

GUARDIAN



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Pursuit of Soldier well-being continues with barracks ribbon cutting

By **PORSHA AUZENNE**
Public Affairs Office

FORT JOHNSON, La. — The Joint Readiness Training Center and Fort Johnson celebrated a ribbon cutting Aug. 5 for two newly completed barracks — buildings 2273 and 1634.

The ongoing project, started in 2008, marks the 32nd of 34 barracks housing restorations and highlights Fort Johnson’s mission of enhancing Soldier well-being. Funded in 2019 for \$20.8 million, building 2273 was awarded to Saur Incorporated, while building 1634 was awarded to Ross Group and funded for \$29.2 million.

Both projects restored the original Volunteer Army facility design by addressing flaws.

Improvements included enclosing the facility to provide one complete building envelope, installing an Exterior Insulation and Finish System and upgrading heating, ventilation and air conditioning systems.

Combined, both facilities will provide Fort Johnson with 208 additional rooms for Soldiers.

“The ribbon cutting ceremony represents not just a culmination of hard work and dedication, but also the beginning of new opportunities and growth,” said 1st Lt. Ianthe V. Cho, G1 Plans and Operations officer-in-charge.

Brig. Gen. Jason A. Curl, commanding general of the Joint Readiness Training Center and Fort Johnson, addressed the importance of the barracks restoration and the ongoing efforts to improve quality of life for



From left: Lt. Col. Joshua Haynes, Command Sgt. Maj. Andrew P. Baxter, Col. Derek E. Johnson, Brig. Gen. Jason A. Curl, Joint Readiness Training Center and Fort Johnson commanding general, post Command Sgt. Maj. Oracio Peña and Col. CJ Lopez, garrison commander, cut the ribbon in front of a newly renovated barracks facility Aug. 5. (U.S. Army photo by Porsha Auzenne)

Soldiers assigned to the installation.

“When we talk about quality of life for Soldiers and taking care of them, there’s a few things that are of utmost importance: Giving them a safe place to work and improving our motor-pools, company office facilities and training areas,” Curl said. “However, there’s also giving them a safe place to sleep and go after work.”

Upon completion of the ribbon cut-

ting, personnel got a firsthand view of the newly renovated interior which included a recreation room, laundry and barracks room complete with a stove, refrigerator, dining table, lounging chair, bathroom and bedroom.

The barracks will be open to occupancy for the 3rd Brigade Combat Team, 10th Mountain Division this fall.



Above: A bedroom, kitchenette and living area in the newly renovated barracks. Left: Col. Derek E. Johnson speaks with Chaplin Maj. Jeremiah D. Snyder in the newly renovated laundry facility of building 1634. Right: Russell Castillo, Directorate of Public Works engineering chief, briefs visitors during a tour of the barracks. (U.S. Army photos by Porsha Auzenne)



Cover photo: A Soldier from the 519th Military Police Battalion directs vehicles during the 101st Airborne rotation at the Central Louisiana Regional Port in Alexandria, La. Aug. 7. (U.S. Army photo by Keith Houin)



JRTC and Fort Johnson

Brig. Gen. Jason A. Curl

Commanding General

Col. CJ Lopez

Garrison Commander

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Keith Houin

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Sep 3 - Nov 19

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2nd MONTH \$40

3rd MONTH \$40

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2024 GUEYDAN DUCK FESTIVAL
Entertainment Lineup
Thursday, August 22, 2024
 6:30 - 8:00 The Jo-Genes
 8:30 - 10:00 Bubba Hebert & Alfred Doucet
Friday, August 23, 2024
 6:30- 8:00 Swampland Revival
 8:30-10:00 **Wayne Touns & Zydecacajun**
 10:30-12:00 Jamie Bergeron & the Kickin' Cajuns
Saturday, August 24, 2024
 4:30- 6:00 Lukas Meaux & Cajun Beat
 6:30-8:00 Adam Leger Band
8:30-10:00 Frank Foster
 10:30-12:00 Casey Peveto Band
Sunday, August 25, 2024
 11:30 - 1:00 Damon Troy & Louisiana Beat
 1:30 - 3:00 Geno Delafosse & French Rockin Boogie

We Can Do It!

PLEASE JOIN US FOR A FREE SELF DEFENSE CLASS HOSTED BY THE BEAUREGARD PARISH SHERIFF'S OFFICE AND THE GREATER BEAUREGARD CHAMBER OF COMMERCE

HELD AT DANCE STOP DANCE CENTRE FROM 9-11

TWO GROUPS AVAILABLE! 31 AND OLDER AND 14-30 YEARS OF AGE. ONLY 20 SPOTS AVAILABLE PER GROUP

SATURDAY, AUGUST 17, 2024
WOMEN'S SELF DEFENSE CLASS

Calling All Women!
 The Beauregard Parish Sheriff's Office is hosting their first women only self-defense class. This class will be physical and include partner work. Please wear comfortable clothing and no jewelry.

This is an all day event.

PLEASE CONTACT DETECTIVE TOREE SIMMONS TO SIGN UP

Email: tsimmons@bpsheriff.org
 Phone: (337) 460-5456

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August 16 / 7 PM | August 17 / 2 PM & 7 PM

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JOIN OUR
Out of the
DARKNESS
COMMUNITY

Southwest Louisiana
Out of the Darkness Walk
Saturday, September 14th
Burton Coliseum, Lake Charles
Start or join a team to fight suicide at
afsp.org/SWLA

3/10 BCT hosts staff delegation visit in Romania

By KAREN SAMPSON
Public Affairs Office

ROMANIA — Soon after accepting mission responsibility at Mihail Kogalniceanu Air Base, Romania, on July 15, 2024, Soldiers assigned to the 3rd Brigade Combat Team, 10th Mountain Division, hosted a visit from Louisiana's Staff Delegate.

Jules "Jay" Hurst, legislative director and defense advisor to Speaker Mike Johnson, 56th Speaker of the U.S. House of Representatives and a member of Republican Congress serving Louisiana's Fourth District.

"We take great pride in working on behalf of the Soldiers and military Families stationed at Fort Johnson," said Johnson. "It was a privilege to have our team visit the Patriot Brigade in Romania, meet with Soldiers, and see where they will live and train for the next eight months."

Hurst is also a lieutenant colonel in the U.S. Army Reserve. He has served as a liaison between the U.S. Army and Congress, as a strategist on the Department of the Army Staff, and as a project manager for the Department of Defense artificial intelligence systems. His service includes four tours to Afghanistan as a senior intelligence officer for a Joint Special Operations Task Force.

"The Patriot Brigade are training with many NATO allies and partners," Hurst said.

Hurst said they will experience real-world scenario-driven force-on-force training with 12 countries during the U.S. European Command exercise Immediate Response.

Immediate Response is a freedom of movement exercise planned for forces supporting Europe's Eastern Flank.

Hurst was able to take time during his visit to have constructive discussions with some of the young leaders regarding friction points that may come up with other nations during training.

"Interoperability with Allies takes practice," Hurst said.

Hurst was impressed with how the deployment provided the Patriot Brigade with opportunities to conduct training and practice tasks that, although not on their mission essential task list, multiply their capabilities and are crucial to the operational environment.

"The scope of this mission offers immense training value for the Soldiers here," said Hurst.

"Patriot Brigade is fielding new equipment as part of the Transform in Contact Initiative."

Gen. Randy George, 41st U.S. Army Chief of Staff, said the Transform in Contact Initiative works towards the future design of military service. Select units and task forces employ new weapons and training during deployments. This training tactic provides realistic feedback about how the military navigates areas of combat operations.



Soldiers assigned to the 3rd Brigade Combat Team, 10th Mountain Division, hosted a visit from Louisiana's staff delegate, Jules "Jay" Hurst, legislative director and defense advisor to Speaker Mike Johnson, 56th Speaker of the U.S. House of Representatives and a member of Republican Congress serving Louisiana's Fourth District, during their deployment to Mihail Kogalniceanu Air Base, Romania. (Photo courtesy U.S. Army)



Hurst engages with Soldiers assigned to the 3rd BCT, 10th Mtn Div during their deployment to Mihail Kogalniceanu Air Base, Romania. (Photo courtesy U.S. Army)

Hurst said it was a thrill to hear the Patriot Brigade staff discuss planning and see them adapt to the Eastern Flank's battle rhythm.

He expressed Johnson's continued support to all the Soldiers, civilians, and Families who call JRTC and Fort Johnson home.

"Our servicemembers deployed to Romania have a great opportunity to train while increasing interoperability with our European Allies. We hope they have a successful deployment rotation and look forward to welcoming them home upon their return," Johnson said.

Col. Joshua Glonek, commander, 3rd Brigade Combat Team, 10th Mountain Division, expressed the Patriot Brigade's gratitude.



Hurst speaks with Col. Joshua Glonek, commander, 3rd BCT, 10th Mtn Div during deployment. (Photo courtesy U.S. Army)

"Mr. Hurst stressed the importance of learning about our mission here and took time to engage with our deployed Soldiers," Glonek said.

Soldiers conduct joint port operations



Soldiers from 101st Airborne Division and 519th Military Police Battalion conducted port operations at the Central Louisiana Regional Port in Alexandria, La. Aug. 7. After an inland waterway journey from Kentucky to Louisiana, more than 1,000 vehicles filled the staging area to prepare for rotational training at the Joint Readiness Training Center and Fort Johnson.

(U.S. Army photos by Keith Houin and Ben Russo)



Memorandum of Agreement signing

U.S. Army Col. CJ Lopez, garrison commander of the Joint Readiness Training Center and Fort Johnson, James Williams, superintendent of Vernon Parish School Board and first responders and firefighters from the Department of Emergency Services sign a collaborative partnership between VPSB, DES and JRTC and Fort Johnson to provide fire and emergency care training for high school age children at the Vernon Parish School Board, Leesville, La., Aug.1, 2024. (U.S. Army photo by Karen Sampson)



1st Battalion, 5th Aviation Regiment change of command

The 1st Battalion, 5th Aviation Regiment held a change of command ceremony Aug. 1 at Maks Army Airfield. Lt. Col. James B. Polk relinquished command to Lt. Col John F. Robichaux Jr. "I'd like to thank God for the blessing and opportunity to serve and be humbled by the most professional group of Soldiers I've ever served with," said Polk as he addressed the audience. (U.S. Army photos by Porsha Auzenne)



CONGRATULATIONS FORT JOHNSON

AMERICANS



ON AN INCREDIBLE SEASON!

August is **ANTITERRORISM AWARENESS MONTH**

NESTING ANTITERRORISM STRATEGIC INITIATIVES AND PRIORITIES

AT Awareness Quarterly Theme
1Q/FY24



U.S. ARMY



Week 1

**Prepare to Respond and Recover.
Build the Team, Rehearse the Plan,
Improve the Response.**

RISK MANAGEMENT & STAND ALONE FACILITIES PROTECTION

AT Awareness Quarterly Theme
2Q/FY24



Week 2

**The threat may be
closer than you think.
#SeeSomethingSaySomething**

NATIONAL NIGHT OUT



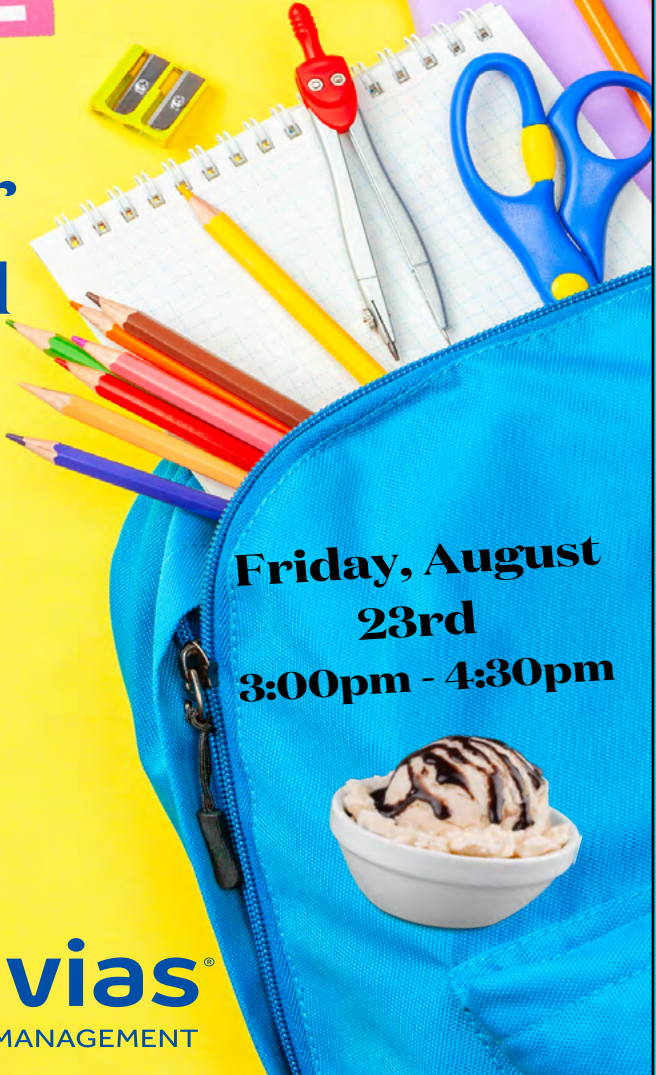
The 519th Military Police and the 50th Military Police Military Working Dog Detachment, 16th Military Police Brigade from the Joint Readiness Training Center and Fort Johnson attended the city of DeRidder's 41st Annual National Night Out: America's Night Out Against Crime at Beauregard Parish Fairgrounds Aug. 6. Families met their community's first responders, law enforcement and fire and rescue personnel and participated in interactive demonstrations.



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.

UNK	UNK	Utility trailer	N/A
2008	Yamaha	R6	5446
2016	Yamaha	R3	2153
UNK	UNK	Boat trailer	N/A
UNK	UNK	Kayak trailer	N/A
UNK	McClain	Boat trailer	N/A
UNK	UNK	M/C trailer	N/A
2001	Ford	F150	0450
2000	Ford	Ranger	3852
2006	Nissan	350Z	4586
2013	Kawasaki	650	4040
2004	Cadillac	Escalade	5765
2003	Ford	Crown Victoria	2046
2011	Chevrolet	Cruz	6489



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first week of
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- ✓ Prepare Before Hurricane Season
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- ✓ Get Moving When a Storm Threatens
- ✓ Stay Protected During Storms
- ✓ Use Caution After Storms
- ✓ Take Action Today



Click for more information

Stay prepared this hurricane season

HURRICANE SAFETY TIPS

TIP #4



Assemble disaster supplies.

Whether you're evacuating or sheltering-in-place, you're going to need supplies not just to get through the storm but for the potentially lengthy and unpleasant aftermath. Have enough non-perishable food, water and medicine to last each person in your family a minimum of three days. You'll need extra cash, a battery-powered radio and flashlights. You may need a portable crank or solar-powered USB charger for your cell phones. And lastly, don't forget your pets!



HURRICANE PREPAREDNESS

2024 Atlantic Hurricane Season Forecast




23	Named Storms
11	Hurricanes
5	Major Hurricanes


Stay informed!


- Subscribe to Nixle, which provides current updates from local emergency agencies
- Follow Fort Johnson social media pages on Facebook, X, Instagram and YouTube
- Visit Fort Johnson's website at home.army.mil/johnson
- Follow local news and radio stations






HURRICANE PREPAREDNESS














Fort Johnson will begin issuing guidance and alerts once a storm is 96 hours out




During an emergency, citizens are expected to be self-sufficient for 72 hours, when post services such as water and power may not be available


Basic Emergency Supply Kit

-  **Water** - at least one gallon per person, per day, for at least three days
-  **Food** - nonperishable food for at least three days
-  **First aid kit**
-  **Flashlight and lantern**
-  **Battery operated cell phone charger**
-  **Hand crank or battery operated radio**
-  **Extra batteries**
-  **Cash**
-  **Pet supplies**


Generator Information



If you are financially able, purchase a generator now, as well as gas cans and extension cords



If you have a generator, now is a good time to service it by changing the oil and spark plugs



Practice generator safety - do not run a generator indoors or within 20 feet of your house



By JEAN CLAVETTE GRAVES
BJACH PAO

FORT JOHNSON, La. — Bayne-Jones Army Community Hospital hosted a bring your dog walk at 6 a.m., Aug. 1, at Warrior Hills Golf Course, at the Joint Readiness Training Center and Fort Johnson, Louisiana.

The event was organized in support of the Defense Health Agency's annual Dog Days of Summer Campaign, designed to highlight facility dogs across the military health system. Currently, BJACH does not have facility dogs but has used the campaign as a way to share stories and photos of the important role dogs play in

the lives of their beneficiaries, staff and Soldiers and Families stationed here.

Alexander Ragan, installation director of psychological health, said dogs play a crucial role in the military, providing operational and emotional support to Soldiers.

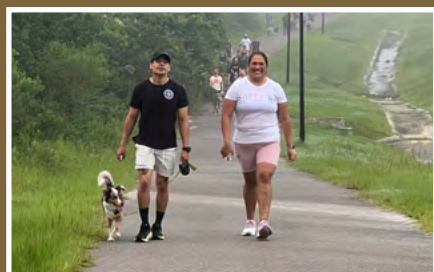
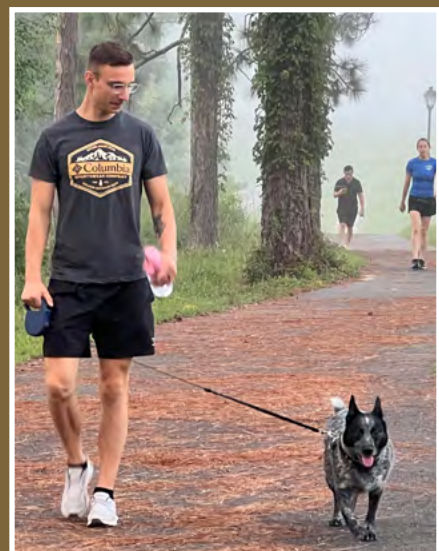
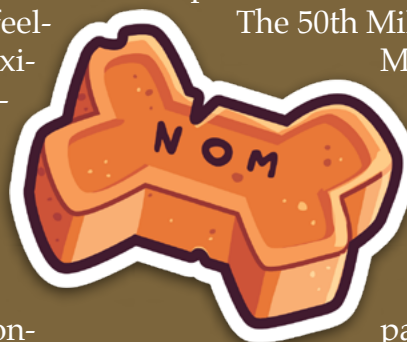
"Their presence can alleviate feelings of loneliness, stress, and anxiety," he said. "The bond between dogs and Soldiers is profound, offering unconditional love and support, in high-stress environments."

Ragan said the companionship of dogs can significantly reduce feelings of isolation, helping Soldiers maintain a positive mental state of mind.

The event was free and open to the public. The Fort Johnson fire department along with volunteers from Fairway Court, Eagle View Drive and the post chapel set up water stations to cool down the two and four-legged participants.

The 50th Military Police Detachment, 519th Military Police Battalion lent their support to the event with working dog demonstrations, and the 32nd Hospital Center showed up in force to participate.

At the end, each K9 participant earned a special certificate of PAWTICIPATION signed by Col. Alisa Wilma, BJACH commander, with paw prints from her dog, Lucy.



(U.S. Army photos by Jean Graves)

FORT JOHNSON HERITAGE CENTER



ARTIFACTS • PHOTOS • DISPLAYS



The Fort Johnson Heritage Center exhibits artifacts and interprets the historic contributions of the Army at Fort Johnson from 1940 to present day. Fort Johnson's storyline emphasizes the training missions and development of Army doctrine at the post during WW2; the Korean War and the 1950s; the Vietnam War and the Infantry Training Center; the late Cold War and the 51D (Mech); and later missions involving peace keeping and the Global War on Terror. Exhibits include those in the center gallery, and static displays of macro-artifacts on the center grounds, in Warrior Memorial Park and at Maks Army Air Field.

Free entry!

7881 Mississippi Avenue
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Open Monday-Friday, 8 a.m.-4:30 p.m.
(Closed on federal holidays)

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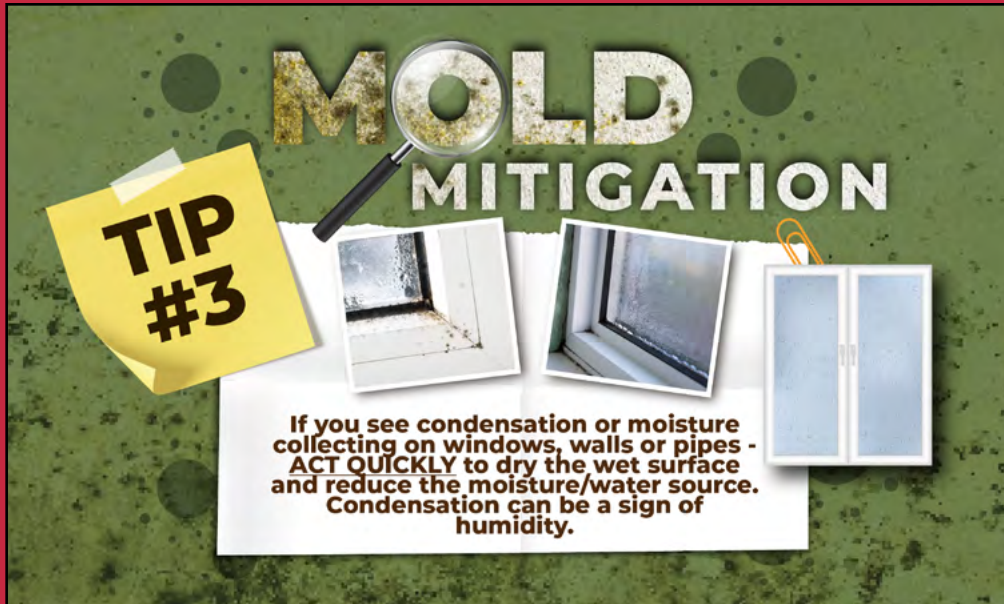


Military spouse-owned business market

Fort Johnson's Army Community Service sponsored a military spouse-owned business market at the Warrior Center, Aug. 3. The community came out to support a collective of businesses selling their creative goods, including scented candles, cookies, tumblers, keychains and more. (U.S. Army photos by Karen Sampson)

Antiterrorism proclamation

Fort Johnson leadership gathered at the Warrior Center Aug. 7 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, and Brig. Gen. Jason A. Curl, commanding general, 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> (U.S. Army photo by Antoine Aaron)



U.S. ARMY

Heat Related Illnesses

Signs of Heat Cramps:

- Muscle pains or spasms in the stomach, arms or legs
- Heavy sweating during intense exercise



Signs of Heat Exhaustion:

- Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting



If you have signs of heat cramps or heat exhaustion, go to a cooler location and cool down by removing excess clothing and taking sips of sports drinks or water. Call your healthcare provider if symptoms get worse or last more than an hour.

JRTC & Fort Johnson Motorcycle Safety Courses










See your unit
Motorcycle Mentor
first!



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

(337) 531 - RIDE

AUGUST 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Intermediate Drivers Training 	2	3
4	5	6 Basic Riders Course 	7	8 Intermediate Drivers Training 	9 Advanced Rider Course 	10
11	12	13 Basic Riders Course 	14	15 Intermediate Drivers Training 	16	17
18	19	20	21	22 Intermediate Drivers Training 	23 Remedial Drivers Training 	24
25	26	27	28	29 Intermediate Drivers Training 	30	31

HURRICANE ELECTRICAL SAFETY


PREPARE
FOR THE STORM



WEATHER
THE STORM


RECOVER
FROM THE STORM


 Charge all phones and communication devices


 Stay indoors during hurricanes and away from windows and glass


 Do not use electrical Equipment and electronics, including receptacles, that have been submerged in water


 Never connect a generator directly into your homes wiring unless a transfer switch has been installed


 Stay away from downed power lines. If you encounter a downed power line, stay at least 35 feet away and do not touch the line or anything that may be in contact with the line

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Your Civilian Workplace Safety & Occupational Health Experts

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- Supervisor Training
- Collateral Duty Safety Officer (CDSO) Training
- Emergency Action Plans
- HAZMAT Training
- OSHA Specific Training
 - Lock Out/Tag Out (LOTO)
 - Respiratory Protection (RPPM)
 - Personal Protective Equip (PPE)
- Army Traffic Safety Training
 - Basic Rider Course (BRC)
 - Experienced Rider Course (ERC)
 - Military Sports Bike Rider Course (MSBRC)
 - Intermediate Driver Training (IDT)
 - Remedial Driver Training (RDT)
 - Local Hazards Brief (LHB)
- Accident/Mishap Reporting Procedures Training



Garrison Safety Office
7130 Pennsylvania Loop, Bldg 4209D
Office: (337) 531-SAFE
DSN: 863-7233
Email: usarmy.johnson.imcom.mbx.garrison.safety@army.mil

Scholarships for military children



By MIKE PERRON
DeCA Public Affairs Specialist

FORT GREGG-ADAMS, Va. – Fisher House Foundation has announced the winners of its annual Scholarships for Military Children program, which awards deserving children of U.S. service members scholarship grants, offering an early boost to their continued educational success.

This year, the nonprofit foundation awarded 500 children a \$2,000 scholarship each for the upcoming 2024-2025 academic year. Fisher House created the program in 2001 in partnership with the Defense Commissary Agency to recognize the contributions of military families to the readiness of the fighting force and to celebrate the commissaries' role in enhancing the military's quality of life.

Marshall Banks, director of community relations at Fisher House Foundation, highlighted ongoing enhancements to the online application process, aimed at meeting the increasing number of student applicants each year.

"The online application process for the 2024-2025 Scholarships for Military Children program was a resounding success," he said. "Our team received over 4,000 applications again this year from 235 commissaries." Banks went on to note that, due to the support from its generous donors, Fisher House Foundation has awarded \$23,126,500 in scholarships over the past 24 years.

Each year, scholarship applicants submit their official transcript indicating a minimum cumulative GPA of 3.0 or above on a 4.0 scale for high school applicants or a cumulative minimum GPA of 2.5 or above on a 4.0 scale for students already enrolled in college and an essay of 500 words or less, no longer than two pages.

Eligibility for the program is determined using the Defense Enrollment Eligibility Reporting System database. Applicants must ensure that they, as well as their sponsor, are enrolled in DEERS and have a current military dependent ID card. Applicants must also be planning to attend or already be attending an accredited college or university full-time in the fall of 2024, or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants who have been awarded a full scholarship to attend a college or university, or who receive an appointment to one of the



From left: Defense Commissary Agency Director and CEO John Hall visited the Fort Gregg-Adams Commissary in Virginia on July 12 to award certificates to winners of the Fisher House Foundation annual Scholarships for Military Children. Navy Command Master Chief Mario Rivers, senior enlisted advisor to DeCA's director, and Robert Bunch, acting DeCA deputy director, also attended the ceremony.

military academies or affiliated preparatory schools, are not eligible to receive funds from this program. A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees and other expenses.

All rules and requirements for the program, as well as links to frequently asked questions are available at the Scholarships for Military Children website, as is the full list of this year's winners.

DeCA Director and CEO John Hall attended a scholarship award ceremony at the Fort Gregg-Adams commissary in Virginia on July 18 to personally present four local student winners with certificates honoring their efforts.

"This is really quite an achievement, so congratulations to the awardees and congratulations to their parents," Hall said.

Hall added that as a father, he could imagine the parents' state of mind. "Having put four children through college, I know you're going through two emotions right now," he said. "One, you're really proud of your child, justifiably so. You're really proud of your child for achieving this. But the second emotion I know you're going through is 'Thank God! I'm sav-

ing two thousand dollars here!' It's okay to go through both of those, and I congratulate you all because I know you had lot to do with this, too – the way you raised your children to be able to achieve this."

"The window to apply for the 2025 Fisher House Scholarships should open in December and close sometime in February, but the exact dates have not been set yet," said Todd Heasley, DeCA's scholarships program liaison. "Be sure to check the scholarship page in December for the date of the opening, as well as the new essay question for the year."

Fisher House Foundation also has a custom scholarship search engine tailored to military families, called "Scholarships for Service." It's free, easy to use, and available on mobile devices or computers at militaryscholar.org.

Fisher House Foundation is ranked a four-star charity by Charity Navigator. No government funds are used to support the Scholarships for Military Children program.

Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to fund the program.

For more information on the Scholarships for Military Children program, please visit: www.fisherhouse.org/programs/scholarship-programs/scholarships-for-military-children/



BJACH AFTER HOURS CYS & SPORTS PHYSICALS

****For children 5 years and older****
4:00 - 6:30 P.M.
EVERY TUESDAY & THURSDAY
JULY 9 - AUGUST 15
TO SCHEDULE AN APPOINTMENT
CALL 337-531-3011

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



U.S. Army Soldiers needed for the MHANES study!

The purpose of the MHANES study is to assess dietary intake, cardiometabolic health, body composition, nutritional status, health, mental well-being, injury prevalence, and physical performance in active-duty Army Service Members.

To qualify for this research study, participants should:

- Be a U.S. Army Soldier, 18 years of age or older
- Not be relocating or getting out of the Army in the next 30 days
- Not be in Basic Training (BCT) and/or One-station Unit Training (OSUT)

INFORMATIONAL BRIEFINGS: 0900 & 1300, AUG 21, 22, 23
at the Warrior Center, Fort Johnson, Louisiana

Participation in the study involves attending a study briefing, one in-person visit, and a virtual follow-up.

Compensation of up to \$400 is offered for the completion of this study.

LEARN MORE:

719-310-6708

StandReady@pbrc.edu



Red River Quilters

The Roaring 20's A Second Time Around

September 13-14

Show Times: Fri. 9am - 6 pm

Sat. 9am - 4 pm

Admissions:

\$10.00 Ages 11 through adult

\$5.00 5 to 10

Free Under 5



200+ Quilts Door Prizes
Demonstrations Merchant Mall
Silent Auction of Quilted Items

Featured Quilter: Hilda Williams

Special Exhibit: Hoffman Challenge 2023

Louisiana State Fair Grounds Ag Building
3701 Hudson Ave Shreveport, LA

For Donation Quilt Tickets & other Info

www.redriverquilters.com

redriverquiltshow@gmail.com

or Find us on Facebook

**No Federal or Army endorsement implied.*

2024 Quilt Show



Moon Glow

86" x 86" Donation Quilt Designed by Jinny Beyer
Featuring Fabrics from the Jinny Beyer Palette Collection

Tickets \$5 (Limited Number Available!)

Drawing on September 14 at the end of the Show
(You need not be present to win)



POLICE TRAINING

AUG. 12-16

Multiple patrol vehicles will be conducting scenarios around post.

Aug. 12-15: South Fort (near the 519th Military Police Battalion headquarters), the motorpool and kennels near Texas Avenue, Service Command Center loop and housing areas around Cypress Drive

Aug. 15 (noon-8 p.m.): Old Commissary Parking Lot



Dr. Roy Nafarrete
CAPT (USN), ret.
Presents:

CHANGE THE CULTURE

29 Aug 2024
1000-1130
1330-1500

Location: Bayou Theater

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

A: We stop it before it starts by eliminating destructive behaviors: We Change the Culture.



For more information, contact Dr. Nafarrete at changethecultureconsulting@gmail.com

ALCOHOLICS ANONYMOUS

What
AA Meeting

Who
Service Member/
Civilians (18 & up)
If younger than 18
Call POCs

When
Every Thursday
1830/6:30 p.m.

Where
Main Post Chapel
BLDG 427
Room 136-near
the kitchen

Cost (free)
Your time

Childcare
None

POC
Text Scott
910-494-9857
Or
Text Jeremiah
337-718-8822

"What's A.A.?"

The Most Effective
Solution to Alcoholism!

A FREE Alcoholics Anonymous support group for any adult seeking to stop drinking as lead by a civilian spouse and a retired Service Member



WHO:

- Those interested in learning how Alcoholics Anonymous (AA) works
- Everyone who believes alcohol is controlling their life
- Those seeking to quit drinking
- Anyone that has been told they have issues with drinking too much
- Individuals and groups concerned with alcoholism and its treatment
- You must be able to access FT Johnson
- Of course, adult dependents and civilians are welcome

ANONYMITY IS ENCOURAGED AND RESPECTED!

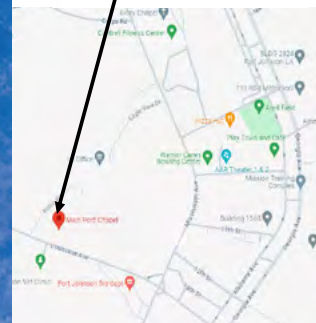
- While duty uniform is accepted, civilian clothes are recommended

HOSPITALITY:

- Accepting/needling sober sponsors
- Coffee

ALCOHOLICS ANONYMOUS

This is the Fourth Edition of the Big Book, the Basic Text for Alcoholics Anonymous



The Exchange
IS HIRING!



Join Our Family
APPLY AT APPLYMYEXCHANGE.COM

SCAN THIS CODE ON YOUR SMARTPHONE!

