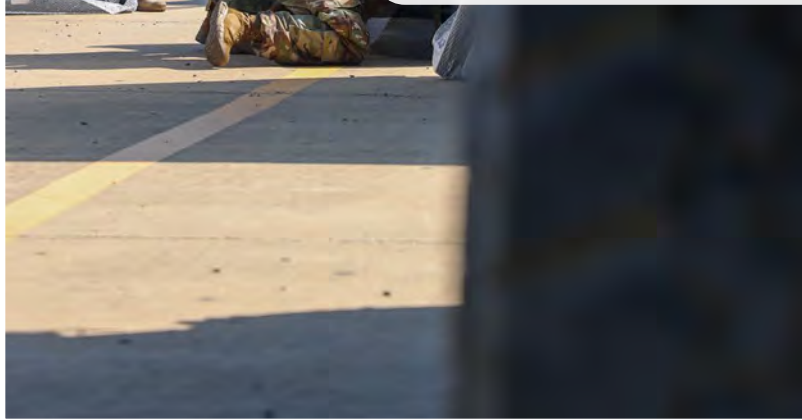
"With support from the 16th Military Police Brigade and Joint Readiness Training Center, the unit surpassed readiness expectations with its 48—hour rapid—deployment response force," Maj. Aaron J. Keil, 519th Military Police Bn. acting commander, said. "Since assumption of this mission, the 'Viper Nation' (nickname for the 519th) has efficiently and diligently prepared to respond to the nation's call."

The EDRE is just one example of how the JRTC and Fort Johnson general staff, garrison, logistics readiness center and other agencies across the installation come together to support the Army mission.





Soldiers from the 519th Military Police Battalion prepare for deployment to White Sands Missile Range as part of an emergency deployment readiness exercise.



Soldiers load equipment onto a C-17 Globemaster III with support from U.S. Air Force Air Mobility Command before departing Alexandria International Airport.



Beware of extreme heat at work, play, know symptoms

PUBLIC AFFAIRS OFFICE

FORT JOHNSON, La. — It's hot in Louisiana. The average high temperatures in July and August can be in the 90s, but will feel like temperatures in the 100s when you consider heat index.

Louisiana's tendency to have high humidity levels can make it feel like one is living in a sauna every time they leave the house.

That's a one-two punch for Fort Johnson Soldiers who spend a lot of time outside training.

According to the Centers for Disease Control and Prevention (CDC), humidity like this can be dangerous because it makes a person feel hotter and sweat doesn't evaporate as quickly. That means it can keep one's body from releasing heat as fast as it needs to.

Spending large amounts of time in the heat while exerting great effort can lead to heat stress — an umbrella term for heat-related illnesses that can occur to those exposed to extreme heat or who work in hot environments.

Understanding heat stress, its effects on health, safety and prevention is important.

The following are some heat-related illnesses:

•Heat cramps — these usually affect people who sweat a lot during strenuous activity. Sweating depletes the body's salt and moisture levels. Painful cramps are the result of low salt levels in muscles. Heat cramps may also be a

symptom of heat exhaustion.

Symptoms include muscle cramps, pain or spasms in the abdomen, arms or legs.

Treatment can include drinking water or a sports drink and eating a snack. Avoid salt tablets and seek medical help if you have heart problems, follow a low sodium diet or the cramps don't subside within an hour.

•Heat syncope — is a fainting episode. This can occur due to dehydration and lack of acclimatization.

Symptoms include fainting for a short time or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position.

Treatment includes sitting or lying down in a cool place and slowly drinking water, clear juice or a sports drink.

•Heat exhaustion — this is the body's response to a disproportionate loss of water and salt, usually through excessive sweating.

Symptoms include headache, nausea, dizziness, weakness, irritability, thirst, heavy sweating and elevated body temperature.

Treatment includes removing the victim from the hot area, drinking liquids, removing unnecessary clothing (including shoes and socks), using cold compresses and encouraging frequent sips of cool water. If medical care isn't available, call 911.

•Heat stroke — this is the most serious heat-related illness. It occurs when the body is unable to control its temperature. When this happens, the body's temperature will rise rapidly, the sweating mechanism fails and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 F

or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

Symptoms include confusion, altered mental status; slurred speech; loss of consciousness, hot, dry skin or profuse sweating; seizures and high body temperature.

Treatment includes calling 911; moving to a cooler or shaded area; removing outer clothing; cooling the victim with cold water or an ice bath or placing wet cloths on the head, neck, armpits and groin; and circulating air around the individual to speed cooling.

The best way to avoid these unpleasant and dangerous episodes is to use preventive measures such as:

•Choosing lightweight, light-colored and loose-fitting clothing.

•If you aren't accustomed to working or exercising in a hot environment, pace yourself and take breaks to cool down.

•Wear sunscreen as sunburns affect your body's ability to cool and can cause dehydration.

•Avoid hot and heavy meals because they add heat to your body.

•Drink plenty of fluids and don't wait until you are thirsty to drink. Stay away from sugary drinks. They can actually cause you to lose body fluid. Also, avoid very cold drinks because they can cause stomach cramps.



Heat Impacts: Vulnerable Populations



PREGNANT



NEWBORNS



CHILDREN



ELDERLY



CHRONIC ILLNESS

Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.



NEVER leave anyone alone in a closed car



Drink plenty of water, even if not thirsty



Use air conditioners and stay in the shade



Wear loose-fitting, light-colored clothing

HEAT STROKE SYMPTOMS AND PREVENTION



ATTENTION!

WHO IS AT RISK OF HEAT-RELATED ILLNESS?

- People older than 65 or younger than 15
- People who are overweight
- People with chronic conditions
- People who exercise or work in the heat
- People who are using certain medications

SYMPTOMS OF HEAT STROKE



UNCONSCIOUSNESS



CONFUSION



DIZZINESS AND HEADACHE



NO SWEATING



TIREDDNESS AND WEAKNESS



DECREASE IN BLOOD PRESSURE



THROBBING HEADACHE



NAUSEA AND VOMITING

PREVENTION



USE AN UMBRELLA



WEAR LIGHTWEIGHT CLOTHING



PROTECT AGAINST SUNBURN



DRINK PLENTY OF FLUIDS



NO ALCOHOL



COOL SHOWERING

Local hospital, American Red Cross collaborate for summer youth program

By PORSHA AUZENNE
Public Affairs Office

FORT JOHNSON, La. — From June 12 to July 7, the American Red Cross and Bayne-Jones Army Community Hospital collaborated to give youth ages 13-17 the opportunity to learn new skills, enhance resumes, make new friends, fulfill required community service hours for school and have fun. This four-week program, officially known as “The American Red Cross and BJACH Summer Youth Program”, also teaches youth volunteers customer service, receptionist and office management skills.

The program kicked off with 11 students who volunteered in five of the hospital’s departments, including family care, the operating room, and labor and delivery. Volunteer department assignments were determined by the students particular interest. Orientation sessions and interviews were held May 22 and covered rules and regulations of the hospital, the Health Insurance Portability and Accountability Act, and the storied history of the Red Cross, its mission and how it related to their time as Red Cross volunteers.

Volunteers were then assigned to department supervisors, who trained and engaged them in various administrative tasks while the students shadowed hospital staff in the process of patient care.

“What this program brings to Fort Johnson is providing youth of the military an experience of volunteering and giving back within their community, which is key,” stated Troy Sonnier, American Red Cross Service to the Armed Forces and the Summer Youth Program manager. “Volunteering and gaining that spirit of helping your own community gives them an opportunity to gain experience that would be good towards college on their resume. If they are interested in going into healthcare, or maybe even not interested at first, this gives them great insight into how the hospital works and how different departments work both clinically and administratively. Everyone in this hospital is here because they care, and to pass that down to volunteers is a gift.”

Two of the program’s volunteers, Mekayla Barnes and Mitra Jhaisy, both 16, discussed their experiences during their tenure.

“My experience volunteering for the American Red Cross/BJACH Summer Youth Program has been really fun,” said Barnes, a current student at Faith Training Christian Academy in Leesville. “I’ve been shadowing over a lot of different areas in the hospital. I went to radiology, labor delivery, OB-GYN and the surgery pavilion. I’ve seen a lot of different things and gained a lot of knowledge.”

Jhaisy, a Leesville High School student, also acknowledged her journey with the program.

“For me, this experience has been amazing. The BJACH staff has been teaching me so



Summer Youth Program volunteers Mitra Jhaisy (left) and Mekayla Barnes (center) discuss labor and delivery with Yolanda Landy, a certified nursing assistant.



Barnes and Jhaisy demonstrate proper newborn care with infant mannequins.



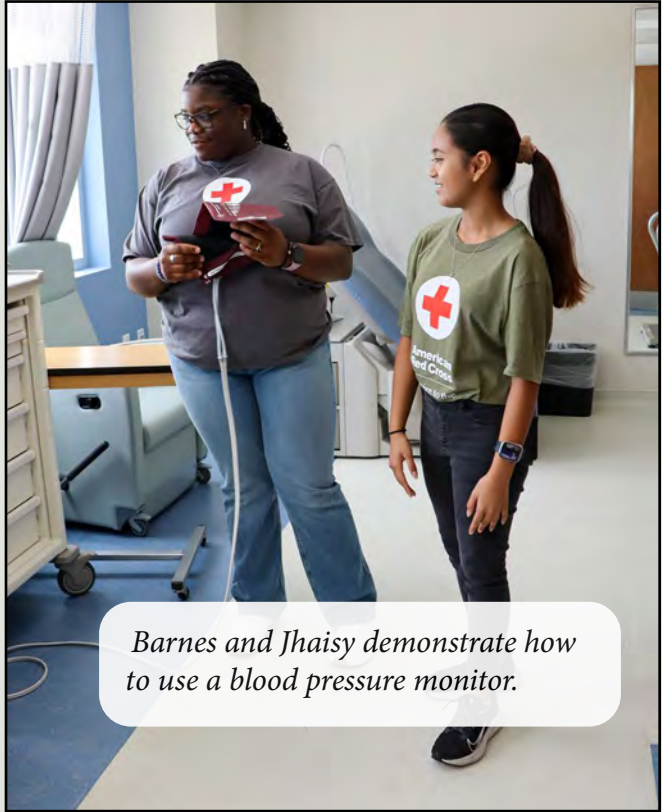
much. I have learned something every single day. When I first got here, both the BJACH and Red Cross staff were so friendly. I’m usually shy, but they instantly made me feel welcomed.”

Volunteers, along with Red Cross staff, gave a tour of the OB-GYN and labor and delivery departments, where they discussed learning about how to properly hold and nurture newborn infants, take care of patients and assist in delivery.

Jean Clavette Graves, BJACH public affairs officer, also expressed the importance of the

program in her own words. “The Summer Youth Program is a force multiplier for our organizations, both BJACH and Red Cross, to provide an extra set of hands on the floor as well as a good educational opportunity for any students who are currently thinking of pursuing careers in the medical field when they get older. Giving back to the community is also an important endeavor for every generation to do, so this an excellent opportunity for kids to volunteer their time in the summer by being productive, helping the community and bettering themselves in the long term for career aspirations.”

The program concluded with a ceremony where volunteers were presented with certificates of achievement, provided lunch and shown appreciation for all of the hard work they dedicated to the program.

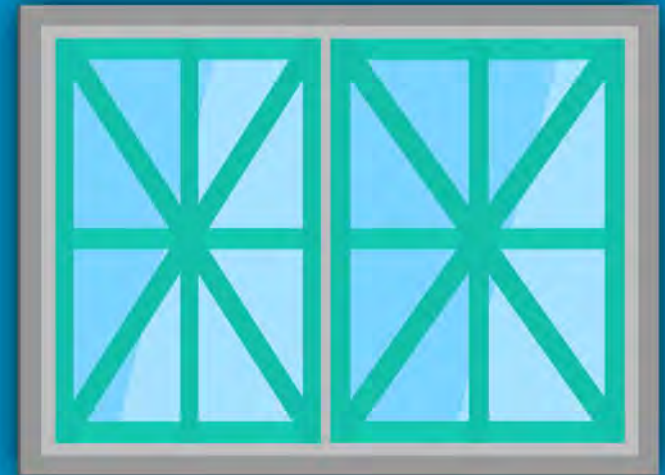


Barnes and Jhaisy demonstrate how to use a blood pressure monitor.

Actions to take when a tropical storm or hurricane threatens

SECURE YOUR HOME

Cover all of your home's windows. Permanent storm shutters offer the best protection for windows. A second option is to board up windows with 5/8 inch exterior grade or marine plywood, built to fit, and ready to install. Buy supplies before the hurricane season rather than waiting for the pre-storm rush.



STAY TUNED IN

Check the websites of your local National Weather Service office and local government/emergency management office. Find out what type of emergencies could occur and how you should respond. Listen to NOAA Weather Radio or other radio or TV stations for the latest storm news.



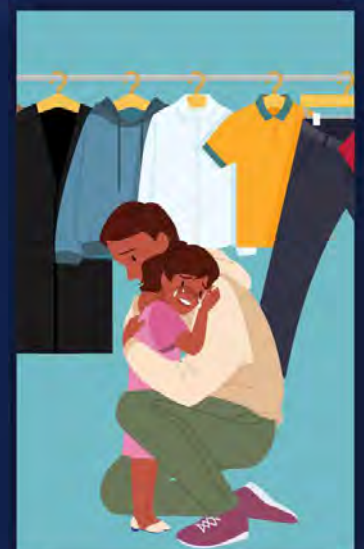
FOLLOW INSTRUCTIONS ISSUED BY LOCAL OFFICIALS

Leave immediately if ordered!

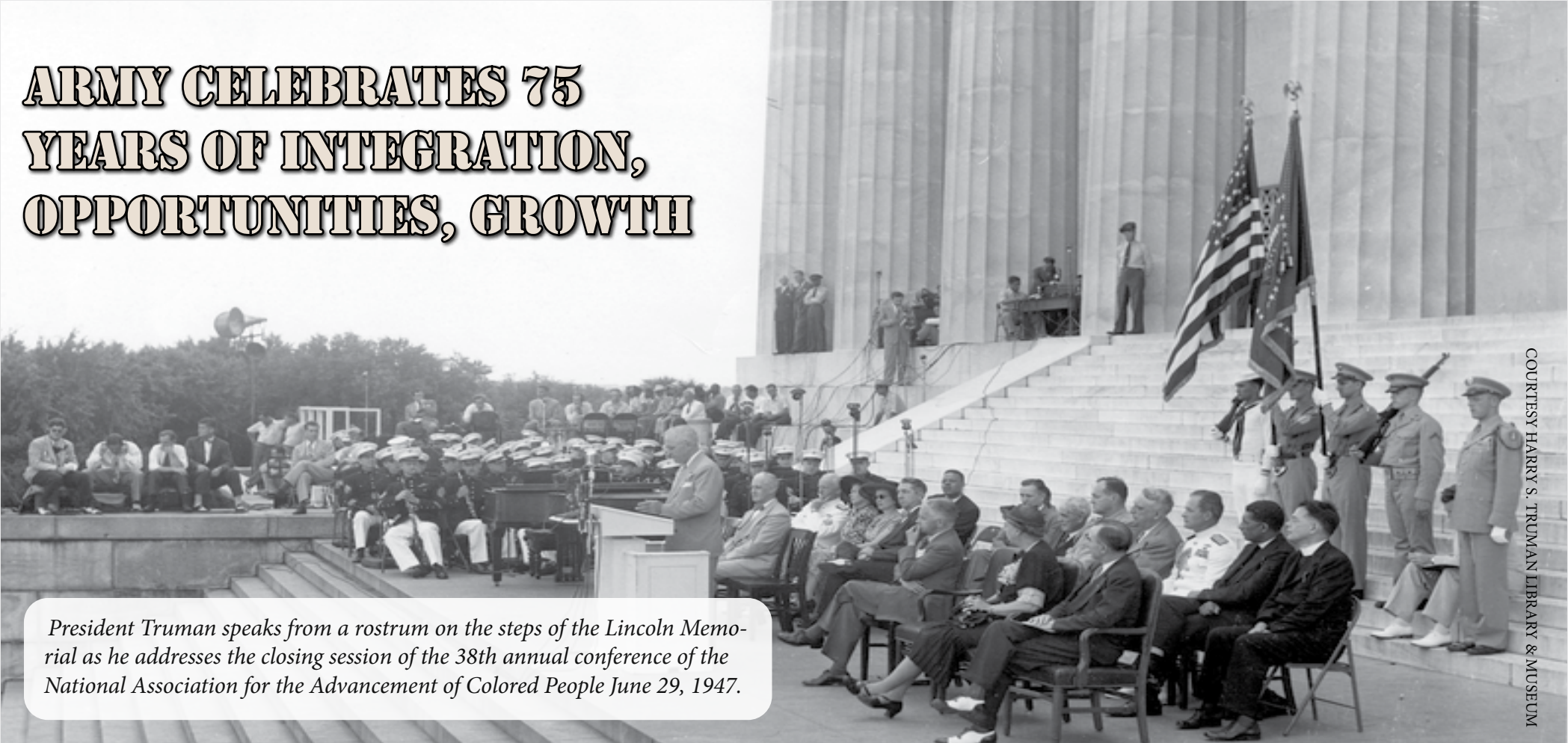


IF NOT ORDERED TO EVACUATE

Take refuge in a small interior room, closet, or hallway on the lowest level during the storm. Put as many walls between you and the outside as you can. Stay away from windows, skylights and glass doors. If the eye of the storm passes over your area, there will be a short period of calm, but at the other side of the eye, the wind speed rapidly increases to hurricane force winds coming from the opposite direction.



ARMY CELEBRATES 75 YEARS OF INTEGRATION, OPPORTUNITIES, GROWTH



President Truman speaks from a rostrum on the steps of the Lincoln Memorial as he addresses the closing session of the 38th annual conference of the National Association for the Advancement of Colored People June 29, 1947.

COURTESY HARRY S. TRUMAN LIBRARY & MUSEUM

By **HALEY WIGGINS**
Public Affairs Office

FORT JOHNSON, La. — July marks the 75th anniversary of the integration of the armed forces. On July 26, 1948, President Harry S. Truman signed two documents: executive orders 9800, which integrated the federal workforce, and 9801, which integrated the armed forces.

He also signed the Women's Armed Services Integration Act June 12, 1948, which allowed women to serve as permanent members of the forces.

The policies were put in place to ensure the military could reach its full potential by accepting everyone into its ranks.

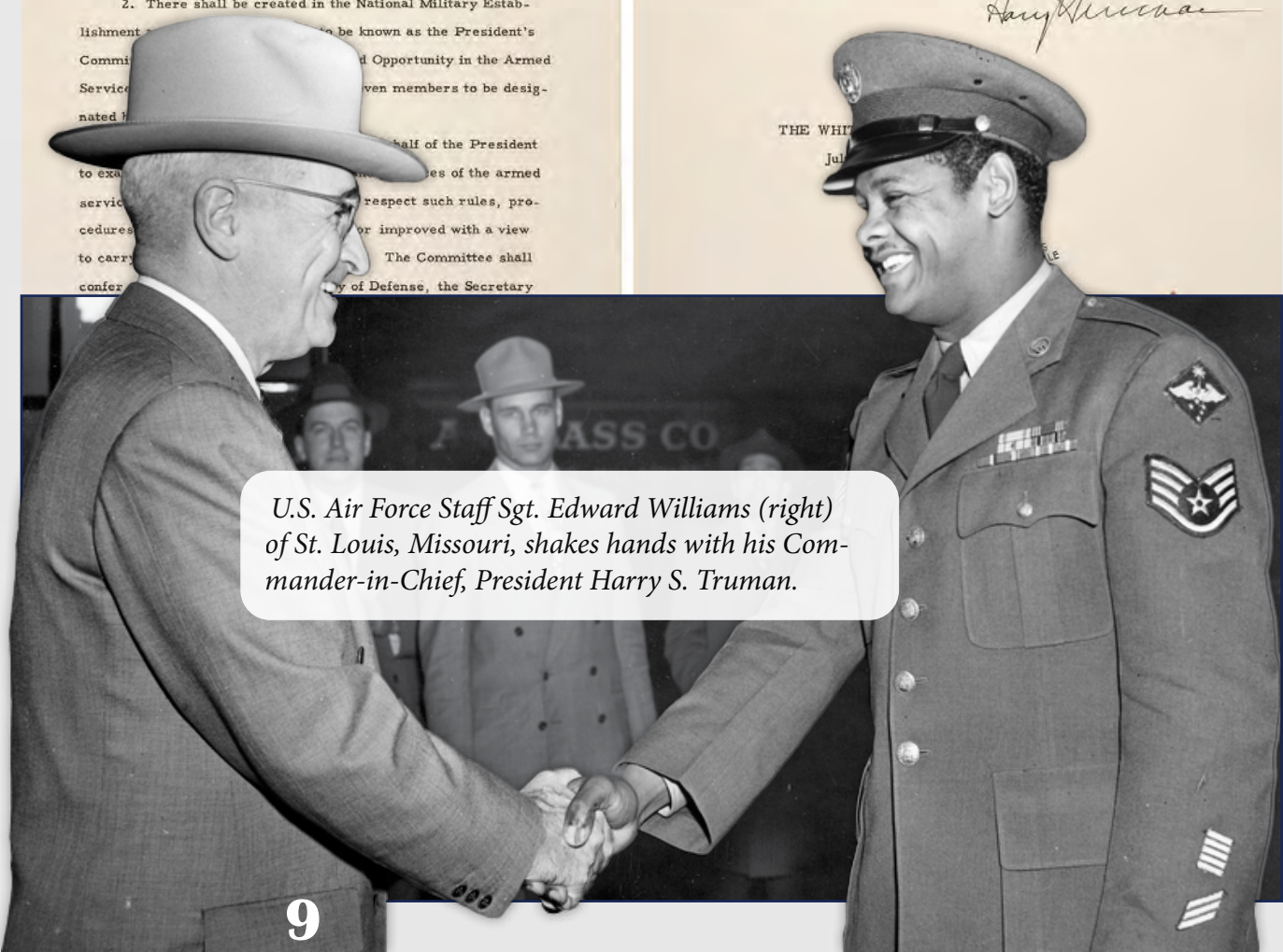
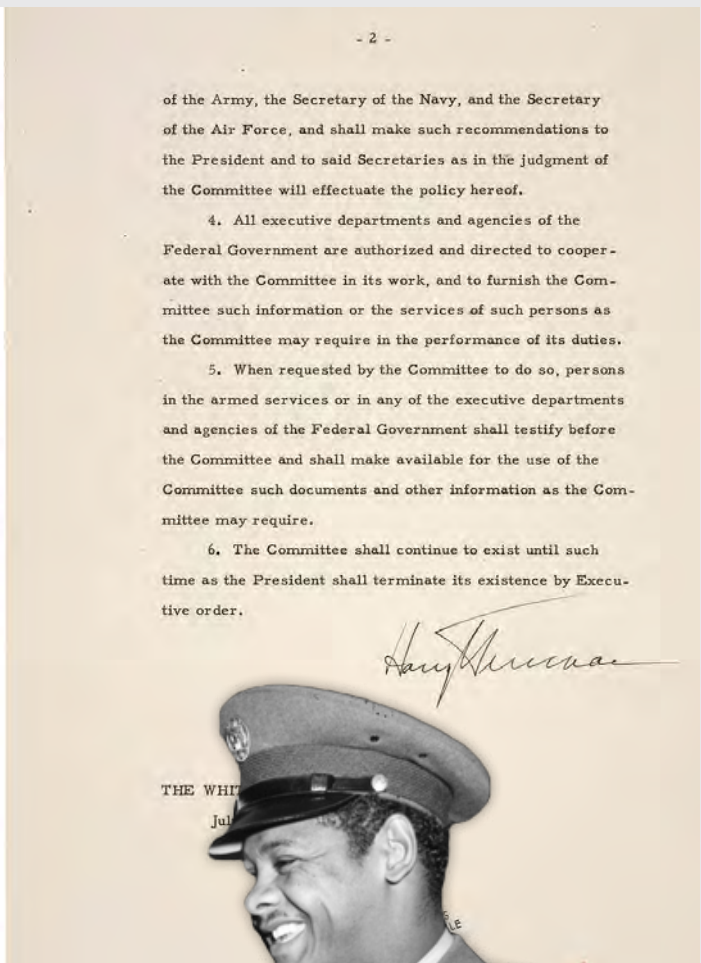
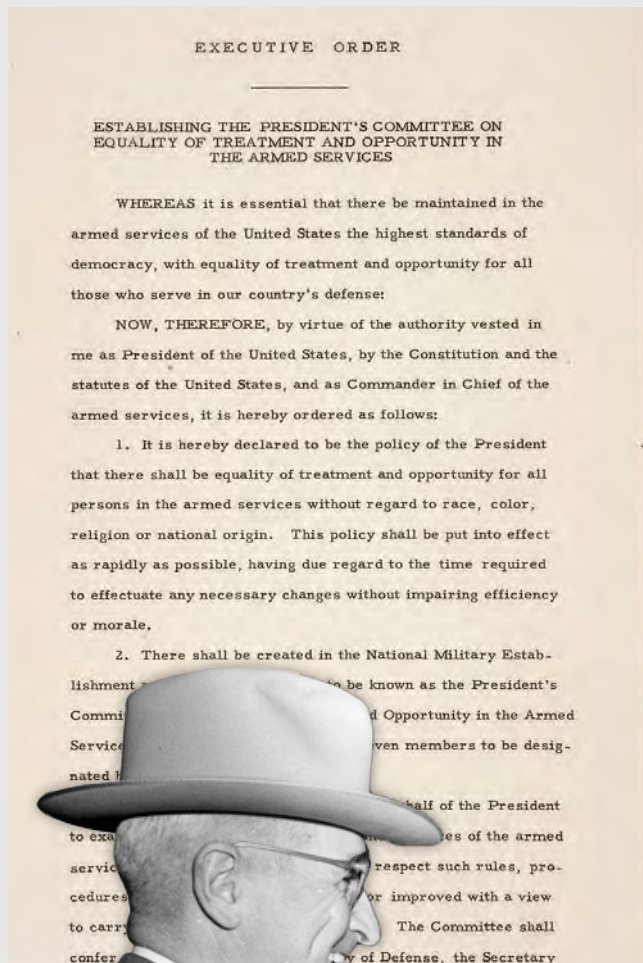
"There shall be equality of treatment and opportunities for all persons in the armed services without regard to race, creed or color," Truman said.

This transformation led to an Army devoted to maintaining equal opportunity for all who want to join.

It has emerged as a fighting force filled with a diverse group of individuals whose wide range of expertise improves the Army as a whole.

"While our Soldiers are as diverse as the nation they serve, we have seen throughout our history that we are strongest when we serve together ... what unites us is our shared Army values," said Christine E. Wormuth, Secretary of the Army.

Integration has worked for 75 years to end prejudice in the military. It's important to celebrate a practice that has brought and continues to bring Soldiers with new ideas and talents together to form a better and stronger Army with the potential to successfully accomplish any mission.



U.S. Air Force Staff Sgt. Edward Williams (right) of St. Louis, Missouri, shakes hands with his Commander-in-Chief, President Harry S. Truman.

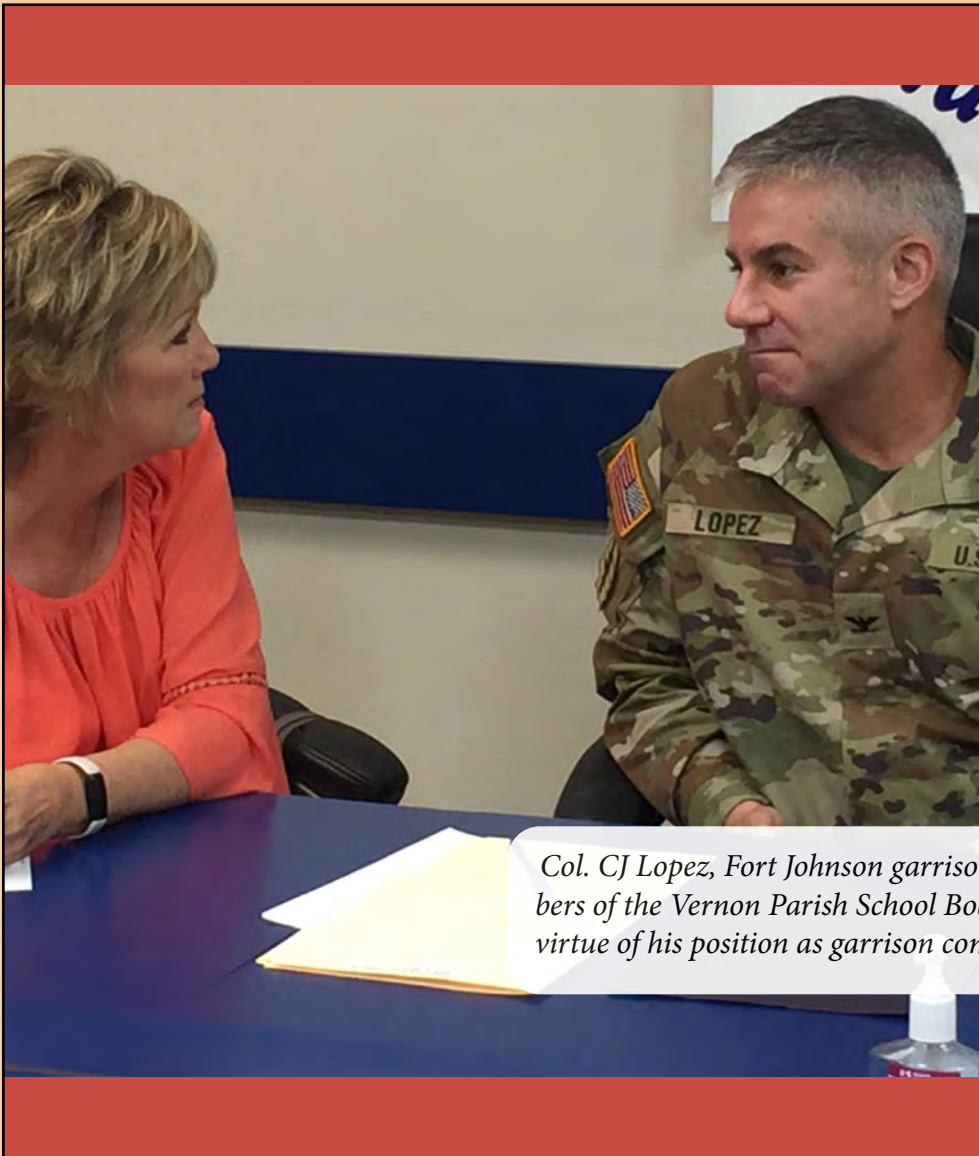


DeRidder celebrates 4th of July

Locals from all around the community, including Fort Johnson, gathered on July 4 for fireworks, fun, delicious food, tug-of-war, music, dancing, three-legged races and a pie eating contest.



POISHA AUZEENE/GUARDIAN



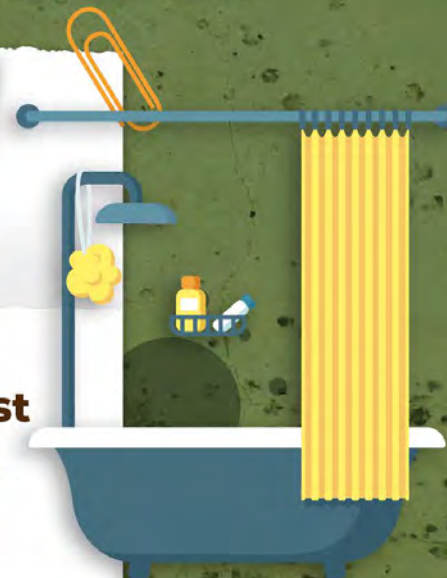
Col. CJ Lopez, Fort Johnson garrison commander, takes notes and visits with members of the Vernon Parish School Board during its monthly meeting July 6. Lopez, by virtue of his position as garrison commander, is an ex-officio member of the board.



CHUCK CANNON/GUARDIAN

MOLD MITIGATION

**TIP
#5**



Run the bathroom fan or open the window when showering. Use exhaust fans or open windows whenever cooking, running the dishwasher or dishwashing, etc.



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Secretary of the Army appoints four new civilian aides



The U.S. Army appointed four new Civilian Aides to the Secretary of the Army during an investiture ceremony on July 13 at the Pentagon, as Secretary of the Army Christine Wormuth (center) swore in (left to right) Keith A. Baranow, from South Royalton, Vermont; Susan L. Malone from Reno, Nevada; Logan O. Morris from Leesville, Louisiana; Donna A. White from Albuquerque, New Mexico. CASAs promote good relations between the Army and the public, advise the secretary about regional issues, support the total Army workforce, and assist with recruiting and helping Soldiers as they transition out of the military.

SGT. DAVID RESNICK/US ARMY

WASHINGTON — Secretary of the Army Christine Wormuth swore in Keith Baranow, Susan L. Malone, Logan O. Morris and Donna A. White as Civilian Aides to the Secretary of the Army during an investiture ceremony at the Pentagon July 13.

“It’s an honor to welcome our four newest CASAs to the Army team,” said Wormuth. “As CASAs they will be great advocates for the Army in their local communities. I have asked them to help share the Army story to help young people see how the Army can give them a sense of purpose and provide a fulfilling career.”

Keith A. Baranow, CASA for Vermont, is the associate vice president of military partnerships and business development for Norwich University. He retired from the U.S. Army in 2022 as a lieutenant colonel after over 30 years of service. Baranow entered the service in 1991 as an infantryman with the Army National Guard and transferred to the Regular Army in 1994. He obtained the rank of staff sergeant before commissioning through the Officer Candidate School in 2001. Baranow served in a myriad of command and staff positions with notable units, including the 3rd U.S. Infantry Regiment known as the Old Guard, the 1st Infantry Division, the 15th Military Police Brigade, U.S. Army Criminal Investigation Command, U.S. Army Recruiting Command and the Army Staff. Baranow is an active member of the Veterans of Foreign Wars and sits on the Governor’s Veterans Advisory Council.

“I am honored to be given the opportunity to continue and serve the exceptional men and women who chose to ‘Be All They Can Be’ and serve in today’s Army,” he said. “Soldiers and their families have been a top priority over the past 30 years, and I look forward to working with the Secretary of the Army to tell the Army’s story to residents of Vermont.”

Susan L. Malone, CASA for Nevada, is a retired U.S. Marine Corps colonel with over 40 years of extensive public, private and government service. Her extensive career includes service as human rights adviser to the government of Haiti’s Minister of Justice, senior international law and justice program adviser, adviser to the government of Iraq’s Commission on Public Integrity, and special adviser to the CPI Anti-Corruption Unit in Baghdad where she served as the principal senior adviser to the Ministers of Interior and Defense. Malone was selected as one of the first two female special agents in the FBI from 1972-1979.

“I am honored and grateful to be given the opportunity to assist the Army by supporting the men and women and their families who serve our great nation and Nevada,” she said. “I look forward to working with the secretary to showcase and enhance the role of the Army in Nevada.”

Logan O. Morris, CASA for Louisiana (North), is a fourth-generation insurance agent and realtor from Leesville, Louisiana, the home of Fort Johnson. He is currently serving as the CEO of the Greater Vernon Chamber of Commerce. Morris served as president of Louisiana Realtors in 2019 and as the Region 10 vice president of the National Association of Realtors in 2022. He is a life member of the Association of the United States Army and is a member of the First Methodist Church of Leesville. In his capacity with the chamber, both as a volunteer board chair and now CEO, Morris has worked with the command team at Fort Johnson and leaders at the local, state and national level to improve the entire local community by addressing issues related to economic development, housing, education and spousal employment.

“It is indeed an honor to be appointed to serve Secretary Wormuth and the Army in this capacity,” he said. “I look forward to continu-

ing a personal commitment to improving the quality of life for all Soldiers and their families – past, present and future. Louisiana is fortunate to have been the home to some of the finest defenders of our freedom. I humbly commit my time and efforts in support of the greatest Army in the world.”

Donna A. White, CASA for New Mexico (North), served on active duty in the Army from 1975 to 2001, rising in rank from private to lieutenant colonel. As the daughter of an immigrant, she said she considered it a privilege to serve her country and has continued to spread the word about the military in her professional capacity over the past two decades. White has been a U.S. Military Academy admissions field force member for over 20 years and is now the New Mexico state coordinator for students seeking appointments at West Point. As a college counselor at Albuquerque Academy during the same timeframe, White assisted over 1,000 high school students in applying for, and securing the funding to make college affordable.

“Being an enlisted Soldier and a commissioned officer in the Army changed my life in many important ways,” she said. “I look forward to being a teammate of the secretary as we serve the needs and aspirations of residents in New Mexico.”

CASAs promote good relations between the Army and the public, advise the secretary about regional issues, support the total Army workforce and assist with recruiting and helping Soldiers as they transition out of the military.

Each state, the District of Columbia, and the five U.S. territories have one or more CASAs to provide a vital link between the Army and the communities they serve. CASAs are usually business or civic leaders who possess a keen interest in the welfare of the Army and their communities.

Save on child care with **Parent Participation Program**

By **HALEY WIGGINS**
Public Affairs Office

FORT JOHNSON, La. — Each military family can face unique challenges, but there are programs at Fort Johnson that can ease some of their child care needs. The Parent Participation Program offers parents discounts on their own child care by volunteering.

Volunteers of the PPP can get rewards based on the number of hours they work. There is a point system that allows them to earn points for fee reduction towards their own child care.

“The parents participate/volunteer in a program and earn ‘points.’ Typically, 10 volunteer hours equals 10 points, which can be used for a 10% discount on one month of fees. Parents may also donate items to the program to receive points or chaperone field trips. If the field trip is 8 hours, the parent would receive 8 points,” Turner said.

Options covered by PPP are Parent and Outreach Services, Child Development Centers, School-Age Centers, Youth Centers and Family Child Care.

Parent and Outreach Services support the needs of children of active-duty or deployed soldiers, and it has counselors to help staff, parents and children within the facilities.

The Child Development Centers care for children 6 weeks to 5 years old. There are four centers on Fort Johnson that specialize in different age groups.

The School-Age Center is for children 6 through 12 years of age. It offers before and after school care, weekend activities and camps during school breaks.

Youth Centers are for kids 11 through 18. They are taught leadership and life skills

that can help them in the future. The youth are also provided with academic support, mentoring and intervention services.

Family Child Care provides home-based care for children 4 weeks to 12 years old. The program has flexible hours that include full-day, part-day, overnight, weekend and hourly child supervision. Providers must complete background checks, home inspections and ongoing training as part of their certification.

Volunteers are vital to the success of the program because they are actively helping the children learn and grow.

“We may look like we play with children all day, but the children are developing lifelong learning skills and abilities. All our programs

are nationally accredited. We pride ourselves in providing quality service and care for military families,” Crissy Turner, Parent & Outreach Director said.

To get involved, parents can go to Parent Central Services in building 924 at 7960 Mississippi Ave. to fill out a volunteer packet. “A background check is required, depending on what they want to volunteer for,” Turner said.

There are many ways that civilians can be involved in the program, and their help is always needed.

The Parent Participation Program is a necessity at Fort Johnson, and it will continue to assist military families with all their child care needs.



PORSHA AUZENNE/eGUARDIAN



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CHILD CARE (FCC)**

**Higher starting income!
Opportunities to increase your
income!* Training included!**

**Earn a \$1k recruitment or
relocation BONUS*, too!**

**Work at home - Start a great career -
Own your own business with FCC!**



*Conditions apply



www.ArmyMWR.com/FCC



NATIONAL NIGHT OUT

***** FREE COMMUNITY EVENT *****

PASTALAYA & JAMBALAYACOOK-OFF | STATIC DISPLAYS
GIVEAWAYS | COMMUNITY SAFETY INFORMATION

Tuesday, August 1, 2023
6-9 pm

Lake Charles Civic Center
900 Lakeshore Drive

www.cityoflakecharles.com/nationalnightout



LADIES NIGHT

COME ON Barbie LET'S GO PARTY

GAMES, COSTUME CONTEST, AND PRIZES

July 21st
6-9pm
18 and older
The Anvil Bar
9th Street, BLDG 1457

ANVIL Bar

U.S. ARMY MWR

ARCS ⚡ SPARKS

Join us for this **free** event where the entire family can learn how Entergy powers our community!

Enjoy live demonstrations at 10:15 & 11:15 and learn about safety, energy conservation and storm preparation. Refreshments will be provided.

HILLCREST PARK

2808 HILLCREST DR.

SATURDAY, JULY 15, 2023 • 10AM-12PM

At Entergy, safety for our employees and our customers is top priority. Our Arcs & Sparks power line demonstration is a tool used to teach our customers about power line safety, what our linemen do to stay safe and what you should do if you are ever in a situation involving downed power lines.

For more information, call 337-491-1280 or email parks@cityoflc.us • cityoflakecharles.com

Commissaries the place to be during *NATIONAL ICE CREAM MONTH*

By the Defense Commissary Agency

FORT GREGG-ADAMS, Va. — Ah, summer! The season always conjures up memories of the ice cream truck -- the chirpy tunes, the search for spare change, and the season's first taste of the most delightful frozen treats.

Fortunately, as the temperatures rise, commissary customers don't have to wait for ice cream on wheels. During National Ice Cream Month in July, commissaries worldwide have an incredible selection of cool, soothing, delicious frozen treats at great prices.

"My family and I love ice cream as a special treat on hot days, and through the years the commissary has provided us with remarkable ice cream varieties wherever we've been stationed," said Marine Sgt. Maj. Michael R. Saucedo, the Defense Commissary Agency's senior enlisted advisor to the agency director. "The same holds true today and the low commissary prices make it worth the trip for every commissary patron."

It's fitting that National Ice Cream Month is July since commissary ice cream sales are highest during the hot months of summer, according to Kim Galvin, a frozen/dairy merchandis-

ing specialist at DeCA headquarters. Shoppers should look out for lots of new items this year.

- Crav'n Flavor commissary private label – 12 new novelty items: Ice Cream Sandwiches, Mini Vanilla Ice Cream Sandwiches, Orange Cream Ice Cream Bars, Fudge Bars, Vanilla Ice Cream Cones, Ice Cream Bars, Birthday Celebration Ice Cream Cups, Vanilla Ice Cream Cups, Rainbow Frozen Pops, Sugar Free Rainbow Frozen Pops, Red, White and Blue Frozen Pops, and Cookies and Cream Ice Cream Sandwiches

- Noosa – four new Frozen Yoghurt Gelato flavors: Strawberries & Cream, Sea Salt Caramel, Chocolate Fudge, and Lemon Bar

- Oatly – four non-dairy frozen dessert flavors: Vanilla, Chocolate, Strawberry, and Mint Chip

- Keto Pint – three new Keto no-added sugar ice cream flavors: Triple Chocolate Brownie, Sea Salt Caramel, and Peanut Butter Cup

- Blue Bunny Soft Serve Twist Cones

- Talenti – five new flavors and new bars: Alphonso Mango Sorbetto, Coffee Chocolate Chip Gelato, Black Raspberry Chocolate Chip Gelato, Mini Vanilla Caramel Gelato Bars, and Mini Roman Raspberry Sorbetto Bars

- Heath frozen novelty items: Breyers Blast

Heath Toffee Frozen Dairy Dessert and Heath Frozen Dairy Dessert Pint

- Reese's frozen novelty items: Breyers 2 in 1 Reese's Cups and Mini Pieces Frozen Dairy Dessert, Breyers Reese's Cup Chocolate Frozen Dairy Dessert, Klondike Reese's Peanut Butter & Chocolate Frozen Dairy Dessert Cones, and Good Humor Reese's Frozen Dessert Bar

- Chips Ahoy! Frozen Dairy Dessert

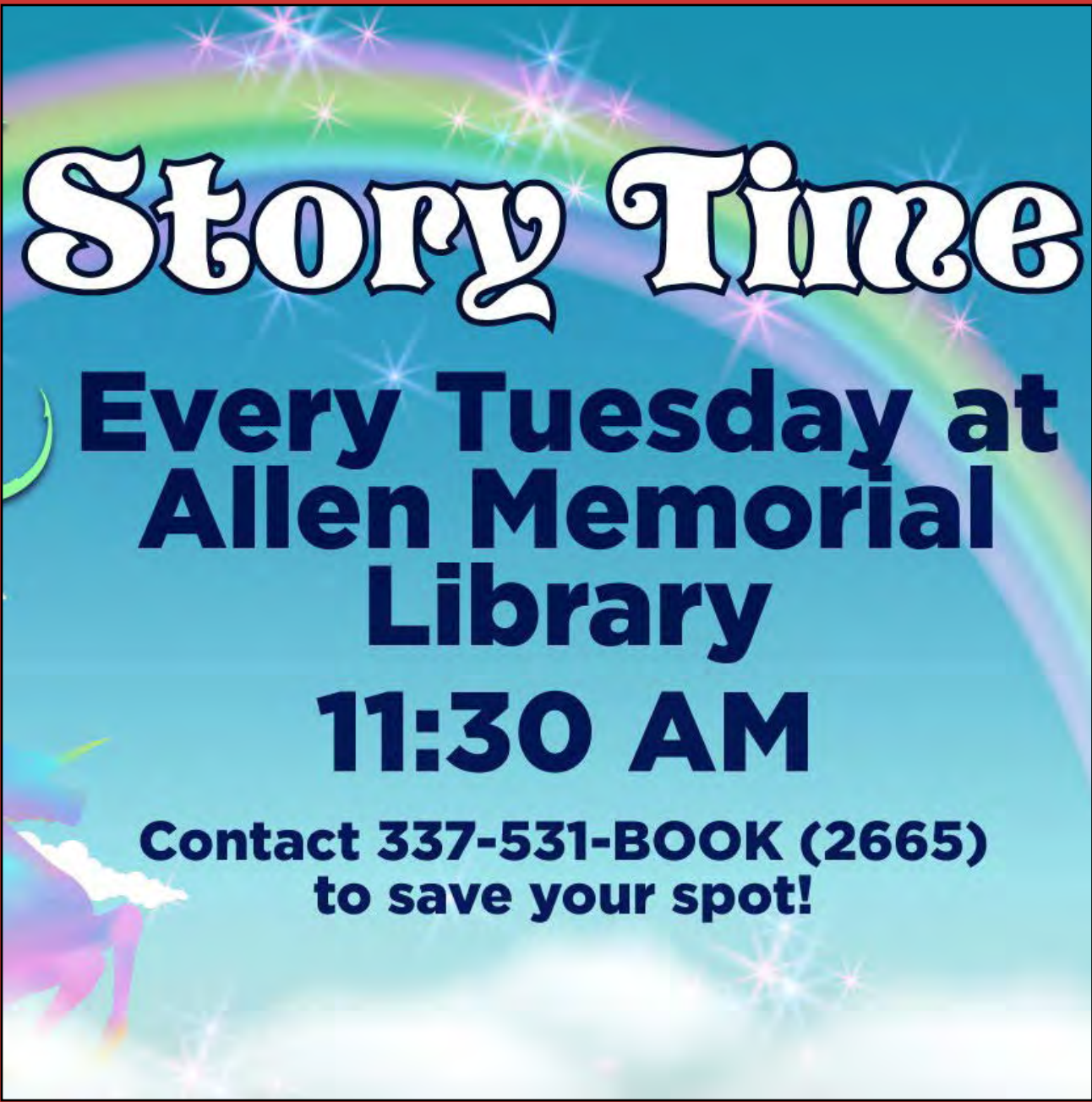
- Oreo frozen desserts: Frozen Dairy Dessert Tub, Oreo Ice Cream Sandwiches, Oreo Ice Cream Cones, and Oreo Ice Cream Bars

- Lactaid – two new flavors: Mint Chocolate Chip and Salted Caramel Lactose Free Ice Cream

The magic of the commissary ice cream section is the value and item selection customers enjoy, said Galvin. Customers find sizes ranging from gallons to pints to single-serving cups, bars and cones. Then there are flavors that go well beyond the traditional vanilla, chocolate and strawberry treats. There's also non-dairy ice cream for the lactose intolerant.

Whether you're team tub, pint, bar, cone, sandwich or cup -- vanilla, chocolate or something else, your commissary offers more variety and value than the neighborhood ice cream truck and there's no wait.





Story Time

Every Tuesday at Allen Memorial Library

11:30 AM

**Contact 337-531-BOOK (2665)
to save your spot!**

Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to Family and Morale, Welfare and Recreation for disposal if they remain unclaimed. Vehicles are listed with the last four of their VIN. If one of these vehicles belongs to you, contact the Fort Johnson Police Traffic Division at (337) 531-1806, 6675 or 2677.

2014	Kia	Optima	0324
2014	Dodge	Dart	5863
2011	Infiniti	2D	3365
2000	Chevrolet	Impala	8125
2011	Cadillac	DTS	6891
1995	Jeep	Cherokee	9563
1999	Honda	Accord	5783
2012	Hyundai	Elantra	8154
2016	Mazda	3	5679
2008	Chevrolet	Impala	9420
2010	Chevrolet	Cobalt	6002
1997	Dodge	1500	9101
2002	VW	GTI	2558
1981	Yamaha	XJ650	8637
1994	Ford	F-250	3432
1997	Dodge	1500	3720
2003	Nissan	Altima	6157
2014	Chevrolet	Cruze	0491
2011	Toyota	Camry	5280
2002	Pontiac	Grand Prix	1285
2008	BMW	5301	9457




Bayne-Jones Army Community Hospital Managed Care Division Contact Information

Phone: 337-531-3627/3626

FOR MEDICAL TDY MEMO

Scan QR Code and Email your request.
Please include name, rank, unit, phone number, appointment date, and desired mode of transportation (ground shuttle or POV request). If NMA is required include the NMA's information as well.

FOR PRIME TRAVEL REIMBURSEMENTS

Scan QR Code and Email your documents.
Please include kept appointment slip, receipts, and NMA information if applicable.

Email: dha.johnson.Bayne-Jones-ACH.mbx.managed-care@health.mil










Army medical recruiters visit Fort Johnson

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT JOHNSON, La. — United States Army Medical Recruiting Station from Shreveport, Louisiana, conducted an Army Medical Department commissioning brief and information session July 13 in the education center at the Joint Readiness Training Center and Fort Johnson.

According to goarmy.com, Army healthcare careers offer challenging work with fewer barriers and limitations to treating patients. It also provides Soldiers with a deep sense of satisfaction performing an important service to the country.

The purpose of the event was to spread the word to civilians, Soldiers and officers about the professional medical opportunities and positions available through a variety of medical commissioning programs.

“AMEDD has positions for nearly every healthcare or science-related medical occupation,” Staff Sgt. Carmen Palmer, an AMEDD recruiter, said. “We also have a variety of scholarship opportunities.”

Palmer said the medical specialties most needed by the Army is continually changing, and her office is the best place to start when seeking out information.

Sgt. 1st Class Austin Policky, AMEDD recruiter, said serving with a purpose is important to Soldiers.

“Joining the Army Medicine team comes with many opportunities and incentives,” he said. “You’ll be inspired, challenged, and able to continue to develop and grow personally and professionally while doing the job you love and serving Soldiers, their Families and military retirees.”

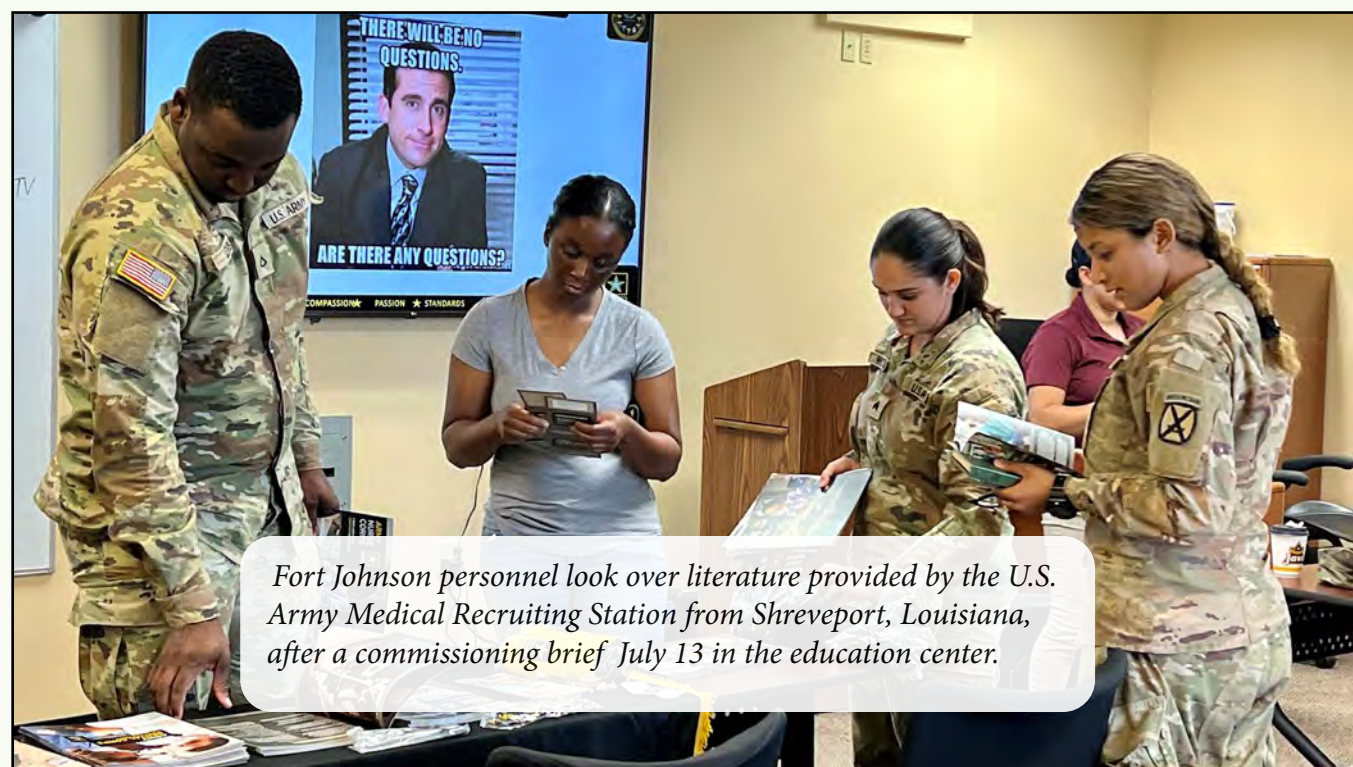
Crystal Absher, registered nurse with Bayne-Jones Army Community Hospital’s emergency department is applying for the Army Nurse Corps Emergency Room Nurse direct commissioning program.

“I have a passion for emergency medicine and have always had a desire to join the Army,” she said. “I am nearing the completion of my master’s in nursing administration and believe the military will provide invaluable leadership experience to enhance my education.”

Absher, a military spouse, chose the Army over other branches of the service to facilitate duty assignments for her and her spouse under the Army Married Couples Program.

“As spouses it is very easy to follow our significant others and find comfort in them and their career,” she said. “Something my husband encouraged early in our marriage was for me to set a goal for myself at every duty station. I started as a certified nursing assistant and received my Associate of Science in nursing while stationed in North Carolina.”

Absher also worked full time while earning



Fort Johnson personnel look over literature provided by the U.S. Army Medical Recruiting Station from Shreveport, Louisiana, after a commissioning brief July 13 in the education center.

her Bachelor of Science in nursing while living in Maryland.

“As a traveling nurse in Washington State I learned adaptability and flexibility,” she said. “Here in Louisiana, I joined the federal system while working towards my Master of Science in nursing administration.”

Absher, a mother of two, said it’s been a long process.

“It took time, but I am proud of where I am today and could not have done it without the support from my husband and the military,” she said. “Our next adventure will be one we share as a dual military family, a goal I’ve wanted since I began nursing school.”

Absher is currently filling in as the clinical nurse in charge of BJACH’s emergency department while her supervisor is on paternity leave.

“I am appreciative of this program as it takes my experience and education into consideration, allowing me to continue my professional growth,” she said. “As the acting clinical nurse officer-in-charge I am reassured this is the right path for me. One day I do hope to be a fulltime ER CNOIC and the direct commissioning program is the first step down that path.”

Pfc. Xavier Lewis, optical laboratory specialist at BJACH, attended the briefing and was interested in the optometry program.

“I feel like an AMEDD commissioning path will give me more options and opportunities to explore in my career,” he said. “Becoming a medical provider in the military will give me more opportunities down the road as a civilian practitioner as well.”

Lewis, a Florida native, is exploring programs to meet the educational prerequisites.

Policky said there are a lot of opportunities.

“It is not necessary to be a current medical professional to apply, but at a minimum, interested individuals will need an undergraduate degree,” he said. “With more than 60 areas of



Pfc. Xavier Lewis (left), optical laboratory specialist, discusses the Army Medical application process with recruiter Staff Sgt. Carmen Palmer after a commissioning brief.

concentration, each have different qualifications. Soldiers and civilians can apply by reaching out to me or one of my AMEDD recruiting colleagues. We will review the eligibility requirements with each applicant to ensure they are qualified before proceeding with the application.”

Policky and Palmer are available by email or phone and are happy to assist all who are interested AMEDD commissioning opportunities.

Palmer said they were well received at Fort Johnson.

“We had 20 interested individuals stop in and talk to us today about the great opportunities available through the various AMEDD commissioning programs,” she said. “This was a great turnout and illustrates the excellent caliber of Soldiers stationed at the Joint Readiness Training Center.”

U.S. Army Shreveport medical recruiters can be reached via email at carmen.m.palmer.mil@army.mil or ausitn.j.policky.mi@army.mil and a full list of AMEDD careers and programs can be found at <https://www.goarmy.com/careers-and-jobs/specialty-careers/health-care>



**BAYNE-JONES
ARMY COMMUNITY HOSPITAL**

FAMILY HEALTH FAIR



**SATURDAY,
AUGUST 5, 2023**



**8 A.M. – NOON
OPPORTUNITY DRAWINGS
EVERY 30 MINUTES**



**BJACH
ENTRANCE A
FORT JOHNSON**

Breastfeeding Awareness Month

This is a **FREE** post wide breastfeeding awareness and family health fair for expecting, new and seasoned parents to learn more about community resources.

- **LACTATION SUPPORT**
- **NEW PARENT SUPPORT GROUP**
- **SAFE SLEEP**
- **WOMEN, INFANTS & CHILDREN (WIC)**
- **P3T PROGRAM**
- **BEHAVIORAL HEALTH (POSTPARTUM)**
- **FAMILY ADVOCACY**
- **FOOD VENDORS, COFFEE, SNOW CONES**
- **FACE PAINTING, BOUNCE HOUSE, PHOTO BOOTH, POPCORN, KID GAMES, BALLOONS AND MORE...**



**American
Red Cross**



BAYNE-JONES ARMY COMMUNITY HOSPITAL
AFTER HOURS

**CYS
&**

**SPORTS
PHYSICALS**

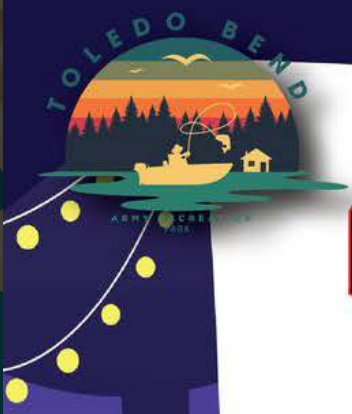
4:30 - 6:30 P.M.

JULY 11, 13, 18, 20, 25 & 27

TO SCHEDULE AN APPOINTMENT

CALL 337-531-3011

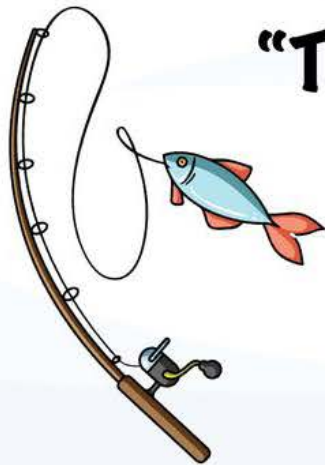
**PLEASE BRING
ALL REQUIRED
FORMS TO THE
APPOINTMENT**



Movie Night on The Bend

Toledo Bend will be Featuring:

"The Great Outdoors"



July 28
Fun Begins
@ 5pm



FREE Popcorn!!



Come out to Toledo Bend, and enjoy a Free Movie by the water, with sporting activities, food, drinks, and more!



PROUDLY SPONSORED BY



BRIEFS

BOSS gone wild safari zoo

Join BOSS as they embark on the ultimate safari trip July 22 from 11 a.m.–4 p.m. This trip is free and open to all single Soldiers. Transportation will be provided, but privately owned vehicles are also allowed. BOSS will depart from Home of Heroes at 10:30 a.m.

Sign-ups are required and due one week prior to day of event.

For more information call (337)378-3236.

Ladies day

Every third Sunday of the month, ladies get half off range fees at the MWR Recreational Shooting Range.

For more information please call (337) 531-7552.

Women's league

Nine, Wine and Dine is a new ladies golf league that takes place each Tuesday from 5–7 p.m. Women are invited to participate.

It's a great opportunity to make new friends, enjoy a night of golf (nine holes) and then opting to have dinner and wine at the Forge Bar and Grill.

The cost is \$22 for members and \$27 for non-

members. The event takes place at the Warrior Hills Golf Course. The next Nine, Wine and Dine is July 25.

For more information call 531-4661.

Wednesday night scramble

The Warrior Hills Golf Course hosts a nine hole scramble each Wednesday. The cost is \$20 for members and \$25 for nonmembers. The next scramble is July 26 from 5-6 p.m.

For more information call (337) 531-4661.

Cosmic golf

Calling all astronauts and space travelers! The Warrior Hills Golf Course will host their monthly glow-in-the-dark golf event July 28–29 from 8-10 p.m. on the driving range. Bucket deals will be offered for \$5.

For more information call (337) 531-4661.

Books and brews

Attention book worms! Come to the Forge Bar and Grill July 25 for this free book club-like event. From 5 p.m.–6 p.m., participants will have dinner, drinks and discussions based on books that have kept them entertained throughout the month as well as suggestions of things to read.

For more information visit: [https://johnson.](https://johnson.armymwr.com/calendar/event/books-and-brews/6040116/80679)

[armymwr.com/calendar/event/books-and-brews/6040116/80679](https://johnson.armymwr.com/calendar/event/books-and-brews/6040116/80679)

Fall open house

The Middle School and Teen Center (building 744) will be holding an open house Aug. 1–4. From 11:30 a.m.–1:30 p.m. parents can view fall programming activities, field trips and upcoming parent nights.

For more information call (337) 531-1992.

Citizenship and literacy class

Every Tuesday throughout August, Army Community Services (building 920) will be hosting citizenship and literacy classes which will help prepare participants for the U.S. citizenship test.

If interested, please call (337) 531-6941 and RSVP by Aug. 1. There is a 10 seat limit and placement will be based on a first come, first served basis.

CYS fall soccer 2023

Registration for the 2023 CYS fall soccer season is ongoing until Aug. 11.

For more information call (337) 531-6004.

<https://johnson.armymwr.com/happenings/cys-fall-soccer-2023>

FORT JOHNSON THINGS TO DO

July 20: Guided Nature Walk at Sam Houston Jones State Park

Lake Charles, La.

Join others for a relaxing walk into the woods. Meet up is at the Stage Coach or Children's Trail July 20 at Sam Houston State Park. This event will take place from 9-11 a.m.

<https://www.visitlakecharles.org/event/guided-nature-walk-at-sam-houston-jones-state-park/44850/>

July 22: 43rd Annual Natchitoches-NSU Folk Festival

Natchitoches, La.

The annual Natchitoches-NSU Folk Festival is back! This year's theme, "Celebrating Louisiana's Cultural Gumbo," will celebrate how Louisiana's folklife – its unique crafts, food, music and culture – are alive and well. Held on Saturday July 22 in air-conditioned Prather Coliseum on the Northwestern State University campus in Natchitoches, the festival will feature three stages of music, the Louisiana State Fiddle Championship, Cajun and zydeco dance lessons, a harmonica workshop, exhibits, and some of the best folk foods in Louisiana! Regional crafts such as beadwork, quilts, Native American baskets, Czech Pysanky eggs, and handmade banjos will be exhibited during day long demonstrations by over 70 traditional craft persons.

[https://www.nsula.edu/the-43nd-annual-](https://www.nsula.edu/the-43nd-annual-natchitoches-nsu-folk-festival/)

[natchitoches-nsu-folk-festival-2/](https://www.visitlakecharles.org/event/marshland-festival/43896/)

July 28-29: Marshland Festival

Lake Charles, La.

The 2023 Marshland Festival returns July 28–29 at the Lake Charles Civic Center, which guarantees an inside and air-conditioned experience.

The Marshland Festival originated in Hackberry over 30 years ago. It began at the community center and, over the years, has become a huge festival known for supporting local Southwest Louisiana artists sprinkled with traveling national names. In addition, there are numerous delicious food booths and arts and crafts shopping to take advantage of.

<https://www.visitlakecharles.org/event/marshland-festival/43896/>

