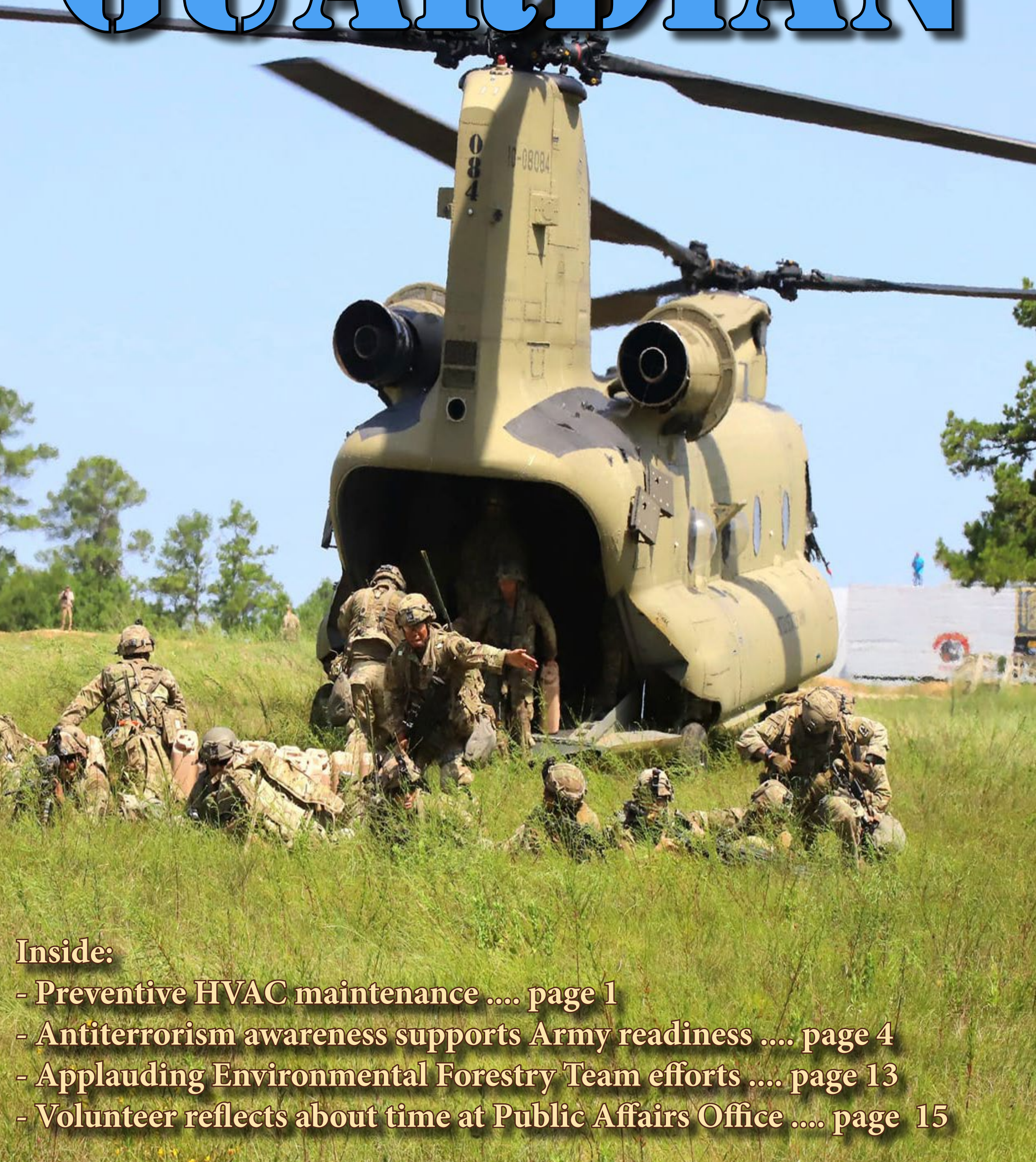


GUARDIAN



Inside:

- Preventive HVAC maintenance page 1
- Antiterrorism awareness supports Army readiness page 4
- Applauding Environmental Forestry Team efforts page 13
- Volunteer reflects about time at Public Affairs Office page 15

HVAC preventive maintenance halts problems before they start

By **ANGIE THORNE**
Public Affairs Office

FORT JOHNSON, La. — To prevent means to keep something from happening.

That’s the purpose of preventive maintenance and why Fort Johnson’s Directorate of Public Works has a quarterly preventive maintenance program in place to conduct proactive tasks that help keep the installation’s heating, ventilation and air conditioning in top working order, no matter what the thermometer says.

It’s not an easy task, but one DPW takes seriously.

Nathan Jernigan, DPW director, said a robust preventive maintenance program is critical in maintaining the life of Fort Johnson facility HVAC systems.

“Just as you routinely change the oil and check your vehicle’s tire pressure, these systems require routine maintenance such as changing filters, cleaning coils and component functionality checks. The DPW Preventive Maintenance Shop understands the importance of preventive maintenance and our team of professionals remain dedicated to the task,” Jernigan said.

There are 260 buildings on the quarterly preventive maintenance program across Fort Johnson. The quarters are January through March, April through June, July through September and October through December.

A schedule was sent to all facility managers in May 2023, prior to the beginning of the new Base Operations contract and a reminder email is sent out to facility managers the week prior notifying them of the date and approximate time of arrival for preventive maintenance to their building.

The number of facilities under this program don’t allow much wiggle room for last minute rescheduling. If PRIDE Industries, the facilities maintenance contractor, is not



BE PROACTIVE

Fort Johnson facility managers not on the Directorate of Public Works quarterly preventive maintenance program can be proactive about heating, ventilation and air conditioning by checking the following items and submitting routine demand maintenance orders as needed:

- ✓ Set a calendar reminder to make quarterly HVAC filter changes.
- ✓ Check air flow from vents and diffusers often to ensure air is flowing freely.
- ✓ If the air conditioning unit is in the ceiling, check ceiling tiles for stains from a possible leak. This could mean the drain is backed up.
- ✓ Leave the thermostat at an agreed upon temperature; changing it constantly causes undue duress on the system.
- ✓ Set a calendar reminder to submit a DMO for an annual cleaning of condensing coils.

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allowed access and the facility manager has not reached out to reschedule under emergent situations only, the facility is skipped that quarter.

Renea Boutte, DPW contracting officer, said the quarterly maintenance program is vital to the Fort Johnson community.

It allows technicians from varying shops, electrical, carpentry and HVAC, to identify issues in a building the occupants may overlook.

“The program helps catch minor issues before they turn into major ones. Performing the HVAC preventive maintenance keeps the system running efficiently. Something as simple as changing an air filter on a routine basis can make a huge difference,” Boutte said.

During quarterly preventive maintenance, the following tasks are performed for the HVAC system:

- Permanent filters are cleaned.
- Disposable filters are replaced.
- Dust and debris that is impeding air flow is cleaned from air registers,

grills and diffusers.

- Coils and fins are cleaned and ensuring air flow.
- Tablets in HVAC drains are replaced to ensure drains are open and free flowing.
- Belts are adjusted or replaced.

During preventive maintenance the technician will make any repairs that take less than one hour to complete or requires less than \$100 in materials.

Any HVAC repairs needed outside that threshold requires a demand maintenance order with the appropriate priority submitted for DPW approval for the technician to proceed with the work.

“The program is set up to provide a safe and comfortable work environment for Fort Johnson as well as to protect the installations real property assets,” Boutte said. “Once preventive maintenance is completed, an email from PRIDE is sent to facility managers notifying them of

Please see **HVAC**, page 2



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

Commanding General

Col. CJ Lopez

Garrison Commander

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

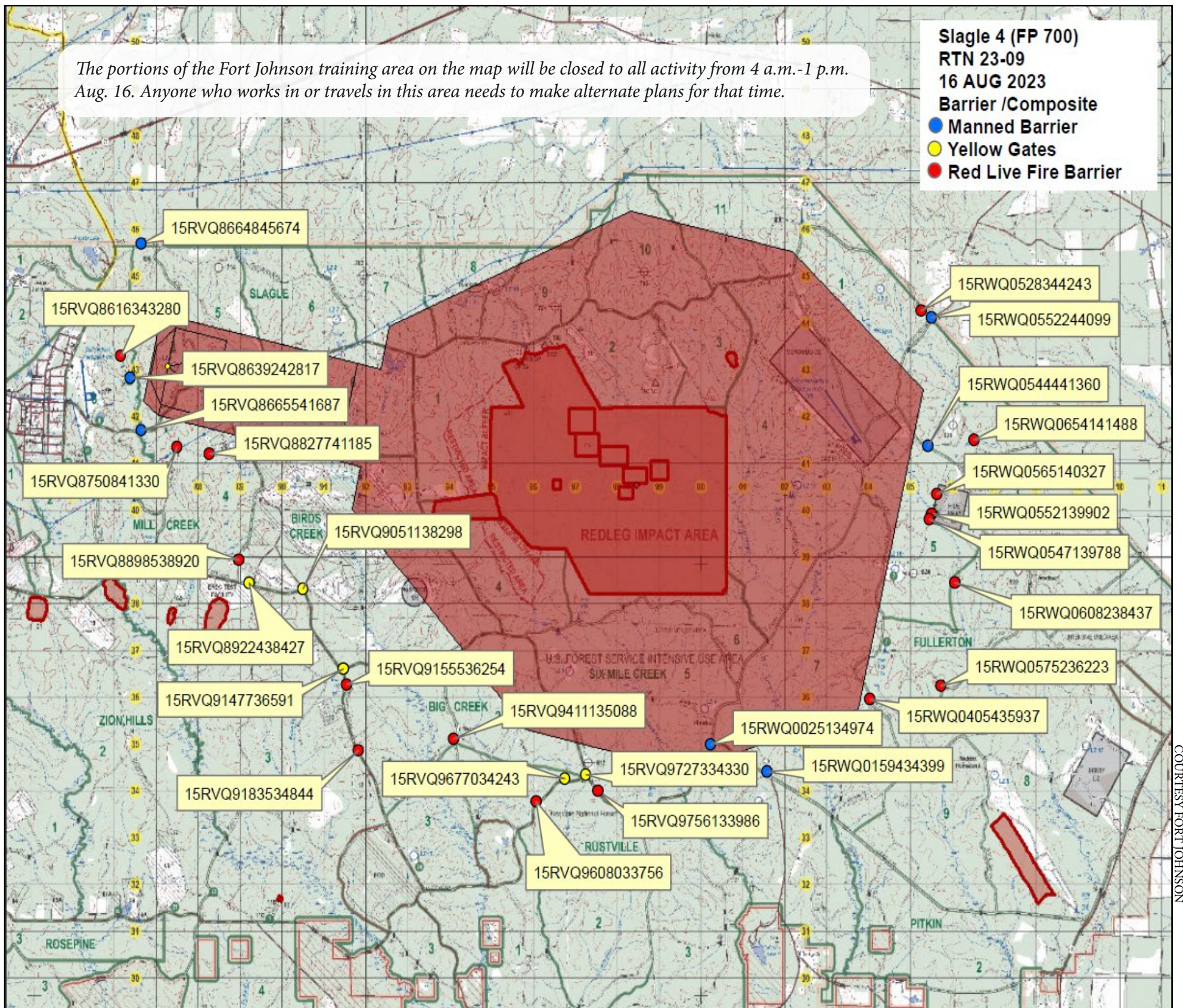
Links to the eGuardian are also included in all-users emails to government email users and by request to non-military units.

All editorial content of the Guardian is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Johnson. For more information on Fort Johnson units and happenings visit the [@JRTCandFortJohnson](https://www.facebook.com/JRTCandFortJohnson/) Facebook page.



Cover photo: The 29th Infantry Brigade Combat Team conducted air assault operations during Joint Readiness Training Center and Fort Johnson’s rotation 23-8.5. (Photo COURTESY OPERATIONS GROUP)

Take note of road closure



HVAC

Continued from page 1

the findings. At this point they should submit the appropriate demand maintenance orders to have the repairs made."

Facilities under the quarterly preventive maintenance program also must annually clean the condensing coils per the manufacturers recommendations.

Fort Johnson facility managers not on the Directorate of Public Works quarterly preventive maintenance program can be proactive about HVAC by checking the following items and submitting routine DMOs as needed:

- Set a calendar reminder to make quarterly HVAC filter changes.

- Check air flow from vents and diffusers often to ensure air is flowing freely.

- If the air conditioning unit is in the ceiling, check ceiling tiles for stains from a possible leak. This could mean the drain is backed up.

- Leave the thermostat at an agreed upon temperature; changing it constantly causes undue duress on the system.

- Set a calendar reminder to submit a DMO for an annual cleaning of condensing coils.

As Lt. Gen. Omar J. Jones IV, U.S. Army Installation Management Command commanding general, noted during Facilities Investment Strategy sessions, quality of life extends to the

workplace.

"We spend one third of our time within the workplace, and it's critical our soldiers, civilians and contractors have a working environment conducive to meeting their mission at hand," Jernigan said. "Whether it's our Operations and Maintenance Division and Army Housing Office working on the daily work order submissions, our Engineering Division getting after major system repairs, or our Master Planning Division preparing for future requirements, DPW remains dedicated to bringing quality of life to the facilities where our community works, lives and plays."

FORT JOHNSON SAFETY ALERT

!!! INSTALLATION-WIDE BURN BAN !!!



INSTALLATION BURN BAN ISSUED DUE TO CONCERNING DRY CONDITIONS

Effective immediately, due to the extremely dry conditions statewide and the concern over first responder safety in these dangerously high temperatures, Fort Johnson has issued an installation cease and desist order for all private burning.

Private burning shall only be allowed by permission of the Department of Emergency Services Fire Department.

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

This ban shall not apply to prescribed burns by the Department of Public Works, by those trained and certified by DES-Fire, or by those who conduct prescribed burning as a “generally accepted agriculture practice”.

The use of barbecue grills is allowed. However, fire pits and campfires are prohibited on the installation.

Violations of this order could result in criminal penalties.

- ✓ Applies to all “private” burning unless it is approved by DES-Fire
- ✓ Prohibits the use of fire pits, and campfires on the installation

!!! INSTALLATION-WIDE BURN BAN !!!

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Antiterrorism proclamation

Fort Johnson leadership gathered outside post headquarters to recognize Antiterrorism Month. The proclamation, established August Antiterrorism Awareness Month and urges all citizens, government agencies, public and private institutions and businesses to invest in the power of prevention and work together to make their Army communities safer. Col. CJ Lopez, Fort Johnson garrison commander, signed the proclamation. To report any suspicious activities or behaviors that may indicate terrorist activity or ongoing criminal activity, please visit: <https://home.army.mil/johnson/index.php/about/garrison-directorates-and-support-offices/DPTMS/iwatch>



Antiterrorism program's role in supporting Army readiness

By MITCHELL SMITH

Directorate of Plans, Training, Mobilization and Security

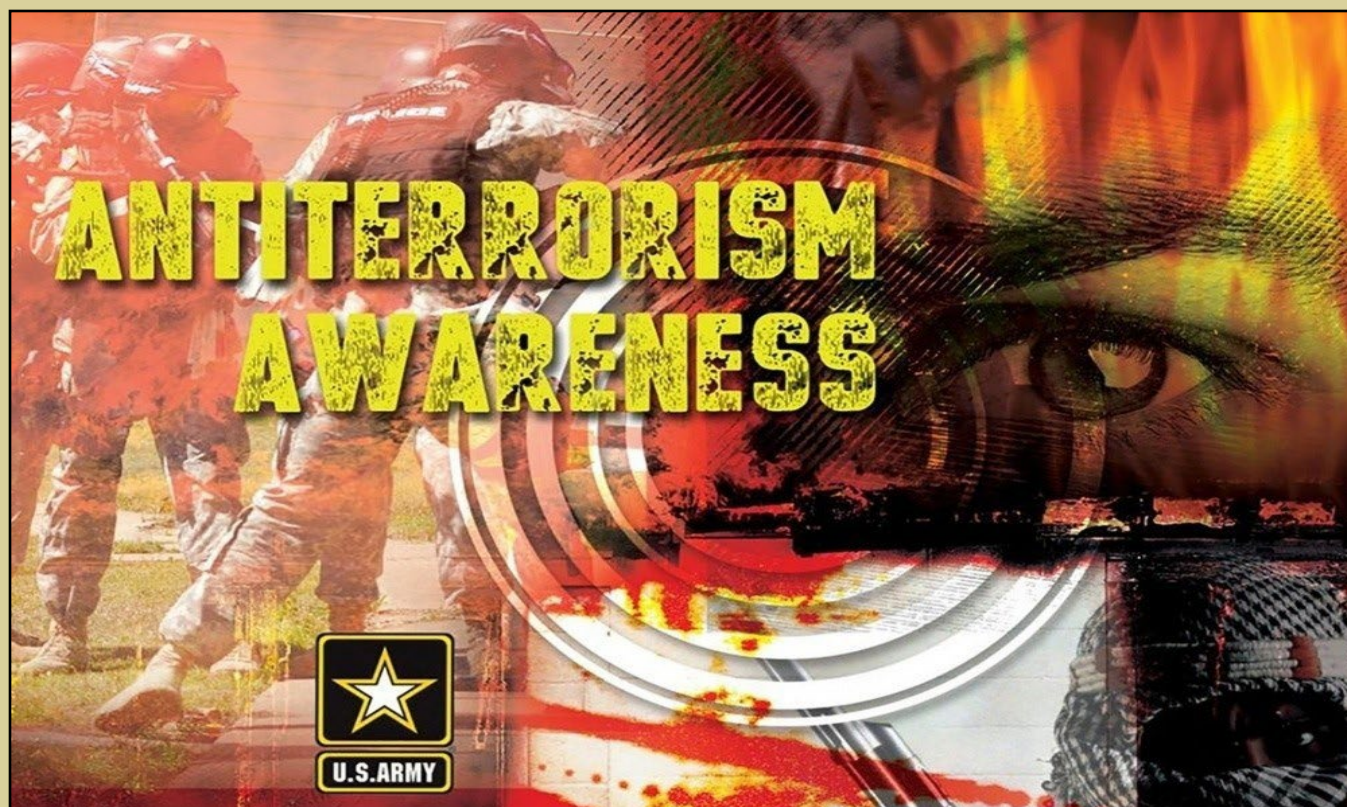
FORT JOHNSON, La. — As the world potentially becomes increasingly volatile, the role of antiterrorism in supporting Army readiness has never been more critical. Terrorist organizations have become more sophisticated and continue to pose a threat to national security, making it necessary to develop and implement antiterrorism measures.

The Army's readiness is dependent on its ability to respond to threats quickly and effectively. This requires a comprehensive antiterrorism program that includes intelligence gathering, threat analysis, security assessments and risk management.

The antiterrorism program ensures the Army is prepared to respond to terrorist attacks on its facilities, personnel and operations. This includes providing training to Army personnel on how to recognize and respond to potential threats, as well as implementing physical security measures to protect Army assets.

By identifying potential threats and assessing risks, the program allows the Army to take proactive measures to mitigate risks and ensure that its operations are not disrupted.

The success of the antiterrorism program in supporting Army readiness is demonstrated by the fact that it has been instrumental in preventing terrorist attacks on Army installations



and personnel. Through its various measures, the program has helped to identify and neutralize potential threats before they could be carried out.

The importance of antiterrorism in supporting Army readiness is recognized by the Army leadership, and they have continued to invest in the program to ensure it remains effective. This investment includes the development of new technologies and training programs that

are specifically designed to enhance the Army's antiterrorism capabilities.

In conclusion, the role of antiterrorism in supporting Army readiness cannot be underestimated. It is a critical program that ensures the Army is prepared to respond to threats quickly and effectively. By investing in the program and continuing to develop its capabilities, the Army can maintain its readiness and protect the nation's security.

Targeted care increases access to **mental health** resources for Soldiers, Families

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT JOHNSON, La. — The Bayne-Jones Army Community Hospital Behavioral Health Department is participating in a pilot program to match individuals seeking care at the Joint Readiness Training Center and Fort Johnson to the appropriate level of support.

The program is designed to increase access to care, reduce wait times for initial and follow up appointments and increase Soldier readiness.

“Not all problems require medical intervention,” said Lt. Col. Alexander Ragan, installation director of psychological health. “In fact, many problems can be resolved by making changes in personal behaviors, talking to a peer or supervisor and seeking out non-medical resources. Talking to a military and Family life counselor or one of our primary care behavioral health consultants is often a great step to helping a person resolve the problem.”

The pilot program began May 1 and concludes at the end of October. Ragan works closely with agencies across the installation as part of the senior mission commander’s efforts to synchronize prevention efforts and raise awareness about resources at Fort Johnson.

“The commander’s ready and resilient council brings experts and professionals to the table to determine the best course of action to mitigate and prevent a variety of issues affecting Soldier readiness,” Ragan said. “This includes behavioral health, the chaplain, suicide prevention, the sexual assault and prevention program, Army Community Service, Family advocacy, health and performance programs and other agencies to consolidate resources on behalf of Soldiers and their Families. The council’s aim is to create synergy and opportunities for collaboration.”

Capt. Kodi Humpal, officer in charge of the Patient-Centered Medical Home, said there are behavioral health resources available in the primary care setting.

“We have licensed clinical social workers at the PCMH (Patient-Centered Medical Home) and Fontaine Troop Medical Clinic who are available to our patients without a referral,” Humpal said. “Often patients come in because of symptoms that are a manifestation of stress related to their jobs, personal relationships, finances or other non-medical reasons. During our intake interviews with them these outside factors often come up and we let our patients know that our primary care behavioral health counselors are available to them and may help alleviate some of the issues they are having.”

The social workers in Humpal’s department help patients develop skills that may reduce symptoms and improve their daily life.

“There are three distinct yet interrelated facets to our overall health,” Humpal said. “Physical, mental and social health are all important



Spc. Olaitan Babalola, behavioral health specialist at Bayne-Jones Army Community Hospital, conducts a vectoring evaluation with a walk-in patient to match the Soldier’s needs with the right resource. Individuals can call or visit the specialty behavioral health clinic and a technician will begin the vectoring process.

for optimal health and well-being. Our body’s ability to function normally, how we manage our thoughts, emotions and behaviors and our ability to interact and communicate with others are all interrelated. Taking a moment to talk to someone about what could be causing an imbalance in one or more of those facets can really help a person overcome illnesses, improve interpersonal relationships and promote a higher quality of life.”

Lt. Col. William Sitze, 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division commander, said, “Our people are our battalion’s most precious resource, and we make sure they know we care about their mental health.”

“After a recent suicide event in our battalion, the command sergeant major and I wrote and published the Buteaux Breakfast policy,” Sitze said.

“On the second Friday of each month, after a 7:30 a.m. formation, every squad in the battalion goes to breakfast together to talk. They can discuss whatever they would like. The only requirement is that squads attend together and listen to each other. There is no physical or planned training activities to be conducted during Buteaux’s Breakfast. This is to help build our teams and give our Soldiers, NCOs (noncommissioned officers) and officers the chance to really get to know one another.”

It’s about being present.

“It’s critical that leaders and Soldiers are constantly looking out for one another,” Sitze said. “By really getting to know our teammates we will notice if something changes. We can see if they are struggling with something and we are more in tune to their mental, emotional and psychological health.”

The goal is to build cohesive teams.

“We never want to lose Soldiers in our unit,”

Sitze said. “Everyone has issues, and we want our Soldiers to know we care about them. If we cannot help them, we will get them the help they need.”

Sitze said the mental health continuum on the installation makes it easy for leaders to direct Soldiers to the most appropriate resource to address their issues.

“We also encourage our squads and leaders to invite chaplains, behavioral health providers, military and Family life counselors or other installation assets to join them for the Buteaux Breakfast,” he said. “We cannot change the past, but in honor of our fallen comrade, we hope the legacy of his loss can create a safe and positive work environment where people feel comfortable asking for and accepting help when they need it.”

Capt. Christina Pierce, commander, U.S. Army Medical Company, BJACH, sees the value of the DHA Targeted Care pilot.

“Every patient is an individual with their own unique medical needs and this program strives to provide personalized care to meet those needs,” Pierce said.

Pierce supports and prioritizes the mental health needs of her Soldiers.

“I try to create a culture that values our Soldiers’ well-being through a variety of leadership styles,” she said. “As leaders we can create an environment that encourages communication, provides support and resources for mental health and values our Soldiers as individuals. This can lead to decreased stress and burnout, increased job satisfaction and improved quality of life. It is important for leaders to prioritize mental health and well-being in the Army to create a healthy and productive work environment.”

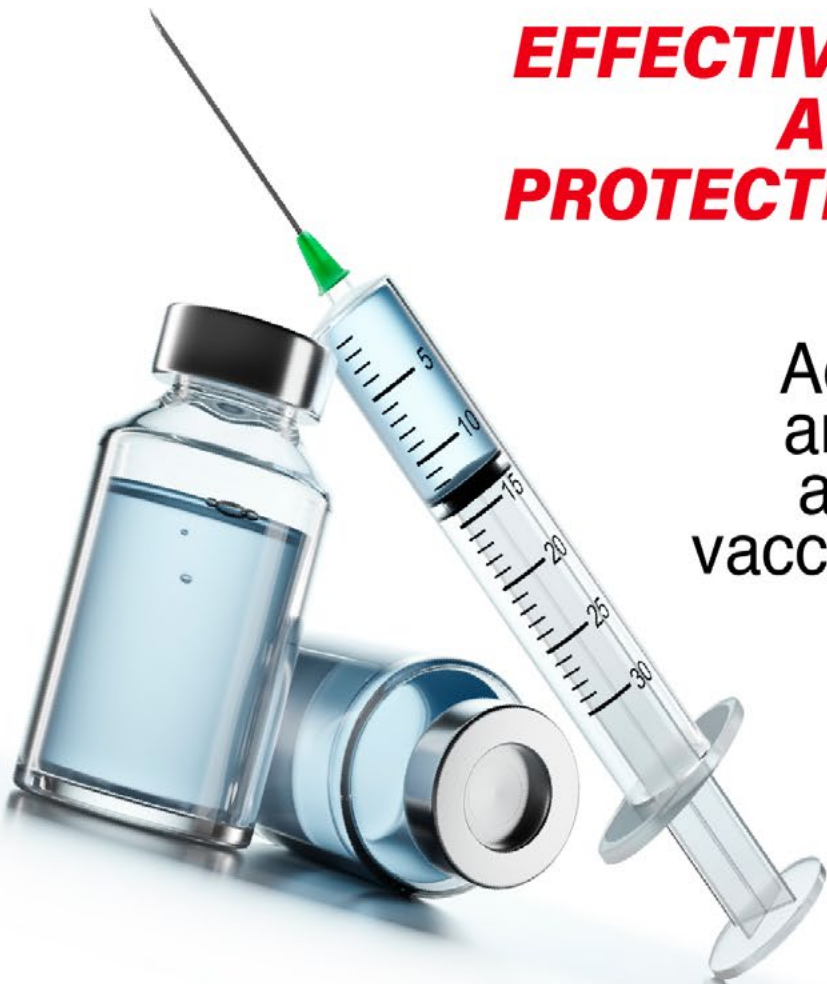
Access to mental and behavioral health re-
Please see **Mental Health**, page 6

ATTENTION

EFFECTIVE AUG. 1 ALL SERVICE MEMBERS ARE "RED" IN THE ARMY MEDICAL PROTECTION SYSTEM (MEDPROS) DUE TO REQUIRED FLU VACCINATION.

Administered annually between August and October, MEDPROS automatically annotates red for all Soldiers until new vaccines are administered. The vaccine is currently not available at Fort Johnson.

Soldiers should not report to their assigned troop clinics for vaccination until notified to do so.



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Mental Health

Continued from page 5

Sources are important to Soldiers and their Families.

"We've learned that mental health support is more effective when it is part of a community," Pierce said. "Through regular open communication, mutual support and opportunities to learn, we can strengthen cohesion, mental health and ultimately readiness."

Pierce understands mental health is health.

"I like to refer to Maslow's Hierarchy of Needs," she said. "If we want our Soldiers to be optimally effective, their basic needs must be met. This means their physiological needs are met. They feel safe and secure. They have a sense of belonging or community so they can then focus on their personal and professional goals. Ultimately, they can reach self-actualization and hopefully live to their full potential."

Capt. Alexander Champion, a psychiatrist at BJACH, said health is comprised of the body, mind and spirit.

"Working on improving mental health can and does improve physical health, just as improving physical health improves our mental health. In this way, every thought and action

directly impact overall health, however big or small," Champion said.

The military health system encourages and supports those in need of behavioral health services and the targeted care program has improved access to care for service members and their Families.

"Men are traditionally less likely to seek out behavioral health services due to perceptions of stigma, embarrassment, weakness and mistrust," he said. "But mental toughness can be viewed as resilience, confidence, self-control, purpose, commitment, reliability, character and grit. It also means recognizing when you need help and then acting to seek help. The first step in making change of any kind, internal or external, is recognizing or noticing a need."

Champion said for a person to have complete health, all facets of health must be addressed.

"Mental health has major impacts across all domains, from personal and family functioning and improved workplace efficiencies to widespread positive impacts across the Army and society as a whole," Champion said. "Fo-

cus on improving the small things, the things that you do every day: morning routines, evening routines and everything between. Consistency is what counts. It's not what you can do in one day, it's what you do every day that matters."

Ragan said, "No one will be turned away or denied specialty care that wants it. You will be able to schedule an appointment with the next available specialty care provider. Targeted care just allows providers to more efficiently use existing mental health resources to meet current demands. With targeted care, you will be connected to the most appropriate resource to support your needs. It will allow you to have the most effective course of care."

The Defense Health Agency Targeted Care pilot includes 10 pilot sites, deploying targeted care at their Behavioral Health Clinics. When the pilot concludes in October, initial results will be analyzed and used to refine the program.

At that time, DHA will also decide if the program is ready to be rolled out to all military treatment facilities.



Key Takeaways

- DOD Civilian Retiree ID cards are being phased out.
- Current cards are valid through Aug. 31, 2023.
- Retirees will continue to have limited MWR privileges at the discretion of the installation commander.
- A REAL ID and a retirement document are the new requirements to access limited MWR facilities.
- As with all other individuals seeking installation access, civilian retirees are subject to a one-time background check (e.g., criminal records, terrorism) before being granted access.
- After initial enrollment, retirees only need their REAL ID to enter the installation.
- Enrollment is necessary at each individual installation.
- Enrollment is valid for three years or one year after the last visit to the installation. If a retiree's REAL ID expires, the retiree will need to reenroll with a new REAL ID.
- DOD ID cards issued to retired service members and their family members are not affected by this change.

Updated July 7, 2023

Termination of the DOD Civilian Retiree Identification Card

Background

The Defense Department has stopped issuing new DOD Civilian Retiree identification (ID) cards and will no longer renew existing cards. Advancements in installation security access control systems and procedures, and the implementation of the REAL ID Act, have necessitated the termination of the DOD Civilian Retiree ID card. Previously issued cards will remain valid through Aug. 31, 2023.

Highlights

The termination of the DOD Civilian Retiree ID card does not impact any DOD civilian retiree benefits or privileges. DOD civilian retirees will continue to have limited morale, welfare and recreation facility privileges when authorized by an installation commander. The combination of a REAL ID Act-compliant ID or driver's license and a retirement document (either Standard Form-50, Notification of Personnel Action or other official DOD agency civilian employee retirement document) is the alternative for enrollment for installation access at the installation visitor control center. The retirement document is proof of purpose to facilitate installation access and is only needed at the time of enrollment. Once enrolled at an installation, DOD civilian retirees need only their REAL ID-compliant driver's license for return visits to the installation. DOD civilian retirees may request retirement documents from their local human resources office or the Civilian Personnel Records Office at the National Archives and Records Administration National Personnel Records Center.

Additional Information

Visit your state's driver's licensing agency website to find out what documentation is required to obtain a REAL ID.



U.S. Department of Defense

Those who protect, serve gain commissary privileges

DEFENSE COMMISSARY AGENCY

FORT GREGG-ADAMS, Va. — Protective services civilian employees can now use continental U.S. commissary stores.

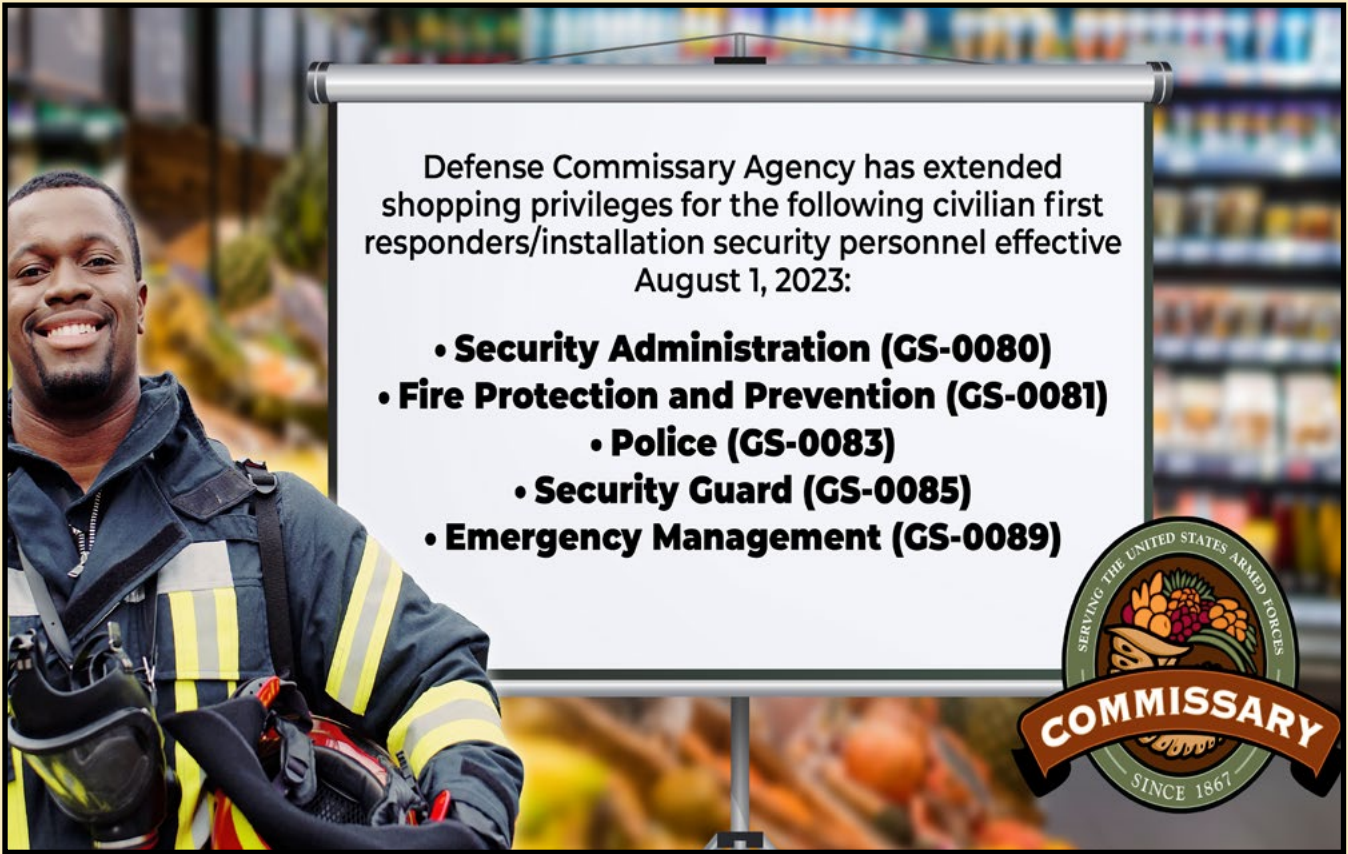
In accordance with Title 10 USC §1066, an individual employed as a protective services civilian employee at a military installation may be permitted to purchase food and hygiene items at a commissary store located on that military installation as of Aug. 1.

The Defense Commissary Agency’s intent is to act in accordance with the requirements established in §1066 and allow shopping privileges to protective services civilian employees in a position of the following series of the General Schedule.

Only the individual employee has shopping privileges, not dependents and/or Family members.

- Security Administration (GS-0080)
- Fire Protection and Prevention (GS-0081)
- Police (GS-0083)
- Security Guard (GS-0085)
- Emergency Management (GS-0089)

There is currently no user fee for protective



services civilian employees. When a related user fee is determined all stakeholders will be informed. Store personnel will utilize the bar-

code currently being used for non-scanning common access cards until further instructions are provided.

Checking backseats during summer heat means saving children’s lives

NATIONAL HIGHWAY SAFETY ADMINISTRATION

WASHINGTON — Heatstroke is one of the leading causes of non-crash vehicle-related fatalities among children.

More than 900 children have died due to pediatric vehicular heatstroke since 1998. These deaths could have been prevented. It’s time to increase public awareness of the risks associated with leaving a child alone in a vehicle.

Child vehicular heatstroke can impact anyone’s life. Hectic schedules, routine changes and distractions can lead to a lapse in memory and unintended actions, including leaving a child in a vehicle.

However, preventative steps can be taken — that’s why it’s important to remind parents and caregivers to never leave a child in a car and empower bystanders to act if they see a child left alone.

Here are a few important safety tips to focus on:

- Never leave a child in a vehicle unattended.
- Make it a habit to look in the back seat every time you get out of the car.
- Keep a stuffed animal or other memento in your child’s car seat when it’s empty and move it to the front seat as a visual reminder when your child is in the back seat.
- Place a briefcase, purse or phone next to the child’s car seat so that you’ll always check the back seat before leaving the car.
- Always lock the car and put the keys out of reach.



• Act if you see a child in a locked car. Call the police and alert others nearby to get help quickly. Your actions can save a life.

NHTSA encourages and thanks military childcare centers for their support in creat-

ing awareness and preventing child vehicular heatstroke deaths in their communities. Our collaborative efforts can help us save lives.

NHTSA’s full list of safety tips can be found at www.nhtsa.gov/heatstroke.

Dependent Care FSA for *Uniformed* Service Members



WHAT IS A DCFSA?

A Dependent Care Flexible Spending Account (DCFSA) is a pre-tax account used to pay for eligible dependent care services such as child or adult day care.



WHO IS IT FOR?

Enrollment in a DCFSA is open to DoD civilians, regular (active) component service members, and Active Guard Reserve members on Title 10 orders who have dependents with eligible expenses.



WHY ENROLL?

Keep more of your money in your pocket! Contributions go straight from your paycheck into your DCFSA before taxes are deducted. This reduces the amount of your income subject to taxes.

Dependent care costs can be high. A DCFSA can help you set aside earnings tax-free to pay for such expenses. Is a DCFSA right for your family?

QUICKLY DETERMINE ELIGIBILITY

- +** You must have an eligible dependent and use eligible dependent care services to allow yourself and your spouse (if applicable) to work, look for work or attend school full-time.
- +** Your dependent must be claimed on your tax return for the year you are enrolling in a DCFSA.
- +** If your spouse is a full-time student or incapable of self-care, for purposes of DCFSA eligibility, your spouse is considered to have \$250 per month in earned income for your first dependent, and \$500 per month in earned income if you have two or more dependents.

COMMON ELIGIBLE EXPENSES

- +** Preschool & After-School Care
- +** Day Care
- +** Day Camp

ELIGIBLE DEPENDENTS



Children under age 13 who are claimed as dependents for tax purposes



Spouse or dependent of any age who is physically or mentally incapable of self-care

INELIGIBLE EXPENSES

- ×** School tuition expenses (kindergarten and above)
- ×** Services provided by one of your dependents
- ×** Night-time babysitting (unless you work nights when the expenses are incurred)
- ×** Overnight camps
- ×** Nursing homes, medical care or other residential care centers

HOW MUCH CAN I CONTRIBUTE?

\$100-\$5,000 Pre-tax Earnings

- You may contribute a minimum of \$100 and a maximum of \$5,000 per household, or up to the amount of your total earnings if you earn less than \$5,000 per calendar year into a DCFSA.
- However, your marital and tax filing status may impact the amount you are able to contribute.

DEADLINES

- You may only enroll in a DCFSA during the Federal Benefits Open Season, typically held mid-November through mid-December each year, or when you have experienced a Qualifying Life Event (QLE) such as the birth or adoption of a child, a divorce, or relocation.
- The DCFSA operates on a calendar year basis, starting January 1 and ending December 31.
- There is a grace period through March 15 of the following year to incur expenses. Claims can be submitted through April 30 of the following year.
- Any funds remaining in a DCFSA after April 30 of the following year are forfeited.

Fort Johnson Hosts National Guard Training



The Fort Johnson Fire Department hosted the 62nd Civil Support Team Annual Lanes Training for The National Guard July 11-13. The Civil Support team travelled from Baton Rouge, Louisiana, for an exercise that was evaluated by U.S. Army North. The team specializes in responding to chemical, biological, radiological and nuclear incidents. The training allowed them to practice their emergency response protocols.



Time to turn in **ammunition**, explosives under amnesty program

GARRISON SAFETY OFFICE

FORT JOHNSON, La. — The Joint Readiness Training Center and Fort Johnson hosts its annual military ammunition amnesty day Sept. 7 from 8 a.m.-3 p.m.

Christopher Boyd, Garrison Safety Office explosive safety specialist, wants to remind units about the Ammunition Amnesty Program and their responsibilities outlined in the Explosive Safety Management Program.

The program, in accordance with Department of Defense regulations, is designed for the public to turn in military ammunition only. Unexploded ordnance can be dangerous and should not be stored at a private residence.

“What we don’t want is to have any ammunition or explosives hazards, where they are not supposed to be,” Boyd said. “When it happens, it tends to be an honest mistake, and so we have a procedure for them to correct it.”

Boyd said the amnesty program operates year-round, and it has a “no questions asked” policy that allows ammunition or ammunition residue to be turned in without fear of punishment from the

chain of command.

“After training in the heat, humidity and austere fighting conditions, units return from a range. They have already cleared their weapons and have done a shake-down for brass and ammo,” Boyd said. “Usually that’s when residue or rounds are secured and turned in.”

However, in some situations, someone may go through the gear they had on the range and find one or two loose rounds.

“Fort Johnson has three amnesty box locations: Fort Johnson’s Ammunition Supply Point; North Johnson wash rack and South Johnson wash rack. “Anything larger than .50-caliber will require Explosive Ordnance Disposal transport,” Boyd said.

People should also contact EOD if they feel the ammunition is too dangerous to move.

If ammunition or explosives are found on the installation after duty hours, anywhere other than on a range or in the training area, the individual should mark the area where it is found, determine the location and call range control at (337) 531-5445, and EOD at (337) 531-5505.

JRTC & FORT JOHNSON

FY23 - AMMUNITION AMNESTY

SEPTEMBER 7TH, FROM 0800-1500


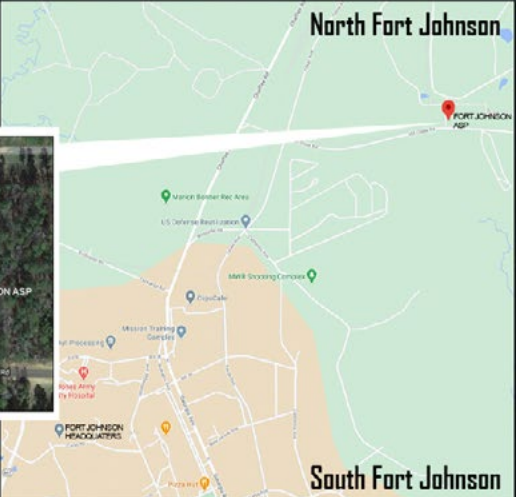
THE PROGRAM, IN ACCORDANCE WITH DOD REGULATIONS (IAW DA PAM 385-64 AND DA PAM 700-16), IS DESIGNED FOR THE PUBLIC TO TURN IN MILITARY AMMUNITION ONLY. UNEXPLODED ORDNANCE CAN BE DANGEROUS AND SHOULD NOT BE STORED AT A PRIVATE RESIDENCE.

IF YOU HAVE MILITARY MUNITIONS AND YOU WISH TO DISPOSE OF THESE ITEMS (NO QUESTIONS ASKED), YOU CAN BRING THEM TO THE TURN-IN SITE AT THE FORT JOHNSON ASP ON MILL CREEK ROAD, BETWEEN SOUTH AND NORTH JOHNSON.

IF YOU FEEL THE AMMUNITION IS TOO DANGEROUS TO MOVE, YOU CAN CALL THE EITHER 705TH EOD AT (337) 531-5505 OR QUALITY ASSURANCE SPECIALIST, AMMUNITION SURVEILLANCE (QASAS) AT (337) 531-7022, AND A CREW WILL PROPERLY DISPOSE OF THE MUNITIONS.

AGAIN, THERE WILL BE NO QUESTIONS ASKED

ASP PARKING LOT



Turn - In Site

2023/03_A_IMG008.P0001

DRIVING SAFETY TIPS

“The road is long and the days are short.
Life consists of only so many miles.
Enjoy the ride while you still can.
Someday, you’ll run out of gasoline.”



Don’t drive if you feel tired, lightheaded or stressed. Always wear your seatbelt



Remove distractions in the vehicle. The use of devices, conversations with passengers and eating can all divert a driver’s attention



Increase the awareness of your surroundings by frequently checking mirrors, particularly while changing lanes



Exercise caution when emergency vehicles approach. They have the right of way. Watch for flashing lights and listen for sirens



Verify you are driving at the correct speed limit. Keep a safe distance from the car ahead of you to allow time to brake safely

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable.
Protect yourself and others from the
impacts of heat waves.



weather.gov/heat



Job Sites

Stay hydrated and
take breaks in the shade
as often as possible.

(Image credit: NOAA National Weather Service)



Indoors

Check up on the
elderly, sick and those
without AC.



Vehicles

Never leave kids or
pets unattended -
LOOK before you LOCK

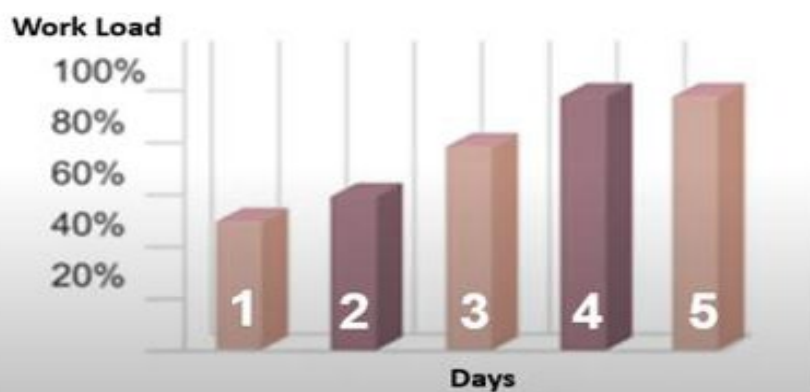


Outdoors

Limit strenuous outdoor
activities, find shade,
and stay hydrated.

Heat Illness Prevention Toolbox

ACCLIMATIZING EXPERIENCED WORKERS



Urine Color Chart

Urine Color	Possible Meaning
Clear	Good hydration, overhydration or mild dehydration
Pale Yellow	Good hydration or mild dehydration
Bright Yellow	Mild or moderate dehydration or taking vitamin supplements
Orange, Amber	Moderate or severe dehydration
Tea-Colored	Severe dehydration

Work/Rest & Water Consumption Table

Easy Work		Moderate Work		Hard Work	
<ul style="list-style-type: none">• Weapon Maintenance• Walking Hard Surface at 2.5 mph, < 30 lb Load• Marksmanship Training• Drill and Ceremony• Manual of Arms		<ul style="list-style-type: none">• Walking Loose Sand at 2.5 mph, No Load• Walking Hard Surface at 3.5 mph, < 40 lb Load• Calisthenics• Patrolling• Individual Movement Techniques, i.e., Low Crawl or High Crawl• Defensive Position Construction		<ul style="list-style-type: none">• Walking Hard Surface at 3.5 mph, ≥ 40 lb Load• Walking Loose Sand at 2.5 mph with Load• Field Assaults	

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	%	NL	%	40/20 min	%
2 (green)	82° - 84.9°	NL	%	50/10 min	%	30/30 min	1
3 (yellow)	85° - 87.9°	NL	%	40/20 min	%	30/30 min	1
4 (red)	88° - 89.9°	NL	%	30/30 min	%	20/40 min	1
5 (black)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

Heat Index Chart

NWS Heat Index		Temperature (°F)															
Relative Humidity (%)		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
	45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
	55	81	84	86	89	93	97	101	106	112	117	124	130	137			
	60	82	84	88	91	95	100	105	110	116	123	129	137				
	65	82	85	89	93	98	103	108	114	121	128	138					
	70	83	86	90	95	100	105	112	119	126	134						
	75	84	88	92	97	103	109	116	124	132							
	80	84	89	94	100	106	113	121	129								
	85	85	90	96	102	110	117	126	135								
	90	86	91	98	105	113	122	131									
	95	86	93	100	108	117	127										
	100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution Extreme Caution Danger Extreme Danger

Where there's wildfire, there's Fort Johnson's Environmental Forestry Team

By PORSHA AUZENNE
Public Affairs Office

FORT JOHNSON, La. — Smokey the Bear once said, “A single ember that escapes can ignite a wildfire.” What might start as a simple cigarette butt tossed carelessly on the ground or a lightening strike against a tree can quickly turn into a dangerous wildfire that destroys our forests, wildlife and community. If such a catastrophe were to occur, a group of dedicated individuals trained in suppressing wildfires is always ready to answer nature’s call — The Fort Johnson Directorate of Public Works Environmental Forestry Team.

With approximately 250,000 acres of wildland that the team is responsible for in wildfire firefighting, a routine process is followed daily to ensure the safety of Fort Johnson’s people. At the start of the work day, no matter what tasks are planned, the Forestry Team checks in with Range Control to verify they have access to the training areas they’ll be working. Routine tasks performed throughout the year, including forest inventory, timber marking and sale preparation, firebreak maintenance, prescribed burning activities and all other forest management activities require permission. After securing access to the desired areas, each team member proceeds to their assigned task

for the day.

The team shared key points on how they keep the community safe from wildfires. “A knowledgeable and experienced staff is key,” said Bruce Martin, DPW Forestry Branch chief. “Maintaining our interior and exterior firebreak system significantly limits the spread of wildfires. Having an adequate and well-maintained fleet of vehicles and equipment to



support our wildland firefighting management activities is essential in reducing response times to wildfires day or night. This includes specially equipped dozers, 300-gallon pumper trucks, all-terrain vehicles/utility terrain vehicles and pickup trucks used as scout vehicles.”

DPW’s prescribed burning program is also

an essential part in wildfire safety and serves a multitude of purposes that benefit the ecosystem. This program reduces fuel loads in the forest, as higher fuel loads mean more intense wildfires.

Regular controlled burning prevents wildfires from getting out of control and becoming more dangerous and harder to contain. Rescheduled prescribed burning of land used for training done regularly aides in reducing the risk of catastrophic wildfires, which ensures a measure of safety for Soldiers, training resources and the ecosystem. Regular burning also supports training needs by maintaining visibility on training lands while allowing some cover and concealment. Smoke management practices are used to minimize impact to training activities and to prevent negatively impacting surrounding communities.

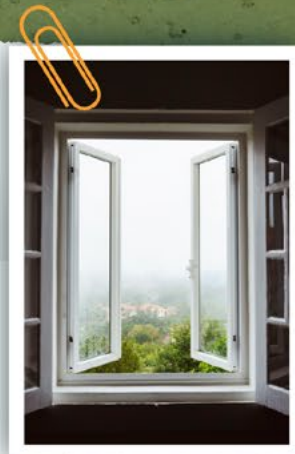
Martin stated how much working in the forestry field, especially for the Forestry Team, means to him. “Always having a team ready to respond 24/7 is vital to keeping our soldiers and their families safe on the installation. We get to come to work each day knowing every part of forest and wildland fire management we do is to support Fort Johnson.” Martin further expressed how he and his team are proud to play a part in providing a quality training missionscape that will help to keep our Army fighting and winning our nation’s wars.”



MOLD MITIGATION

**TIP
#7**

To prevent condensation, increase ventilation or air movement by opening doors and/or windows, when practical. Use fans as needed.



Could you have unclaimed property you know nothing about?

THE ANSWER IS YES!

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



LOUISIANA.FINDYOURUNCLAIMEDPROPERTY.COM

Volunteer reflects on skills learned at public affairs office

By **HALEY WIGGINS**

Public Affairs Office

FORT JOHNSON, La. — I'm a student majoring in communications at Northwestern State University. Last semester, as part of my strategic communications class, we visited the Fort Johnson Public Affairs Office at the invitation of the deputy director, Keith Houin.

We got a brief tour of the office, and the environment was very positive. That's when I realized I wanted to intern with these professionals and learn everything I could. I knew I would be getting a lot of hands-on experience because everyone seemed like they were very close-knit, friendly and could teach me the skills that would help me become a better journalist.

Thankfully, they took a chance on me, and I was able to land the opportunity to volunteer this summer. I started working there in June and I can't believe summer break is already coming to an end. I guess time really does fly when you're having fun.

It feels like just yesterday I was trying to figure out how I was going to work somewhere that's a two-hour commute from my house. Committing to the long drive was worth it because I have gained so much experience and made great connections.

This summer I wrote seven stories and photographed five events for the Guardian. I also worked on learning how to do the newspaper layout using Adobe InDesign.

I have learned a wide variety of skills while working here. My focus is on writing, but the team also helped me learn a great deal about public affairs.

My favorite assignment involved taking photos at the installation's redesignation ceremony where Fort Polk became Fort Johnson. Not only was I able to take photos that would be published, but I was also present to witness a significant historical event. How cool is that?

During the ceremony, I got to see several news stations and newspapers from across the state in action, and it was inspiring.

I've also learned a lot of life skills along this journey. I've met so many new people and have improved my communication techniques, written and verbal. My mentors at the office pulled me out of my shell and transformed me into a more outgoing person.

As soon as I started as a volunteer, everyone in the office made me feel like I belonged. I was treated like I was part of the team, and the work environment was very uplifting. That support really helped me open up and feel more confident in my abilities.

I'll admit, working there was a little overwhelming at first, but I've had help from some amazing people who want to see me succeed. Everyone in the office took time out of their busy schedules to mentor and teach me a little



Col. CJ Lopez, Fort Johnson garrison commander (right), presents Haley Wiggins, Public Affairs Office volunteer, with a certificate of appreciation Aug. 3.



Haley taking notes in the background while covering Fort Johnson's Vacation Bible School.

about their individual skillsets. They helped me navigate and see the world through their eyes depending on their areas of expertise including community relations, broadcast journalism, written journalism and public affairs.

My passion for journalism has only grown thanks to my time at Fort Johnson.

This opportunity has truly been a blessing and it's something I will always remember.

I want to thank everyone in the Public Affairs Office who helped me, a poor little college student, and gave me a chance to learn something new.

Thank you, Angie, for being such a thought-

ful, helpful and patient mentor. I appreciate all of the time you spent helping me become a better writer. Thank you, Keith, for encouraging me to apply for the internship, and for never failing to talk my ear off. Thank you Deven for always being honest about my writing. Even though the truth hurt a little, it still made me improve. Thank you, Porsha, for being a little ray of sunshine and always being willing to work with me. Thank you, Gabe for being so kind and always making me laugh. Thank you Jeff for telling the goofiest dad jokes that are actually funny. Thank you Mr. Chuck for always putting a smile on my face.

Breastfeeding Awareness Month health fair makes big impression

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT JOHNSON, La. — Bayne-Jones Army Community Hospital hosted a Breastfeeding Awareness Month Family health fair Aug. 5 at the Joint Readiness Training Center and Fort Johnson. The event, coordinated by the BJACH Labor, Delivery and Post Partum Ward and the OB-GYN Clinic, was designed to give new and expecting parents an opportunity to learn about lactation, pediatric, behavioral health and other community resources in a fun and Family-friendly atmosphere.

Col. Alisa Wilma, BJACH commander, was impressed with the turn out and proud of her team.

“Our staff worked very hard to coordinate this event,” Wilma said. “We had nearly 250 participants at our inaugural Breastfeeding Awareness Month event and we’re already making plans to make it bigger and better next year.”

In addition to BJACH Soldiers, medical providers and civilian employees, a variety of on and off-post resources joined the effort to make it a successful health fair for the Fort Johnson community.

Lt. Col. Nicole Rau, assistant deputy commander of nursing, said this was a community-based health care initiative.

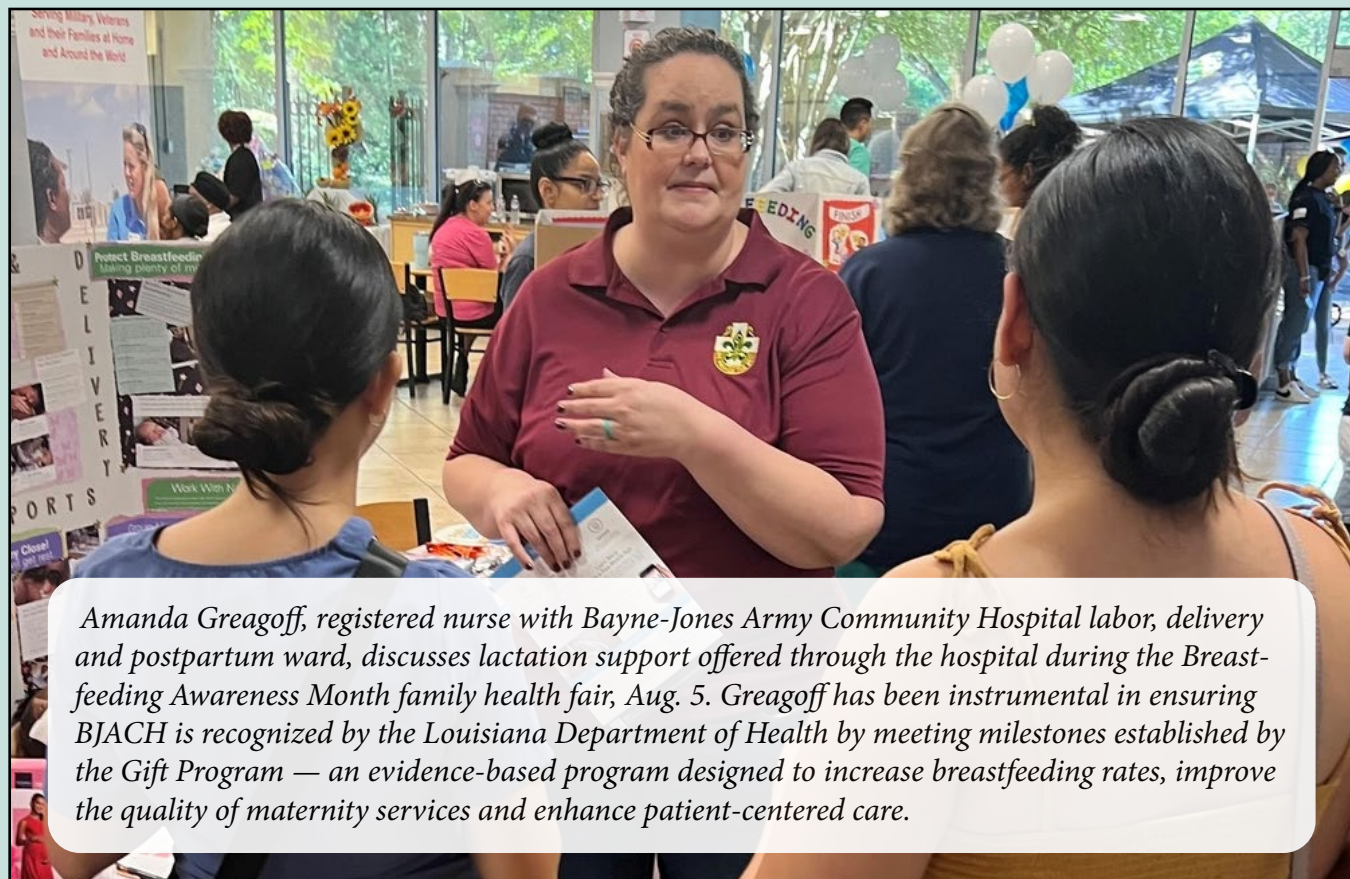
“The fair was an important approach to healthcare that focused on providing medical services and support to people in our own community,” Rau said. “Events like this improve outcomes and reduce cost, address unmet needs, provide choices, cater services to a specific demographic and encourage community empowerment.”

The event illustrated to patients that care can be provided by a variety of professionals, including doctors, nurses, social workers, lactation counselors and other healthcare providers.

“As a nurse and new member of the team, I believe nurses are in a unique position to lead in community-based care and improve health outcomes for our most vulnerable populations,” Rau said. “I’m proud of the LDRP and OB team for serving as the driving force behind this innovative effort to improve and help advance health equity in our community.”

Spc. Sydney Pierce, a licensed practical nurse, and the acting noncommissioned officer in charge of the LDRP ward, led the effort to make this event a reality.

“When I arrived at Fort Johnson last summer, I was eight months pregnant with my first child,” she said. “I didn’t know about all the amazing resources and wonderful people here who have dedicated their lives to serving young mothers. I wanted BJACH to host this family health fair during Breast Feeding Awareness Month because I’ve been breast-



Amanda Greagoff, registered nurse with Bayne-Jones Army Community Hospital labor, delivery and postpartum ward, discusses lactation support offered through the hospital during the Breastfeeding Awareness Month family health fair, Aug. 5. Greagoff has been instrumental in ensuring BJACH is recognized by the Louisiana Department of Health by meeting milestones established by the Gift Program — an evidence-based program designed to increase breastfeeding rates, improve the quality of maternity services and enhance patient-centered care.



Sgt. Kimberli McDonald, biomedical equipment specialist, and Sgt. Anabella Maramara, licensed practical nurse at Bayne-Jones Army Community Hospital, practice their skills at the free face painting station offered at the Breastfeeding Awareness Month family health fair Aug. 5.

feeding my daughter, Esmeralda, and it was a struggle at first. I want other new mothers to know they are not alone, and we have a lot of great resources to support them in their breastfeeding journey.”

As more and more people learned about the event, it grew.

“The excitement and outpouring of support has been incredible,” Pierce said. “What started off as a simple event to highlight lactation resources at BJACH has turned into a legitimate family health fair. It’s truly been a team effort and the turnout has been incredible.”

The Fort Johnson Army Community Services New Parent Support Program; the American Red Cross; Mom2Mom Global; Women, Infants and Children; the JRTC and Fort John-

son Safety Office; and TRICARE lactation providers all joined in to make the event a success.

Sydney Beard and her spouse Cpl. Christian Collins, 317th Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division, are expecting their first child in December.

“We found out about this event from my husband’s unit,” Beard said. “We came to the health fair because we thought it would be a fun way to learn more about breastfeeding and meet other new parents.”

Rachael Harrington, spouse of Staff Sgt. David Harrington, 5th Battalion, 25th Field Artillery Regiment, 3rd BCT, 10th Mtn Div, attended the event with her children, Kade and Lincoln.

“I wanted to enjoy the fellowship of other

Please see **Breastfeeding**, page 17

Breastfeeding

Continued from page 16

families and celebrate Breastfeeding Awareness Month,” Harrington said. “I am currently breastfeeding my son, and there is constantly new information coming out. I’m a member of Mom2Mom Global and participate in monthly meet-ups and the peer support provided has really helped me on my journey.”

Harrington had her son at BJACH.

“I had such an amazing experience. Everyone was wonderful,” Harrington said. “I saw Dr. Liu. She delivered my son, and she remembered us, so it’s been wonderful interacting with the hospital staff in this informal setting.”

Harrington gave the health fair “ten out of ten stars” and hopes BJACH does another one soon.

Lori Finn, certified nursing assistant in the OB-GYN clinic, assisted Pierce with much of the behind-the-scenes legwork for this event.

“My hope is that every participant takes the knowledge they gained during the health fair to advocate for themselves and their Families,” she said. “I also hope they spread this knowledge to people that were unable to attend.”

Finn said this event was very important to the community.

“I love to educate and advocate for our patients and their Families,” she said. “It’s important that our community knows what resources are available to them and this health fair put them all in one place.”

Capt. Kodi Humpal, a pediatrician and chief of the Patient-Centered Medical Home, said breastfeeding is a good option for infants and mothers.

“For infants, it helps provide beneficial antibodies that prevent infections as well as helps reduce their risk of sudden infant death syndrome, lower respiratory tract infections, asthma, eczema, obesity and even diabetes,” Humpal said. “For mothers, breastfeeding can reduce the risk of breast and ovarian cancer, type 2 diabetes and high blood pressure.”

The health fair distributed information and let Families know the team at BJACH is there to help if patients have trouble with breastfeeding.

“We are always more than happy to see our new parents in the PCMH clinic at BJACH and can help route you to the available resources,” Humpal said. “We have lactation support available in the OB department and now have a lactation counselor available at Fort Johnson. Allison Harrison is extremely knowledgeable, a great source of up-to-date evidence-based information and is available to provide home, in-clinic or even virtual options.”

Breastfeeding isn’t always the right option for Families when it comes to feeding the baby.

“Sometimes breastfeeding just isn’t possible and that’s just fine,” Humpal said. “For most babies, the standard formula that is available



Jesse Olson, aviation safety officer and certified child passenger safety technician at the Joint Readiness Training Center and Fort Johnson, discusses the proper installation of car seats and conducts a safety seat inspection for Nahomi Ortiz during the fair. Olson said services offered through the command safety office are always available 24-hours a day, seven days a week.

JEAN CLAVETTE GRAVES/GUARDIAN

at the grocery store will meet all their needs. In the U.S., we have very strict regulations surrounding our infant formulas so that they all have the necessary nutritional requirements and are all similar enough that there’s no need to pick one brand over another. If you feel like your baby isn’t doing well on the formula you are using, I recommend discussing the possibility of changing it with your baby’s primary care provider.”

Darion Taylor, spouse of Staff Sgt. Zachary Taylor, 3rd Battalion, 353rd Regiment, attended the Breastfeeding Awareness Month family health fair to find more resources before going back to work.

“Breastfeeding has been a huge benefit to me and my children,” Taylor said. “I find breastfeeding more convenient than formula feeding.”

Taylor is an experienced breastfeeding mother of three, but still needs assistance from time to time.

“I’m going back to work next week and just found out that I can order free milk storage bags, so I’m really glad I came because I learned about something I didn’t know was available to me before,” she said.

April Draper Davis, chief of occupational health medicine, said lactating moms have le-

gal protections to express milk (removing milk from your breast other than when your baby is feeding) in the workplace.

“Employers are required to give breastfeeding mothers reasonable break times for up to one year to pump,” Davis said. “Women may or may not be paid during their breaks, but if paid breaks are provided to all employees, then those breaks must continue to be paid if nursing moms use them to pump at work.”

Nursing moms are entitled to a functional space, other than a bathroom, for pumping that is shielded from view, free from intrusion and available as needed.

According to [health.mil](https://www.health.mil), breast milk provides babies with essential nutrients, supports early neurodevelopment and contains vital antibodies to help babies fight off viruses and bacteria. New mothers who were unable to attend the BJACH Family health fair can learn more about TRICARE childbirth and breastfeeding support at www.tricare.mil/CBSD.

Allison Harrison is a TRICARE Network certified lactation counselor and can be reached at (337) 509-0261 or warmheartslactation@gmail.com. TRICARE beneficiaries who are pregnant and planning to breastfeed or new breastfeeding mothers can receive up to six lactation appointments without a referral.

Prepare Before Hurricane Season



Develop an evacuation plan



Assemble disaster supplies: food, water, batteries, charger, radio, cash



Get an insurance checkup and document your possessions



Create a communication plan with a hand-written list of contacts



Strengthen your home



SECURE YOUR BOAT BEFORE THE STORM



Don't wait for a storm warning to secure your boat.



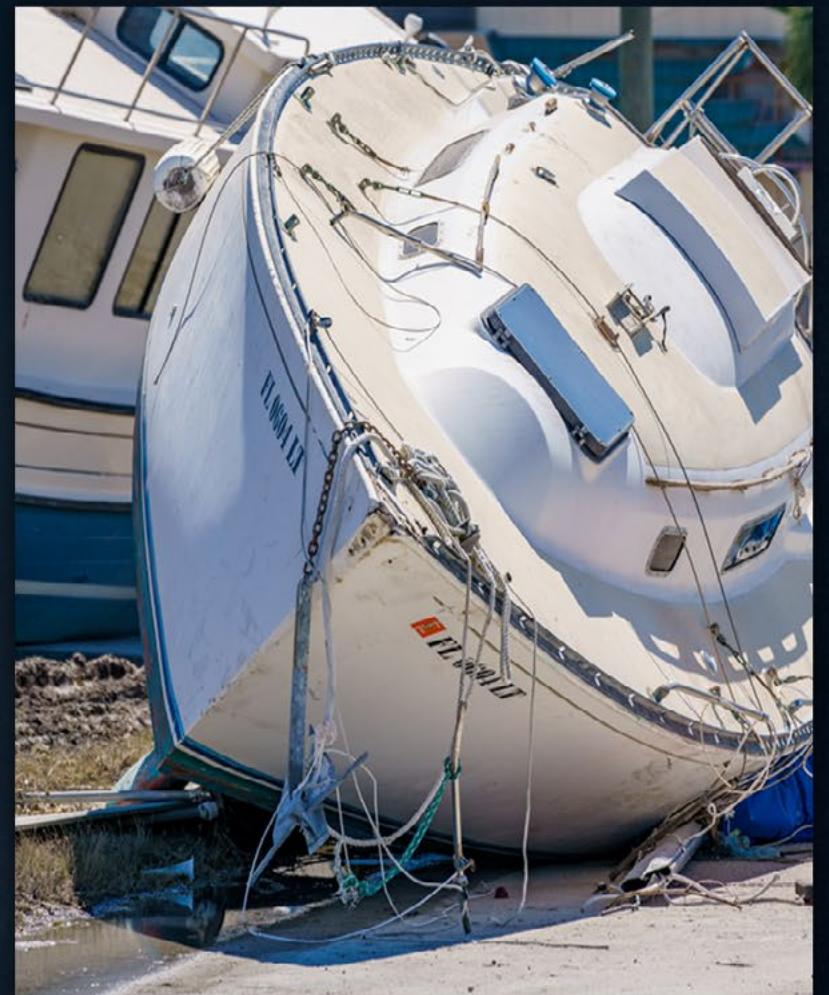
Storm surge & wind can carry your boat onshore or out to sea!



Stay informed by listening to the weather forecast and plan ahead.



Add additional lines to your boat as soon as a Hurricane Watch or Tropical Storm Watch is issued.





(From left) Sgt. Kahnun Daigle, Staff Sgt. John Coleman and Staff Sgt. Raul Galvan are inducted into the Sgt. Audie Murphy Club's Bayou Chapter Aug. 1 at the Warrior Center.

Induction Ceremony

The Sgt. Audie Murphy Club's Bayou Chapter held a ceremony Aug. 4 to celebrate its three newest inductees: Sgt. Kahnun Daigle, Staff Sgt. John Coleman and



Staff Sgt. Raul Galvan. The SAMC commemorates noncommissioned officers whose leadership achievements and performance merit special recognition. Command Sgt. Maj. David P. Hanson assisted in awarding the inductees with medals and a certificate on behalf of the SAMC. "It's a great day to be in the Army," Hanson said. The ceremony concluded with guests shaking hands with the inductees, cake and refreshments.

PORSHA AUZENNE/GUARDIAN



TRIVIA NIGHT

AUGUST 20 @ 6 PM
 Home of Heroes Rec Center
 337-531-5780 | Open to all Soldiers

Despite obstacles, swim team glides with ease in **championship**

By **PORSHA AUZENNE**
Public Affairs Office

FORT JOHNSON, La. — The year 2023 has been tremendous for Fort Johnson’s Child and Youth Services Sports division. From the 7/8 coach pitch all stars who advanced to the Louisiana State Tournament to the youth swim team that recently traveled to Lake Charles’ Ward 3 Recreation for a championship meet, the children of Fort Johnson have undeniably achieved high levels of success.

The Fort Johnson Manta Rays swim team, comprised of 44 swimmers and 4 coaches, took home multiple first, second and third place ribbons. All swimmers who chose to compete ended up qualifying for the championships, with 30 swimmers total taking up the challenge.

“All 4 coaches were new to this team and did not know what to expect going into this summer swim season,” said Lori Jenkins, one of the Manta Rays coaches. “Of the 44 swimmers, 20 were new and 15 had never competed on a swim team.”

On July 20, the 11 and over age group competed while the 10 and under group engaged in their championship meet July 22.

Despite unforeseen maintenance issues and coaches having to leave mid-season, the

swimmers consistently adapted to challenges throughout the season and thrived. From the moment the team took their places on the diving board, whether from the two to three days of weekly practice or at the championship meet, the Manta Rays worked effortlessly in developing their skills, endurance, form and strokes.

“Winning isn’t everything, but working hard and beating your own time shows dedication and improvement,” Jenkins said regarding the team’s season. “It was an honor coaching such a brave group of swimmers, always willing to try new strokes, work their hardest, and cheer for their team.”

Swimmers and their families drove about 45 miles to compete in the three championships. This determination and hard work paid off in the end, as the swim team took home 61 medals total and 63 personal records were achieved. Jenkins stated that she would be thrilled to have the opportunity to coach again next year and says she looks forward to a year-round team being created so the swimmers can continue to thrive in their skills and speed.

For more information on Fort Johnson’s youth sports program, all of the activities they have to offer, or if you are a volunteer looking to help coach, please visit <https://johnson.armymwr.com/programs/youth-sports>.



Fort Johnson’s Child and Youth Services Sports swim team competes in the Lake Charles Ward 3 Recreation championship July 20-22.



PORSHA AUZENNE/ eGUARDIAN



COURTESY CITY OF LAKE CHARLES

Ribbon cutting takes place in Lake Charles

Nic Hunter, Lake Charles mayor (center), was joined by other elected officials and community members to commemorate the completed restoration of Historic City Hall, 1001 Ryan St., Lake Charles, at a ribbon cutting held Aug. 5. The historic building, built in 1911 following the Great Fire of 1910, offers three floors of gallery space. There is no admission for the public to enter. Hurricanes Laura and Delta caused significant damage to the structure's exterior and interior. "This completed restoration is one worth celebrating and offers another tangible example of a positive step in our long-term recovery. Repairing a historic building such as Historic City Hall takes an extra level of care," Hunter said. "It is critical that we preserve the historical elements that make it special, like the iconic bell tower, while restoring it in a manner that adds to its resiliency to allow future generations the ability to enjoy world-class cultural exhibitions." Storm repairs required a complete replacement of the roof, restoration and stabilization of the bell tower and sealing of the exterior bricks and windows. The interior of the building was exposed to the effects of the storms and required repairs to the ceilings, walls and floors. Historic City Hall is home to the Black Heritage Gallery and Gallery by the Lake. The grounds are home to a number of festivals and events throughout the year, including Downtown at Sundown, the monthly Meet Me at the Market series held on the first Saturday of each month and the weekly Charlestown Farmer's Market held every Saturday morning. For more information about Historic City Hall or other cultural programming for the City of Lake Charles, call (337) 491-9159.

Story Time

**Every Tuesday at
Allen Memorial
Library
11:30 AM**

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

DOGGIE Days

AT SPLASH PARK

Every first and third Sunday of the month

6 PM to 8 PM

JULY - SEPTEMBER

**EVERY FIRST SUNDAY
EVERY THIRD SUNDAY**

***Owners must bring proof of dog's vaccination**
***Owners must clean up after dogs**
***No unauthorized or aggressive breeds as per Garrison housing policy**

**For more information please call
337-531-1988**

\$3 per dog

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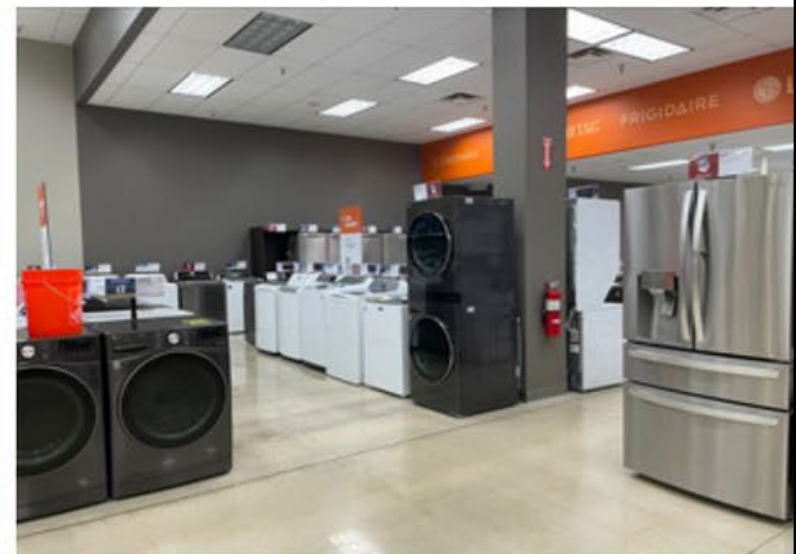
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NO SALES TAX



FREE DELIVERY



0% INTEREST
+ NO PAYMENTS*
FOR 6 MONTHS

ON HOME DEPOT PURCHASES WITH **MILITARY STAR®**



New Appliance Center
Main Store
(new floor plan)
Aug. 21, 2023

Bayne-Jones Army Community Hospital Soldiers take part in high intensity interval training



Command Sgt. Maj. Jennifer A. Francis, senior enlisted advisor, Medical Readiness Command, West (right), joined Soldiers from Bayne-Jones Army Community Hospital for high intensity interval training while visiting the Joint Readiness Training Center and Fort Johnson Aug. 8.

COURTESY SGT. HANNAH COWSEKRT



Command Sgt. Maj. Jennifer A. Francis, senior enlisted advisor, Medical Readiness Command, West (left), and Spc. Taddaniam Green, behavioral health specialist at Bayne-Jones Army Community Hospital, flip a tire.



Staff Sgt. Cameron Joyner, noncommissioned officer in charge of the Soldier Centered Medical Home and combat medic specialist for Bayne-Jones Army Community Hospital, participates in a relay race during high intensity interval training.



Sgt. AnJanae Wynn, behavioral health specialist from Bayne-Jones Army Community Hospital, drags a sled and casualty during high intensity interval training.



Command Sgt. Maj. Shavonda Devereaux, senior enlisted advisor, Bayne-Jones Army Community Hospital (left) and Command Sgt. Maj. Jennifer A. Francis, senior enlisted advisor, Medical Readiness Command, West, drag a sled and casualty during high intensity interval training Aug. 8.

BRIEFS

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.

BJACH walk-in

BJACH will hold a walk-in contraceptive clinic from 8-11:20 a.m. Aug. 17 and 31 on the fourth floor of the OB/GYN clinic.

Back-to-school movie night

Go back to school in style! Allen Memorial Library will be hosting a back-to-school outdoor movie night Aug. 18 starting at 5 p.m.

A school supply drive will be held with all donors being entered into a raffle for prizes. All supplies will be donated to North Johnson and Parkway Elementary.

<https://johnson.armymwr.com/calendar/event/outdoor-movie-night/6055439/81062>

Doggie days at Splash Park

Bring your furry companion out to Splash Park Aug. 20 from 6-8 p.m. to beat the heat! Cost is \$3 per dog. Proof of vaccination will be required upon arrival to the park.

For more information call (337) 531-1988.

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 nonmembers. The event takes place at the Warrior Hills Golf Course. The next Nine, Wine and Dine is Aug. 22.

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 Aug. 23 from 5-6 p.m.

For more information call (337) 531-4661.

<https://johnson.armymwr.com/happenings/wednesday-night-scramble>

.22 caliber tournament

Go all out in this head-to-head style triple elimination tournament Aug. 26 at the MWR

Recreational Shooting Range.

Check-in will be at 9 a.m., safety briefing at 9:45 a.m. and the tournament will start at 10 a.m. Cost is \$20 per competitor.

To register call (337) 531-7552.

Books and brews

Attention book worms! Come to the Forge Bar and Grill Aug. 29 for this free book club-like event. From 5 -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 call (337) 531-7668.

Military spouse workshop

Are you a military spouse interested in finding a job? ACS will be hosting their "Stars Are Lined Up" free federal application workshop Sep. 12 which will help guide spouses through the USAJobs process, give tips on resume writing and help with sharpening up interview skills. The class will be from 10-11:30 a.m. Seats are open to eight participants per class.

<https://johnson.armymwr.com/calendar/event/stars-are-lined-military-spouses-federal-application-workshop/6090137/74472>

FORT JOHNSON THINGS TO DO

Aug. 16-20: Delcambre Shrimp Festival Delcambre, La.

Delcambre Shrimp Festival honors the shrimping industry with events including a shrimp cook-off, queens pageants, fais-do-do's, carnival rides, food court, boat parade and much more.

<http://www.shrimpfestival.net/>

Aug. 18-19 : Variety show DeRidder, La.

The Impromptu Players present The Snow White Variety Show at the Wooten Theatre. The show centers around the dwarves as they tell their version of events before a live audience. The show should be lots of fun for the whole family. Show dates include a non-dinner show Aug. 18 at 7 p.m. and a dinner show Aug. 19. For tickets visit https://www.onthestage.tickets/show/impromptu-players/63c71ee08e82410e4b16eb64?ots-cmp-gn-refer=hs-SOCIAL3W&utm_source=On-TheStage&utm_medium=hootsuite&utm_campaign=hs-SOCIAL3W

Dinner shows must be reserved online or at the door. Concessions are cash only.

Aug. 24-27: Gueydan Duck Festival Gueydan, La.

The Gueydan Duck Festival is usually held the last full weekend in Aug. Since it does highlight the hunting heritage of the Acadiana region, the Duck Festival offers the public great

entertainment with its duck and goose calling contest, skeet shooting, dog trials, duck dash, and decoy carving.

This is in addition to great food, nightly bands, junior and senior queens pageants, a grand parade, outdoor and indoor cooking contest, and to top it all off, a thrilling carnival.

As with any event in Cajun Country, the Gueydan Duck Festival gives everyone an excuse to meet old friends and make new ones. This "joie de vivre" ensures that a great time is had by one and all! "Laissez les bon temps rouler... let the good times roll!"

<http://duckfestival.org/index.html>

Sep. 14-17: Louisiana Food & Wine Festival Lake Charles, La.

The inaugural Louisiana Food & Wine Festival will take place in Lake Charles, Louisiana, Sept. 14-17. This four-day, ticketed event will highlight the area's Cajun/Creole cuisine and fresh gulf seafood from prepared by a wide selection of chefs, as well as hundreds of beer, wine, and spirit tastings. This is your opportunity to take in Lake Charles' exclusive, luxury food scene while experiencing interactive, scenic, and unique dining experiences.

<https://louisianafoodandwinefestival.com/>

Sep. 16: Highland Jazz & Blues Festival Shreveport, La.

Enjoy live music at the always unique and funky "party in the park" with the Highland

Jazz & Blues Festival. This free annual event features local and national jazz and blues artists, great food, and local artwork in the historic Columbia Park in Shreveport, Louisiana.

<http://www.highlandjazzandblues.org/>



Celebrating Dog Days of Summer with Defense Health Agency

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT JOHNSON, La. — The Defense Health Agency hosted a Dog Days of Summer campaign July 24-28 to showcase dogs at military medical treatment facilities across the agency. Each medical entity with dogs working in their facilities shared stories, photos and videos of the animals and the important role they play in the health and lives of their patients and staff.

Bayne-Jones Army Community Hospital, Joint Readiness Training Center and Fort Johnson, does not have facility dogs, but that did not stop Soldiers and staff from participating in the campaign.

Photos, videos and stories of dogs owned by staff members, including the hospital commander, were posted on the BJACH Facebook page. Nearly 30 posts of dogs were submitted.

Capt. James Walker, BJACH chaplain, submitted a photo of his dog, Scout, a 4-year-old Goldendoodle.

“Dogs are like little mood boosters in hospitals,” Walker said. “They provide emotional support to patients and staff, which helps ease anxiety and stress levels. Their playful and friendly nature can bring smiles to people’s faces, giving them a temporary break from their worries. Even seeing photos of your colleagues’ dogs on Facebook can boost morale. It’s really cool how much of a difference they can make in a hospital environment.”

Pets have a positive impact on the physical and psychological health of their humans.

Lt. Col. Ashley L. Maltezlaurieti, a neuro psychologist and deputy installation director of psychological health, said her dogs mean the world to her and her spouse.

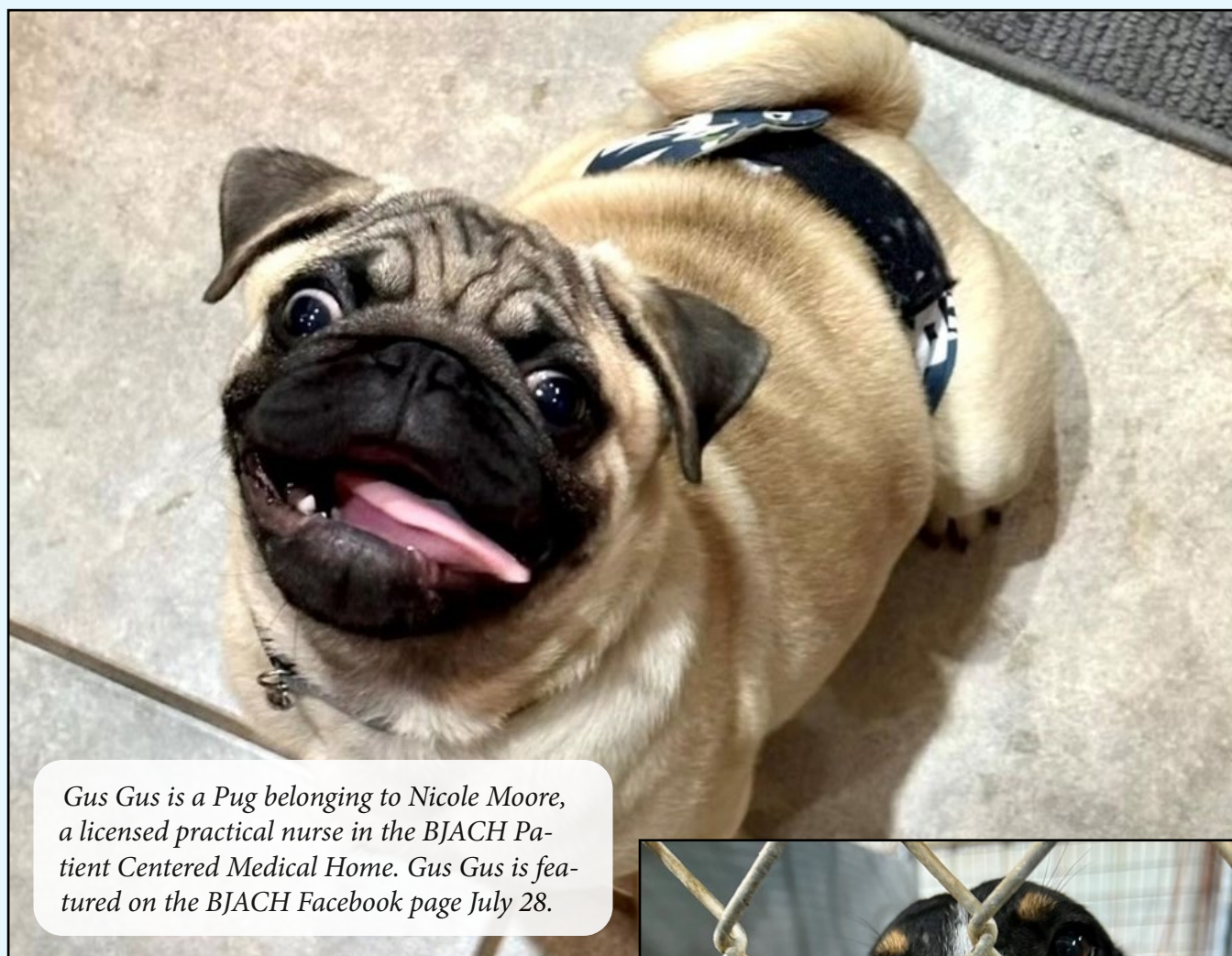
“Dogs provide a profound source of emotional support, companionship and unconditional love,” Maltezlaurieti said. “There is just nothing like being greeted by your favorite canine when you come home at the end of the day.”

Studies suggest a relationship with a dog can nurture or bolster relationships with other people.

“Personally, thinking about my own dogs has helped me get through difficult moments,” Maltezlaurieti said. “For example, while recently attending Survival, Evasion, Resistance and Escape school at Fort Novosel, Alabama, I was tired, wet and hungry. I was drudging through a thick forest for days. Despite the miserable conditions, I kept telling myself every step is one step closer to my dogs and my wife. When I told myself that, I felt a shift from being just plain tired and irritable to feeling a renewed sense of determination and purpose.”

To Danielle Averitt, a diagnostic medical sonographer, her dogs are more than pets, they are family.

“Pixie and Rex put a smile on my face when



Gus Gus is a Pug belonging to Nicole Moore, a licensed practical nurse in the BJACH Patient Centered Medical Home. Gus Gus is featured on the BJACH Facebook page July 28.

I walk through the door after a long day of work,” she said. “They make me happy with their unconditional love and companionship.”

Alley Hess, contact representative for the integrated disability and evaluation system, said her dogs provide emotional support to her and her spouse.

“I have two dogs, Annie, a 7-year-old Catahoula cur and a 1-year-old Australian Shepherd named Apollo,” Hess said. “My husband and I are both veterans who saw combat while deployed. Our dogs can sense when we are having an off day. They are lovable and always know how to brighten our spirits with kisses or just laying nearby. Honestly, we need them in our lives just as much as they need us.”

Marisol Lopez, a physical evaluation board liaison officer, has a French Bulldog, Cali Marie, who’s a huge part of her life.

“She provides me with unconditional love,” she said. “When I cry, she is there to lick my tears away. When I’m happy, she is happy. She brings so much joy and laughter to my life.”

Lopez said Cali is bilingual and understands both English and Spanish.

“She is my confidante; she keeps all my secrets,” she said.

Every dog shared was unique. There were dogs of different breeds, colors and ages, each one beloved by their owners.

Members of the BJACH team have been chattering through the hallways about the Dog Days of Summer Campaign illustrating how dogs contribute to the overall well-being of humans. Some employees have even suggested doing a “cat naps” version for a fall campaign



Two dogs available for adoption at a local animal shelter.

to highlight feline family members.

DHA facility dogs include Beasley, an American Red Cross volunteer at Naval Medical Center Camp Lejeune in Jacksonville, North Carolina.

He is one of four basset hounds who visit their hospital several times each month to boost the morale and reduce stress of both patients and staff.

At Walter Reed National Military Medical Center in Bethesda, Maryland, Elle Mae and Sgt. Maj. Truman are two dogs who spend their days bringing joy to the sick and recovering service members near the nation’s capital. They also enjoy spending time with their human colleagues during their rounds.

Maj. Budd and Maj. McAfee are two four-legged staff members at Brooke Army Medical Center, Joint Base San Antonio, Texas. These K-9 Air Force officers work full time in the facility. According to their commissioning oath, they are charged with comforting and cheer-

Please see **Dog**, page 26

Dog

Continued from page 25

ing on others, bringing smiles to humans and providing professional development and well-being to their handlers.

Getting a dog can be a big responsibility and a decision that should not be taken lightly. Adopting a dog should be a lifelong commitment.

Betty Beinkemper, chief, Army Housing Office, said there are rules and restrictions when it comes to pets living on post.

“Corvias, the Fort Johnson privatized housing contractor, has a policy of two pets per household, unless the animal is a registered service or emotional support animal,” Beinkemper said. “All pets must be registered within five days of arrival. Pet registration includes a signed pet addendum included with the lease. There are some basic restrictions for service or emotional support animals and they require additional documentation.

If you are interested in getting a dog, local animal shelters have dogs and cats available for adoption every day.

Marianne Sumney, lead technician at a shelter, said adopting a dog from their organization is an opportunity to save two lives.

“You’re not only saving the dog you are taking home,” Sumney said. “By freeing up kennel space at the shelter, you are also giving another animal more time to find a loving home.”

There is a flat \$40 adoption fee. That fee is waived if the animal has been in the facility more than 30 days.

“Louisiana law requires all animals adopted from our facility be spayed or neutered,” Sumney said. “If an animal is not spayed or neutered by the time they leave the shelter, we have vouchers to alleviate the majority of the cost associated with that surgery.”

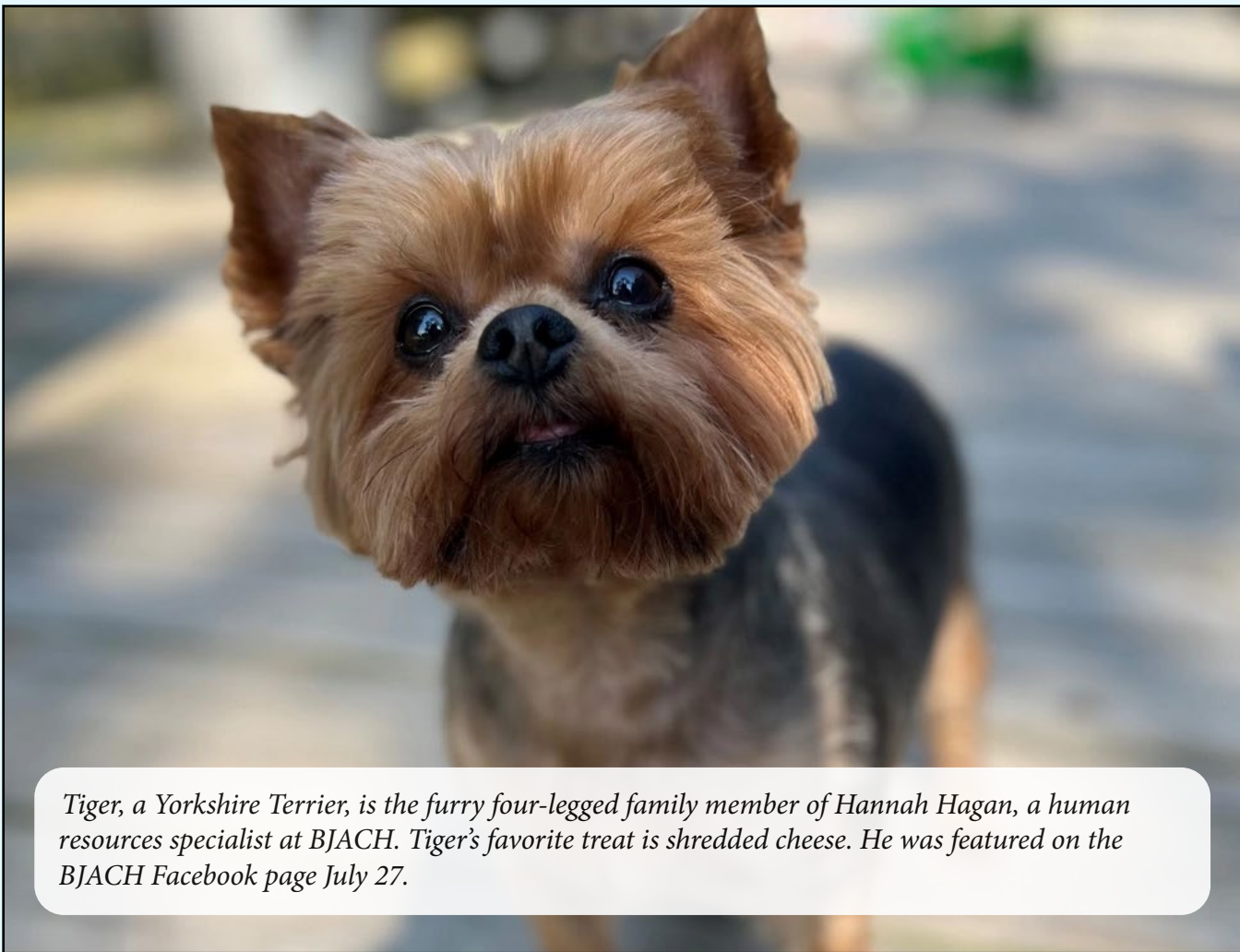
George Carlin, an American stand-up comedian, actor and author, once said, “Life is a series of dogs.”

He said dogs are the secret of life and that dog lovers will continue to get dogs even after a dog they love dies.

This comedy monologue alludes to the powerful impact dogs have on humans during their very short lives.

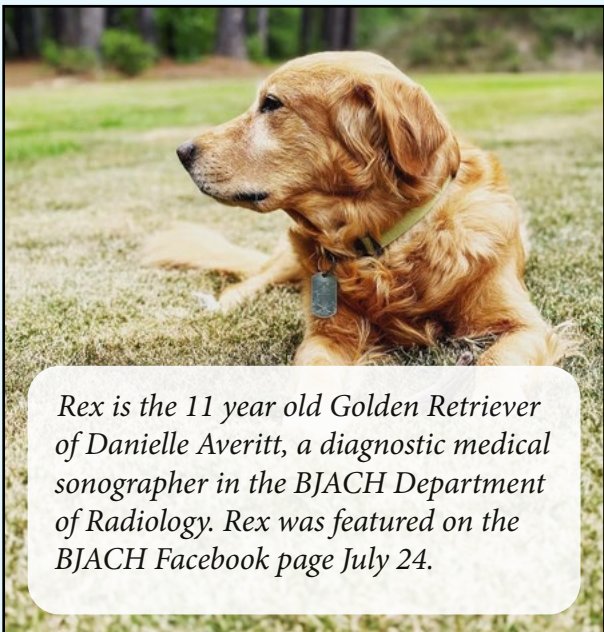
A little boy, after learning his dog was dying, explained it best in a 2018 story that went viral <https://www.goodthingsguy.com/opinion/why-dogs-live-shorter-lives/>. “People are born so that they can learn how to live a good life — like loving everybody all the time and being nice, right? Well, dogs already know how to do that, so they don’t have to stay for as long as we do,” he said.

To enjoy BJACH Dog Days of Summer posts follow them on social media at: www.facebook.com/BayneJonesACH.



Tiger, a Yorkshire Terrier, is the furry four-legged family member of Hannah Hagan, a human resources specialist at BJACH. Tiger’s favorite treat is shredded cheese. He was featured on the BJACH Facebook page July 27.

JEAN CLAVETTE GRAVES/BJACH PAO



Rex is the 11 year old Golden Retriever of Danielle Averitt, a diagnostic medical sonographer in the BJACH Department of Radiology. Rex was featured on the BJACH Facebook page July 24.

JEAN CLAVETTE GRAVES/BJACH PAO



Piper, an English Bulldog, loves sleeping and cuddling with her human, Carmen Rutledge, a military health assistant with managed care at BJACH. Piper was featured on the BJACH Facebook page July 25.

COURTESY CARMEN RUTLEDGE

Check VIN numbers

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

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
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
2002	Pontiac	Grand Prix	1285
1995	Dodge	1500	8277
2016	Jeep	Patriot	9883
2005	Buick	LeSaber	7593

