

GUARDIAN



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Sickles accepts **responsibilities** as garrison command sergeant major

By **PORSHA AUZENNE**
Public Affairs Office

FORT JOHNSON, La. — Fort Johnson hosted an assumption of responsibility ceremony May 8 in the 1st Battalion, 5th Aviation Regiment hangar, where Command Sgt. Maj. Braden K. Sickles was assigned as the new garrison command sergeant major.

Family members, friends and the community were in attendance as Col. CJ Lopez, Fort Johnson garrison commander, passed the colors to Sickles.

Lopez opened the ceremony by expressing his gratitude towards community members, the workforce, leadership and Family members. Lopez mentioned Command Sgt. Maj. Stephen R. Nielson, the outgoing garrison command sergeant major.

“These events are always bitter-sweet, yet this one in particular is bitter as we’re missing one of our titans,” Lopez said in reference to Nielson before wishing the outgoing command sergeant major well in his retirement.

“A command sergeant major is, without question, the chief enforcer of policies, performance, training, appearance and conduct of the organization,” Lopez said. “They also uniquely lead beyond formalities by serving as a role model for those serving in uniform and those who don’t.

“The position of garrison command sergeant major consists of nuances and contours that are demanding and require an extremely dedicated, disciplined warrior. It also requires the garrison command sergeant major to be a strategic problem solver propelled by a solid moral fabric.”

Sickles thanked Fort Johnson leadership, community partners and everyone in attendance.

“I am honored and humbled to be entrusted with this immense responsibility,” Sickles said. “I prom-



The color guard stands at attention during the garrison command sergeant major assumption of responsibility ceremony May 8 in the 1st Battalion, 5th Aviation Regiment hangar. (U.S. Army photo by Antoine Aaron)

ise to work diligently and tirelessly to bring the best for our Soldiers, Families and communities here at Fort Johnson.

“To the leaders and executives of central Louisiana, I’m excited to build relationships and work together with all of you in supporting and developing our community to be the best place to live.”

“To all the Soldiers, Families and civilians, thank you for your service, sacrifice and dedication to our country and Army.”

Sickles promised support to the Fort Johnson community before wishing Nielson well and thanking him and his Family for their sacrifice and hard work. Sickles also addressed his daughter, Annabelle, who could not be in attendance for the ceremony.

“In closing, I’m excited to be here,” he said. “I look forward to the challenges ahead in continuing to shape our Fort Johnson home as the Army’s premiere installation.”

The ceremony concluded with the colors being passed from Lopez to Sickles, further signifying his position as Fort Johnson’s new garrison

command sergeant major.



Col. CJ Lopez, Fort Johnson garrison commander, salutes Master Sgt. Casey Henrichs during the assumption of responsibility ceremony. (U.S. Army photo by Antoine Aaron)



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For more information on Fort Johnson units and happenings visit the [@JRTCandFortJohnson](https://www.facebook.com/JRTCandFortJohnson/) Facebook page.



Cover photo: *An Explosive Ordinance Disposal specialist neutralizes a simulated explosive device during an insider threat exercise May 15. (U.S. Army photo by Antoine Aaron)*

BRIEFS

BOSS sewing class

Ever wanted to learn how to sew? Well, Better Opportunities for Single Soldiers has you covered! A sewing class will be held at the Arts and Crafts Center May 21 starting at 2 p.m.

All Single Soldiers are invited to participate.

For more information call 337-531-1948.

Harry Potter movie night

We invite all our Slytherins, Hufflepuffs, Ravenclaws and Gryffindors to Headquarters Field May 24 for a special showing of Harry Potter & the Sorcerer's Stone. Hogwarts personnel will be present with complimentary popcorn, face painting and a magic show starting at 7:30 p.m.

<https://johnson.armymwr.com/calendar/event/movie-night-harry-potter-and-sorcerers-stone/6384707/87228>

BOSS barbecue

Better Opportunities for Single Soldiers is heading to Alligator Lake May 31 for some delicious BBQ and a fun cornhole tournament. The

festivities kick off at 5 p.m.

This event is for Single Soldiers only.

For more information call 337-531-1948.

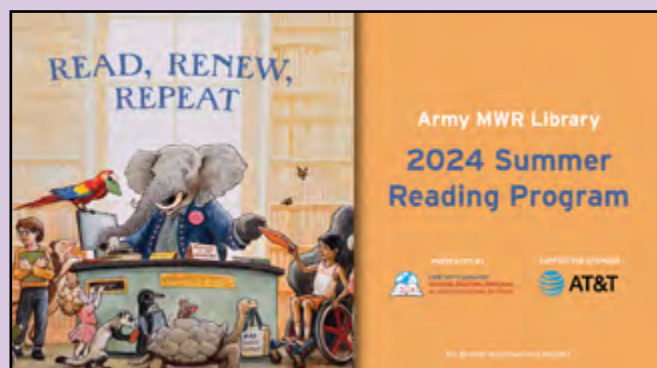
Bass tournament

Reel in the big one June 1 at Toledo Bend Army Recreation Park! Check-in is at first light. Participants will weigh in at 3 p.m. This event is open to the public.

For more information call 318-565-4235.

Summer reading program

The Allen Memorial Library encourages patrons of all ages to register for the six week Summer Reading Program. "Read, Renew, Repeat" to expand your mind and imagination throughout the summer. Prizes are awarded by reading or listening to books over the course of the pro-



gram. The program will run June 6-July 31.

<https://johnson.armymwr.com/calendar/event/summer-reading-program-read-renew-repeat/6384724/87242>

Top Gun movie night

Come down to Airfield Hangar 4262 June 7 for a special showing of "Top Gun!" Complimentary popcorn will be available starting at 6 p.m. This event is recommended for adults only. Parental guidance must be provided if bringing children.



<https://johnson.armymwr.com/calendar/event/movie-night/6384687/87222>

Inflatable Ninja Warrior

Gear up and come out to Alligator Lake for this year's Inflatable Ninja Warrior obstacle course June 22! From 10 a.m.-2 p.m., contestants will venture the bounciest of obstacle courses to see who will be crowned the 2024 "Inflatable Ninja Warrior champion".

Register in person at Wheelock Fitness Center or on site before the start of the competition.

<https://johnson.armymwr.com/calendar/event/inflatable-ninja-warrior/6384772/87254>

FORT JOHNSON THINGS TO DO

May 22: The Art of Mugging Lake Charles, La.

Susan Boyd returns with her latest ceramic workshop: The Art of Mugging!

Guests will get to make their very own textured mugs. These unique souvenirs will be quite a steal! Perfect for that evening tea.

The cost is \$75, or \$67.50 for museum members.

To sign up, call 337-439-3797.

<https://www.visitlakecharles.org/event/the-art-of-mugging-ceramic-workshop-with-susan-boyd/44958/>

May 23-June 2: Cajun Heartland State Fair Lafayette, La.

The Cajun Heartland State Fair is an eleven day fair with the right mix of entertainment and fun to provide maximum enjoyment for all ages. Enjoy ride specials, food, free attractions and family oriented games for an outstanding summer experience.

There is something for everyone to enjoy at the



Cajun Heartland State Fair fairgrounds.

<https://www.cajundome.com/events/chsf>

May 26: Zydeco Extravaganza Lafayette, La.

Lafayette's annual Zydeco Extravaganza, held annually the Sunday before Memorial Day, combines the Zydeco music you love with the flavor of a Lafayette festival. This fun outdoor festival has everything your friends and family will need to dance the day away including live music from some of the area's hottest Zydeco acts, an amateur accordion contest, food vendors serving up traditional Creole cuisine including boudin, red beans, and rice as well as traditional festival food like funnel cakes and lemonade. Advanced tickets can be purchased online or at the door the day of the event.

<https://www.explorelouisiana.com/events/festivals/zydeco-extravaganza>

May 30: The Culinary Canvas Lake Charles, La.

Savor a delectable progressive dinner crafted by Chefs Amanda Cusey, Joshua Moore and Rebekah Hoffpauir alongside Imperial Calcasieu-Museum resident artists.

Join us on Thursday, May 30 from 6-9 p.m. for an exclusive dinner benefiting the Imperial Calcasieu Museum! Here's what's in store:

We will be whisking you across three venues

over the course of the night. Enjoy exciting appetizers and bubbles at the Imperial Calcasieu Museum, a unique main course at Historic City Hall and delicious desert at the Residency at the Museum artist studios. Each course is being meticulously designed by our chef-artist pairings, with vegetarian offerings available upon advance request.

<https://www.visitlakecharles.org/event/the-culinary-canvas%3a-a-progressive-dinner-by-the-imperial-calcasieu-museum/46894/>

June 1: Kent House Bug & Reptile Day Alexandria, La.

The City of Alexandria invites children of all ages to the 15th Annual Bug & Reptile Day at the Kent Plantation House June 1 from 9 a.m.- 1 p.m. Admission is \$2 for all ages three and up (cash only). There will be bug and reptile encounters galore. Come hold a bug or even eat one if you dare! Watch a scorpion glow in the dark, pet an alligator, play games, make a craft, watch a movie or purchase a pet rock.

Concessions will also be available for purchase. So many things to do at this family friendly event!

For more information call 318-487-5998.

<https://www.explorelouisiana.com/events/festivals/15th-annual-kent-house-bug-reptile-day>

Fort Johnson becomes first installation to host virtual naturalization

By **ANGIE THORNE**
Public Affairs Office

FORT JOHNSON, La. — In a room filled to capacity, Fort Johnson’s Army Community Service hosted the first Army Virtual Naturalization Ceremony May 13 at the Warrior Center. Eight Soldiers took their oath of Allegiance to become American citizens as installation leadership, their fellow Soldiers and Family members attended the event held at the Warrior Center.

Anthony Wormser, United States Citizenship and Immigration Services supervisor, New Orleans, thanked Fort Johnson for all its hard work and for partnering with them to make the naturalization ceremony a reality.

“This is our first endeavor in the virtual naturalization process and Fort Johnson is a trailblazer for making this happen,” Wormser said.

He mentioned similar ceremonies were in the works at other military installations, but Fort Johnson was the first.

Wormser also offered congratulations to the Soldiers who would soon become U.S. citizens.

“This is a big day for you and your Families. I think it’s even more special because you made huge sacrifices for our country before you were citizens. Thank you for your service. We couldn’t be happier that you will now be able to call yourself a citizen of the country you serve each and every day,” he said.

Maj. Gen. David W. Gardner, Fort Johnson commanding general, said those gathered at the ceremony were there to witness a truly remarkable and poignant moment in the lives of these eight United States Army Soldiers and their Families.

“As we stand here in the presence of these courageous Soldiers, we bear witness to the embodiment of true patriotism and their spirit of determination,” Gardner said. “Each of these Soldiers has demonstrated remarkable resilience and sacrifice in service to our country. They uphold the values that make America



The eight Soldiers who took part in a virtual Naturalization Ceremony held at Fort Johnson May 13, took their Oath of Allegiance to become U.S. citizens. (U.S. Army photo by Angie Thorne)

the beacon of hope and opportunity that it is today.”

Gardner thanked the Customs and Immigration Service for making the event easier, as well as special, by participating in the remote ceremony.

“By taking this monumental step to become American citizens, these Soldiers are not only affirming their allegiance to the United States, but also embracing the rights and responsibilities that come with citizenship. Through their actions, they remind us of the rich and diverse tapestry and strength which defines our nation. These Soldiers come from different backgrounds, cultures and walks of life, but they are united in a common purpose — to stand together as brothers and sisters in arms, guardians of freedom and, now, proud citizens of the United States.”

Pfc. Rayhan Islam, 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, was one of the eight Soldiers taking their oath to become an American citizen.

Though Islam has lived in the United States since he was 3-years-old, he had to wait until he became an adult to begin the process to become a U.S. citizen.

“It wasn’t until I turned 18 and had already joined the Army that I began the step-by-step process,” Islam said. “My leadership was very helpful all along the way.”

Growing up in an immigrant household, Islam saw the opportunities U.S. citizens could garner including everything from simply having a safe place to lay his head to getting a good education and being able to join the military.

“It was important to me to have those opportunities. I appreciated them more than you can know, especially considering the country I immigrated from (Bangladesh) didn’t always offer them,” Islam said. “I was always very proud to live in America. Now I’m thankful and cherish the opportunity to finally be able to say I’m a U.S. citizen.”



(Above) After the naturalization ceremony, cake was served. (U.S. Army photo by Angie Thorne)



(Left) The audience at the ceremony applauded as the last steps to citizenship were accomplished. (U.S. Army photo by Angie Thorne)

Congratulations Naturalized Service Members!



Spc. Tamira Espinoza Ore



Spc. Dyan Rivette



Spc. Jose Angel Siqueiros Galvez



Pfc. Rajay Bailey



Pfc. Jim Kodex Odek



Pfc. Rayhan Islam



Pfc. Santiago Murillo Rubio



Pvt. Giovanna del Pilar Zilli Sanchez

3rd BCT, 10 Mtn Div in the news

10th Mountain Division, NATO allies lead **historic** Arctic mission

By ISABELLA COLELLO
MyTwinTiers.com

FORT DRUM, N.Y. — The 10th Mountain Division's 3rd Brigade Combat Team has joined forces with NATO allies in the "High North."

As part of a multi-nation operation "Defender Europe," 3rd BCT recently conducted operations throughout Norway, Sweden and Finland.

"Defender Europe is an exercise designed to assure our partners, our NATO allies, that we're here and that we project combat power anywhere across the world should the need arise here in the Arctic Circle and Northern Scandinavia," 3rd BCT commander Col. Ryan Barnett explained.

The unit recently completed a 900-kilometer tactical convoy across all three countries.

This marked a historical accomplishment for the U.S. Army as Finland and Sweden are the newest members of NATO.

"This is the first time that Norway has allowed combat power to land and pass through Sweden, and then also into Finland," Col. Barnett said. "Another first operation we did was to utilize the rail system. So we put 55 vehicles on rail in Norway to test our capability to not only drive equipment, but also put equipment



3rd Brigade Combat Team, 10th Mountain Division Soldiers pose with their unit flag in Norway as part of operation Defender Europe. (U.S. Army photo courtesy 3rd Brigade Combat Team, 10th Mountain Division)

on the rail."

The U.S. Army recently announced the 3rd Brigade Combat Team will deploy to Europe in the summer of 2024. Soldiers will replace the 3rd Brigade Combat Team as a regular rotation of forces to support NATO allies and partners, the Army said in a press release.

The 3rd Brigade Combat Team is the only 10th Mountain Division unit not stationed at the Fort Drum military installation. 3rd BCT operates at Fort Johnson, Louisiana.

While forward in the Arctic Circles Soldiers practiced medical care and marksmanship in colder environments. The unit also had oppor-

tunities to ski in alpine conditions.

As Fort Johnson lacks cold-weather training environments, Defender Europe will help 3rd BCT prepare for its upcoming deployment and continue the 10th Mountain's alpine legacy, Col. Barnett said.

"We're still 10th Mountain Division Soldiers," Col. Barnett expressed. "We're still able to do Alpine and this exercise proved that no matter whether we're in the heat, or the cold or snow, the 10th Mountain Division can still accomplish the mission."

Defender Europe will conclude at the end of May 2024.

10th Mountain Division rolls more than 500 miles across Finland, Sweden, Norway

By PATTY NEIBERG
Task and Purpose

EUROPE — Soldiers with the 10th Mountain Division recently completed an unprecedented 550-mile road trip across Norway, Sweden and Finland in which troops dealt with long-distance logistics, local laws and infrastructure regulations. It also meant keeping a sharp eye out for local wildlife.

"Every time we hit the border, it was a new rule," Staff Sgt. Alec Doolittle told Task & Purpose. "When I got closer to the Finland border, they emphasized the fact that reindeer are really bad around here. I was definitely more observant and more alert when we got this way."

In the end, no reindeer were harmed in the making of this NATO partnership.

Over the course of five days in late April, the Army's 10th Mountain Division moved a convoy of 400 soldiers, 165 vehicles, and thousands of tons of equipment through small Scandinavian towns, around fjords, and across three different countries on a 550-mile road march.

The exercise was the first time in decades that a major Army maneuver unit had traveled so far in Europe.



The Army's 10th Mountain Division moved a convoy of 400 soldiers and close to 200 heavy vehicles and thousands of tons of equipment through small Scandinavian towns, around fjords and across three different countries on a 550-mile road march. (U.S. Army Photo by Spc. Samuel Signor.)

"The Army did these convoys during the surge in Iraq, where they would convoy from Kuwait," Maj. Rachael Jeffcoat, a spokesperson for the 10th Mountain Division said. "But the long-distance march was a first for the European theater."

The exercise had both a military and political component: could a major element of a brigade move that far, that fast and arrive in com-

bat-ready shape? Second, the exercise served as a first major training operation on the home soil of the two nations that are the newest additions to NATO, Sweden and Finland.

"We just crossed Finland's one-year anniversary for them joining NATO and then Sweden just joined here in March," said Col. Ryan Barnett, commander of the 10th Mountain Division's 3rd Brigade. "This was the first time the U.S. military had tested this capacity to land a brigade in Norway and then road march it across Norway through Sweden and then wind up in training areas in Finland."

Norway is one of NATO's 12 founding members.

The exercise was also the Army's way to validate its ability to transport convoys of equipment and personnel across different ports, borders and transportation systems in the three countries. During months of preparation, orders were developed for hundreds of Soldiers and local security escorts, and the routes and schedules were patched together for convoys of Humvees, medium tactical vehicle variants, fuelers, ambulance vehicles, joint light tactical vehicles, forklifts and trailers.

Even small details could threaten the project.

Please see **Miles**, page 6

Miles

Continued from page 5

For the railways, for instance, the Army loaded 55 vehicles and trailers on a rail into Sweden which needed to be changed out for different gauges once the equipment reached Finland, Barnett said.

“That was another first and another test of strategic force projection for the alliance,” Barnett added.

The exercise’s purpose was to project combat power among the new NATO members, but it also required soldiers to use judgment and tact as de facto tourists, their tactical American military equipment sharing the same roads as local civilians driving to the supermarket.

“We abided by traffic laws within the towns and so civilian vehicles were able to pop in and out of our convoys so we wouldn’t interrupt the flow of traffic,” Barnett said. “Driving through the towns, especially with these bigger vehicles, Soldiers really had to have confidence in their driving skills.”

Maj. Francis Porcase, executive officer of 3rd Brigade Combat Team, said that convoys didn’t spend more than 10 minutes at each border crossing. They received hand-held tactical radios to talk to their new NATO counterparts and shook the hands of their Norwegian, Swedish and Finnish escorts to who would oversee the route, logistics like traffic, speed limits, vehicle maintenance issues or weather conditions.

Diplomacy in a tactical operation

The Army’s exercise was based around speed and staying true to the operation’s schedule to finish in five days, Porcase said. But the Americans also were able to meet their local counterparts.

“At every stop, our Soldiers were interacting with local host nation soldiers,” Porcase said. “It was super neat to watch the interaction between soldiers that had never met each other and only met each other for a couple hours or even just a few minutes.”

The soldiers traded patches and other memorabilia, with some of the 10th Mountain troops landing unique Scandinavian patches or knives with regional significance that local soldiers carried. Some even swapped American meals for Swedish and Finnish MREs, Porcase said.

Many times, Doolittle said, children waved and cheered and onlookers called out for friendly horn honks.

“When we did go through a town and there were people out, it was like a head turner and they almost looked as if they were confused as to why these American armored vehicles were rolling through our town,” Doolittle said.

Arctic conditions

While the Nordic countries are currently experiencing Spring, the climate was still a far cry



Soldiers from the 10th Mountain Division during their 550-mile convoy exercise. (U.S. Army photo by Staff Sgt. Alec Doolittle)

from the temperatures the Brigade was used to at home in Fort Johnson, Louisiana. Even during the day, temperatures hit just above freezing (though the 10th Mountain Division’s headquarters is at Fort Drum, New York — whose mountains and northeastern weather can be Scandinavia-like — the 3rd Infantry Brigade Combat Team has been permanently based in Louisiana for almost a decade).

Before the exercise, the Southern U.S.-based leadership sent Soldiers to the Army Mountain Warfare School in Vermont and had units practice putting snow chains on tires for icy road conditions.

“You don’t naturally get that inventory of cold weather equipment when you’re stationed at Fort Johnson so we were able to give them that equipment that they needed to operate out here in the colder climates,” Barnett said. This included thermal underwear, insulated pants and tops, gloves and mittens, hoods and

a balaclava.

Moving hundreds of miles is nearly as foreign as the cold. At Fort Johnson, the training area is only about 10 to 15 miles from the brigade’s motor pools.

To be ready, they spent the months leading up to the exercise practicing.

“We ran through a series of vignettes to make sure that they understood if something would happen, what their actions would be and that included everything from a vehicle breakdown, a flat tire, an individual vehicle accident, like they run off the road or two vehicle collisions with a civilian vehicle,” he said.

Besides a few flat tires that were handled on the spot, 10 vehicles were evacuated to support centers to get them operational so they could finish the convoy.

“Overall, we were able to make the 908 kilometers without incident,” Barnett said. “So it was an extremely well done operation.”



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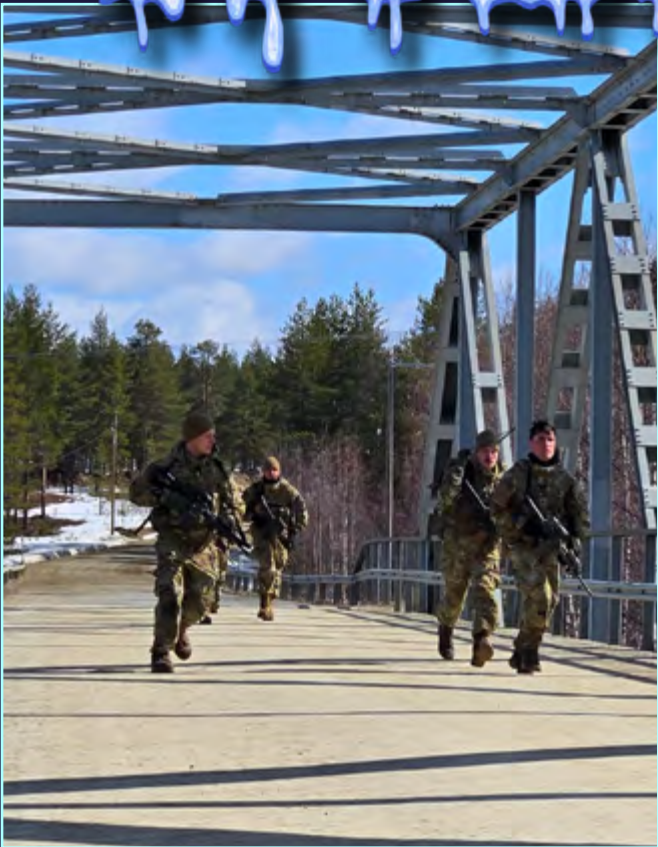
AER

<https://give.army-emergencyrelief.org/ftjohnson>

2nd Battalion, 30th Infantry Regiment
10th Mountain Division, 3rd Brigade Combat Team

WILD BOARS

Operation Defender Europe





Memorial Day is a day filled with mixed emotions

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

FORT JOHNSON, La. — The idea of Memorial Day — or “Decoration Day,” as it was initially called — began after the Civil War to honor Americans from both the North and South who lost their lives in this terrible struggle. Various dates in the months of April and May were used and multiple cities claimed to be the birthplace of Memorial Day, but it is generally accepted that the first major observance occurred at Arlington National Cemetery May 30, 1868.

For a while, this day remained an exclusive reminder of those who lost their lives in the Civil War, but after World War I, the day was expanded to honor those who died in all American wars. In 1971, Memorial Day was declared a national holiday by an act of Congress and cemented its place on the calendar on the last Monday in May, the date we still use today.

For those who have served, Memorial Day is undoubtedly filled with mixed emotions, but for modern day Americans its true meaning seems to have gotten lost. I think it’s because the average citizen has become insulated from military service and the gravity this day holds.

The reality is, the day isn’t about barbecues, sales or even veterans or active-duty Soldiers — it is about the men and women buried across this nation in countless veteran and local cemeteries. They are not faceless; they are our friends, fathers, sons and daughters.

Memorial Day honors those who have perished in the service of our nation. It’s a solemn day of remembrance — of those that many of us were privileged to know and are no longer here with us. I also like to think of it as a celebration of their life. Having known some of these men, I think they would want the living not to mourn, but to live life to the fullest and to make the world a better place.

Those that we honor are not here because they died doing what their country asked of them. They were ordinary men and women who did extraordinary things. They dedicated



their lives not only to conflict and death, but also to compassion and life. I saw this compassion and empathy on the battlefield, many times firsthand, and I can tell you America should be proud of these men and women.

Memorial Day may not be a happy day, but neither is it filled with remorse. Instead, it overflows with a roller coaster of emotions that range from the highs of thinking about the good times you had with the friends and fellow Soldiers you were privileged to know, to the lows of knowing that you will never experience the warmth of their friendship again.

I am not a wealthy man monetarily, but I am far richer than most for knowing so many men and women who have served their country well. I have seen them at their finest in the worst of times. Some of them perished in the discharge of their duties, but they will, in my mind, remain forever young and brave.

I feel I would have had a much emptier life had I not been given the gift of knowing these departed souls, their friendship and Soldierly camaraderie.

“At the same time, I feel deeply saddened for their Families, as well as the Army and nation who lost them so early. Their full potential will never be known. Sometimes — no, many times — not just on Memorial Day, I am grief-stricken with thoughts of them. I feel this grief is somewhat selfish because what I feel can be nothing compared to what their Families feel for a lifetime.

I share this only to put the meaning of Memorial Day in context and help others better understand why so many veterans have mixed emotions when one wishes us a happy Memorial Day.

This year, when you see a veteran in deep reflection, don’t wish them a happy Memorial Day. Give them a moment, give them some space, and most importantly, give them some understanding. Let them know you understand. Listen to the stories they tell of their friends that are here and departed.

As the noted English novelist Terry Pratchett said, “Do you not know that a man is not dead while his name is still spoken?” This quote aptly fits the stories told by a veteran of a friend no longer here. He is likely trying to keep his friend’s memory alive through the telling of his exploits and contributions. A hero lives forever in the minds of many.

On May 27 at 3 p.m. local time, take a moment to put the “Memorial” back in Memorial Day. Wherever you are, whatever you are doing and whoever you are with, stop and take two minutes to reflect and contemplate the meaning of this day.

Known as the Memorial Day Moment of Silence Act, it is likely one of the least known, but most noble gestures citizens can participate in to honor the nation’s fallen heroes. Enjoy your freedoms, but never forget they come at a price — all too often the loss of a human life. So, honor them on this and every Memorial Day.

COMMENTARY

Fort Johnson college graduates toss hats after successful journey

By ANTOINE AARON
Public Affairs Office

FORT JOHNSON, La. — The Joint Readiness Training Center and Fort Johnson Army Education Center hosted their bi-annual combined college graduation ceremony to honor recent college graduates of both on and off post universities.

The event took place at the Bayou Theater on the evening of May 15.

The ceremony opened with an invocation and benediction given by Chaplain Col. Michael Jeffries, followed by a commencement address by garrison commander Col. CJ Lopez.

“Rise early, work late and strike oil,” Lopez said, emphasizing a quote by billionaire and petroleum industrialist Jay Paul Getty. “Like all the department of the Army civilians and active duty Soldiers graduating here tonight, you rose early and demonstrated diligence, commitment and determination by striking a balance with your goals of getting a great GPA, caring for your family and dealing with endless volume of work.

“If today serves as a testimony for any achievement, I believe that you struck oil here today, metaphorically, and I’m proud of you.”

Central Michigan College, Central Texas College, Northwestern State University and Upper Iowa University recognized 20 graduates, with more than 75 supporting family and friends in attendance.

“For soldiers who have dedicated themselves to both military service and educational advancement, combined graduation ceremonies acknowledge and honor both aspects of their identity.”

Yolanda Maxile, business adjunct instructor for Central Texas College, said. “It recognizes the unique challenges and sacrifices they’ve made to excel in both areas of their lives.”

A college degree can be very important in advancing one’s career or creating opportunities. Ultimately, the decision to go back to school is a personal one. Anita Gipson, a recent graduate of Central Texas College with an Associate of Science degree in General Studies, knows this all too well after falling on tough times during her tenure in the military.

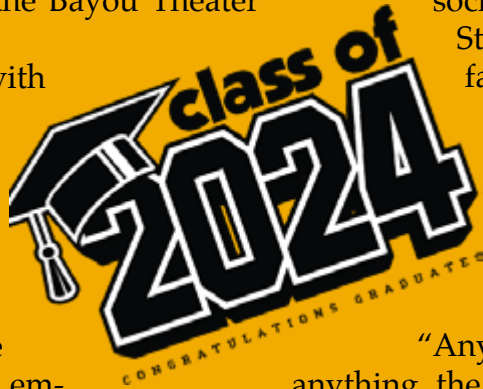
Dealing with divorce and once homeless, Anita found support from teachers and fellow students to keep pushing forward.

“Anytime we feel like we can’t do anything, the instructors look at us with a big smile and say, ‘Yes you can and you’re going too,’ she said. “Even with the students — it doesn’t matter what genre or age group they come from, they’ve always been supportive in saying, ‘No Ms. Gipson, you can do this.’”

Gipson was the first college graduate in her family, which is a legacy she takes pride in.

“I’m most excited about starting a tradition. Out of all my mother’s children, I’m the only one to graduate with a college degree. In our family, we’ve made our own Black history, and that is something I’m looking to continue with my son,” Gipson said.

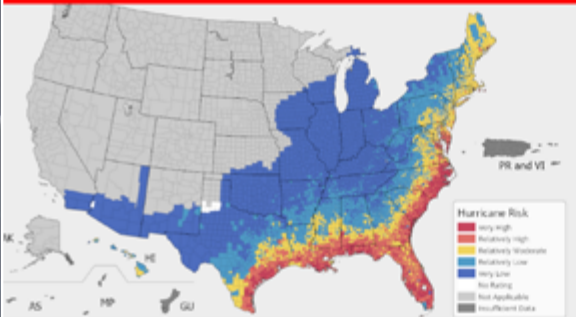
For more information on how to enroll in schools or guidance towards a degree please contact the Fort Johnson Army Education Center at 337-531-5269.



ANTOINE AARON/GUARDIAN

HURRICANE PREPAREDNESS

2024 Atlantic Hurricane Season Forecast



23 Named Storms

11 Hurricanes

5 Major Hurricanes

96 hours

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



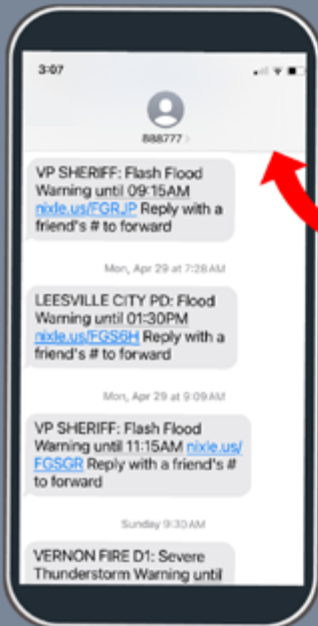
If you have a generator, now is a good time to service it by changing the oil and spark plugs



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

Stay informed!

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



TORNADO SAFETY TIPS

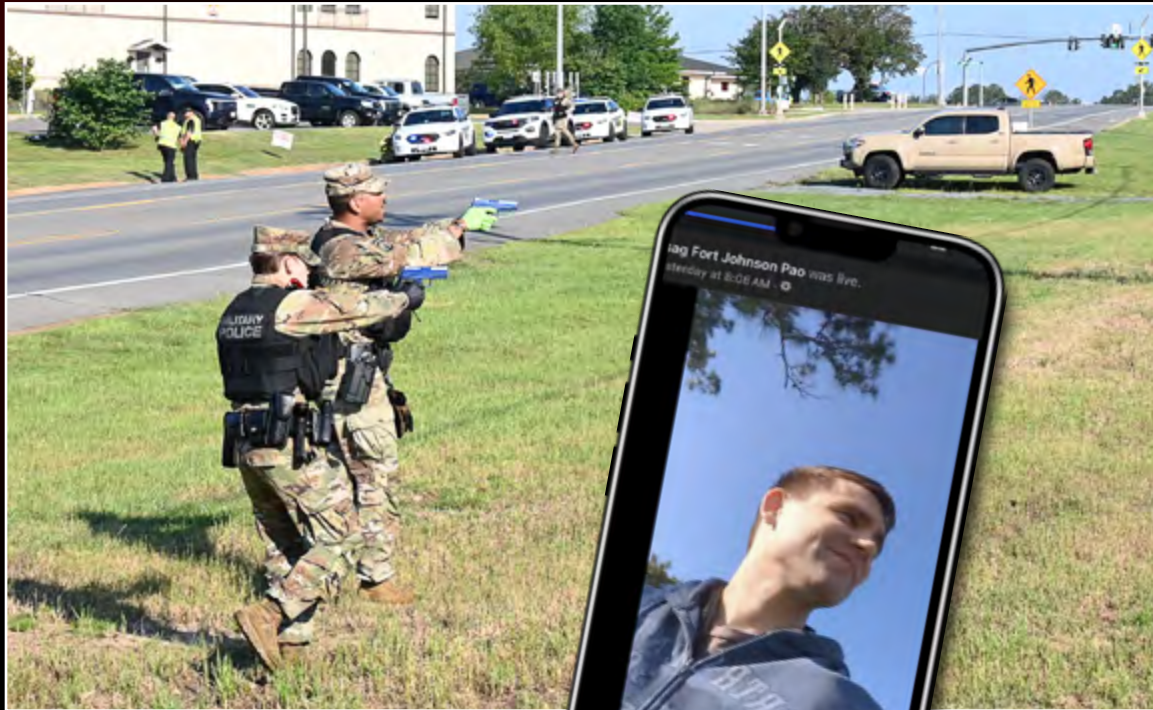
TIP #2



In general, get as low as you can in the event of a tornado. A basement below ground level or the lowest floor of a building offers the greatest safety. Put as many walls between yourself and the outside as possible. Avoid windows at all cost!

INSIDER THREAT

Full Scale Exercise



ANTOINE AARON/GUARDIAN



JEAN CLAVETTE GRAVES/GUARDIAN



ANTOINE AARON/GUARDIAN



ANTOINE AARON/GUARDIAN



ANTOINE AARON/GUARDIAN



ANTOINE AARON/GUARDIAN

The Joint Readiness Training Center and Fort Johnson participated in an insider threat training exercise May 15. The simulation, which consisted of multiple domestic terrorist incidents, was a collaborative effort between crisis action team members, leadership and parish partners as a test in the event of a real world driven scenario.



INSIDER THREAT



ANTOINE AARON/ GUARDIAN

Local hospital providers take a holistic approach for mental health

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT JOHNSON, La. — May is Mental Health Awareness Month. At Bayne-Jones Army Community Hospital, providers from a variety of disciplines take a holistic approach to mental health, bringing awareness to how nutrition, stress, exercise, environmental exposures and more can have a profound effect.

According to the Defense Health Agency, protecting, optimizing and defending your mental health is vital to the well-being of everyone and to readiness at the Joint Readiness Training Center and Fort Johnson.

Capt. Nancy Hausterman, a clinical psychologist at BJACH, said the whole person approach is important when it comes to mental health.

“Most people may have limited knowledge about how physical conditions impact psychiatric conditions and vice versa,” she said. “For instance, low levels of vitamin B-12, vitamin D and iron play an important role in one’s mental health. Conversely, when a person is experiencing chronic psychosocial stressors, it can lead to cardiovascular, immune and metabolic dysregulation.”

Capt. Aireal Williams, a registered dietitian and chief of the nutrition care division for BJACH, said nutrition plays a crucial role in a person’s mental health and overall well-being.

“The food we eat provides us with the necessary nutrients and energy to function optimally,” Williams said. “A balanced diet consisting of whole foods, fruits and vegetables, lean proteins and healthy fats can help promote good physical and mental health, reduce the risk of chronic illnesses and improve overall quality of life.”

Williams said there is correlation between nutrition and mental health.

“Studies have linked poor nutrition to various mental health conditions such as depression, anxiety and even dementia,” she said. “Research suggests that consuming too much refined sugar can lead to impaired cognitive ability and mood disorders.”

“Restricting your eating can also have negative effects, including increased stress levels and reduced cognitive performance. These can make a person anxious, aggressive and unhappy. It’s important to strike a balance and make healthy food choices to keep your mind and body functioning at their best.”

Williams said regular exercise and good nutrition can improve one’s mental health.

“A well-balanced diet can lead to improved concentration and attention span, while an inadequate diet can lead to fatigue, impaired decision making and slower reaction time,” she said.

“A healthy diet and regular exercise can help reduce stress and anxiety, improve mood,



Rolanda Robinson, a Health System specialist, discusses her spiritual health with Capt. James Walker, hospital chaplain, May 14 at Bayne-Jones Army Community Hospital. (U.S. Army photo by Jean Graves)

boost self-esteem and promote better sleep quality.”

Williams said finding balance and establishing a routine can be challenging, but she encourages her patients to prioritize self-care to support and maintain good mental health.

Staff Sgt. Jessica Lewis, a master resiliency trainer and nutrition care specialist for BJACH, said physical fitness can help those struggling with mental health challenges.

“Working out allows your brain to release endorphins that make you feel good,” she said. “If a person is struggling with their weight, seeing changes in their appearance can also boost their mental health. If a person is struggling with mental health, working out can be something to look forward to everyday. Whether you go to the gym or work out at home, if you give it your all, you can leave frustrations and problems right there.”

Sgt. Jason Cobb, BJACH Department of Rehabilitation occupational therapy specialist, said occupational therapy and behavioral health are intrinsically connected.

“The occupational therapy scope of practice includes behavioral health and integrates cognitive and sensory processing with motor skills as part of a patient’s treatment,” Cobb said. “A great example of this is how occupational therapy was the most common treatment in the recovery of ‘shell shock’ after WWI and WWII. Soldiers were given occupational tasks such as leather and woodwork to help them focus.”

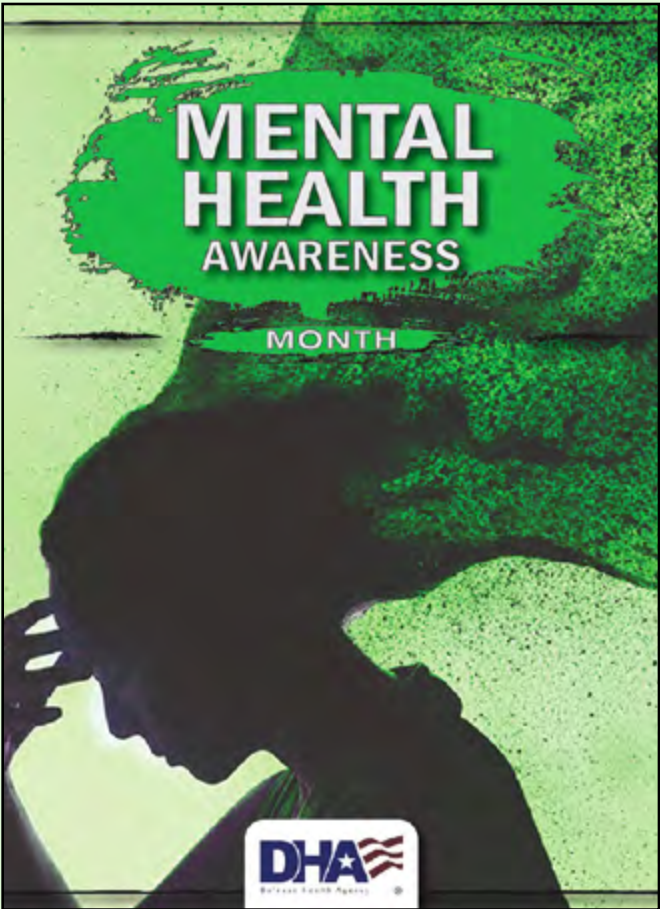
Cobb said mindfulness is also important in healthcare.

“Mindfulness interventions are frequently used in health care to assist patients in managing pain, stress and anxiety as well as in targeting additional health, wellness and quality of life outcomes,” he said. “Mindfulness can be used as an intervention through meditation,

mindful movement, breathing techniques, etc.”

Cobb said in the field of occupational therapy, a holistic approach is taken to patient care by focusing on the mind-body connection.

“While I am new to occupational therapy, I personally believe that a patient’s mindfulness plays a vital role in their healing,” he said. “If a patient in a state of depression, extreme stress or has mentally ‘checked out,’ they will not have the same outcomes as a person who approaches their treatment plan from a mindful, motivated and mentally strong perspective. The old saying ‘the power of positivity’ or ‘mind over matter’ to promote healing is real



Please see **Mental Health**, page 15



Bayne-Jones Army Community Hospital WALK-IN WELLNESS



Public Health
Prevent. Promote. Protect.

A confidential way to get tested for an STI (Sexually Transmitted Infection) without having to see a provider first. You can have an STI even if you have NO symptoms

H
HOSPITAL

How does it work?

1. Go to the BJACH Lab
2. Select "Walk-In Wellness Testing" at the Kiosk
3. Lab collects blood and urine
4. APHN will call you if your results are positive and treat you.



What will I be tested for?

- HIV
- Chlamydia
- Gonorrhea
- Syphilis
- Hepatitis C

Who can use this service? ALL TRICARE beneficiaries, 8 a.m. - 4 p.m., Monday - Friday.

**Why
Get
Tested?**

Why should I get tested?

Knowing your STI status is an important step in stopping the spread of infection.

Untreated infections can cause more health problems.

When should I get tested?

Within one week of unprotected sex with a new partner.

At least 21 days after last STI treatment.



See your doctor or go to the **ER immediately** if:

- Testicle pain
- Abdominal pain
- Pelvic pain
- Fever
- Discharge from penis, vagina, anus

What can you do to protect yourself?



- Wear condoms 100%
- Abstain from all sexual activity
- Have sex with just one person that you trust
- Get the HPV vaccine



Need more information?

Contact Army Public Health Nursing or your PCM

References: <https://www.cdc.gov/std/prevention/default.htm>

Mental Health

Continued from page 13



Hatina Allen, chief of program analysis and evaluation, understands the important role nutrition plays in her mental and physical health, choosing the salad bar for her lunch (U.S. Army photo by Jean Graves)

and will usually have productive physical outcomes for patients.”

Capt. Brianna Kearney, a Fort Johnson Department of Public Health nurse, said environmental and public health factors can play a role in an individual’s and community’s mental health.

“Environmental exposures such as noise, the air we breathe, the green space around us, the weather and our living and working conditions can positively or negatively impact a person’s mental health,” she said. “A solid, strong public health program can directly influence a community’s mental health and resiliency.

“Things like access to care, addressing health problems or hazards within a community and strengthening partnerships to improve the community’s healthcare are essential public health services.

“If public health principles are not upheld, the mental health of the community will suffer as a result,” she said.

Kearney said there are some things we can do to improve our environment.

“Changing the lighting or the temperature in our office or homes, organizing our space and our tasks for the day and communicating with our leadership, if someone feels there should be changes made to positively impact the organization, can all have positive effects on mental wellness,” she said.

Environmental and community impacts vary from person to person based on their resiliency.

“Resiliency to me is when you can quickly

recover from a setback. Quick recovery affects your mental health because it doesn’t allow you to let your mind fester on the negative,” she said. “One of the 12 pillars of Master Resilience Training is hunt the good stuff. Personally, when I hit a roadblock or something doesn’t go the way I think it should, I allow myself some time to complain a little then proceed to think about the negative event as a learning tool for the future. After that, I get it together and move forward. I do my best to look for the positive in situations.”

Kearney said her own resilience has been challenged recently as well.

“I am pregnant and my spouse is deployed,” she said. “I have found that taking time to breathe deeply when I am stressed allows me to center my thoughts. I reach out to friends and family to stay connected. I keep myself occupied with my job, which I love and I am incredibly passionate about. For me, even when I am mentally exhausted from personal stressors, improving my community in my role as a public health nurse makes me feel proud and accomplished.”

Kearney said career fulfillment positively impacts her mental health despite her personal life stressors.

“My positivity and motivational attitude to do more comes from a desire to perform the best for the people around me,” she said. “Any positive impacts I can have in my professional role boosts my mental health and makes me feel like I am improving the space for those that come after me.”

Capt. James Walker, hospital chaplain, said there are three equally important factors for a person’s overall well-being and mental health.

“The mind, body and spirit are interconnected and comprise the whole person,” he said. “By nurturing them, one can lead a more meaningful and healthier life,” Walker said.

“Caring for our spiritual health is crucial for maintaining good mental health. Scientific evidence suggests that having a spiritual life can offer protection against mental illness, strengthen our relationships and bring about personal fulfillment.

“Participating in spiritual activities can enhance our grit, positive outlook and resilience while also helping us discover meaning in life,” he said.

Walker said never hesitate to contact a chaplain for support.

“Our spiritual well-being and mental health are interconnected and this is where chaplains can be of great help,” he said. “We help peo-

ple reflect on their beliefs, values, ethics, morals and worldviews, even during challenging times, to develop, maintain or restore their well-being.”

Hausterman said there are many signs and symptoms that can indicate a person is struggling with their mental health.

“Dramatic changes in sleep, mood and appetite, as well as problems with concentration, social withdrawal or isolation, loss of interest in activities previously enjoyed or feeling disconnected with reality are just a few,” she said. “Some of these symptoms occur at one time, causing a person significant distress. This can impact the person’s functioning at school, work or other social activities.”

Hausterman said people with thoughts of harming themselves or others need immediate attention.

“There are a variety of resources available to Soldiers and their Families who face mental health challenges or concerns at Fort Johnson,” she said. “Targeted care focuses on matching the patient with the appropriate mental health support for their needs. This could be anything from individual or group psychotherapy, primary care behavioral health or non-medical resources like Military and Family Life Counselors and the chaplain. Patients start with a preliminary assessment to determine risk level and determine their chief complaint to match them with the best resources.”

Hausterman said sometimes specialty care is required.

“Once it is determined that a patient has a psychiatric disorder such as mild-to-moderate depression, post-traumatic stress disorder, a substance abuse disorder or adjustment disorder with significant

risk factors, patients will be offered follow-up care with the unit-aligned providers in outpatient settings,” she said. “If patients present with intermediate or high-risk levels for harm to self or others, or if the severity of symptoms exceeds outpatient settings, higher levels of care such as psychiatric hospitalization, intensive outpatient program or residential treatment may be warranted.”

Hausterman said don’t wait until you are in crises to make mental health a priority.

“No matter what you’re facing, you don’t have to go at it alone. It’s ok to ask for help,” she said. “There are many resources that can help regardless of the degree of challenge you are facing.

Editor’s Note: To learn more about targeted care and mental health resources at JRTC and Fort Johnson visit: <https://bayne-jones.tricare.mil/Health-Services/Mental-Behavioral-Health>





JOINT READINESS
TRAINING CENTER

**FORT
JOHNSON**

USO provides the following programs and services:

USO Transition

Program: Active duty, Reserve, National Guard, and military spouses can work with Transition Specialists to develop a personalized Action Plan on how to best take advantage of installation services and resources in **education, employment, mentorship, VA benefits, and financial readiness.**



Start your journey today:

uso.org/transition

Yuri Grijalva-Perry

Fort Johnson USO
Transition Specialist



The mission of the **United Service Organization** is to strengthen the well-being of the people serving in America's military and their Families.





Fort Johnson garrison team visits state capitol

The Joint Readiness Training Center and Fort Johnson team headed back to Baton Rouge May 7. The team was led by Col. CJ Lopez, garrison commander (right), Kayla Moore, chief of Plans, Analysis and Integration Office and accompanied by Logan Morris, Civilian Aide to the Secretary of the Army, who testified before the Senate Committee on Military and Veterans Affairs. The initiative highlighted the opportunity regarding the \$1.79 billion dollar annual economic impact that Fort Johnson brings to the state.



BOSS hosts pool party, boosts single Soldier morale

Fort Johnson's Better Opportunities for Single Soldiers held a pool party May 11 at the Sgt. 1st Class Guess Jr. 50 Meter Pool. Command teams from 710th Brigade Support Battalion and 317th Engineer Battalion, units assigned to the 3rd Brigade Combat Team, 10th Mountain Division, assisted with grilling. The team building event was held to rejuvenate Soldiers spirits and keep them motivated as they prepare for deployment among other missions.



COURTESY FORT JOHNSON BOSS

BOSS
is for...



The Better Opportunities for Single Soldiers program supports the overall quality of life for the single Soldier and helps to maintain and improve Soldier readiness.

BOSS identifies Soldier issues and concerns by recommending improvements through the chain of command. BOSS encourages and assists single Soldiers in identifying and planning for recreational and leisure activities. It gives single Soldiers and geographically separated service members the opportunity to participate in and contribute to their respective communities. Additionally, BOSS provides unique opportunities for personal and professional growth and development through skills training and events.



Motorcycle Safety Awareness



Before Every Ride

Make sure your ride's:



Tires and wheels have proper inflation and safe rotation



Chains and cables are intact with appropriate lubrication and are crack and chip-free



Fluids are at proper levels and are leak-free



Functions such as controls, horn, and lights work correctly



Body condition is sound: Your motorcycle should be free of structural damage, including cables, hoses, and kick stands



On a manufacturer-recommended maintenance schedule

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

MAY 2024

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

Report **illegal** dumping and illicit discharges

By **DIRECTORATE OF PUBLIC WORKS**

FORT JOHNSON, La. — On Fort Johnson, The Water Resource Team monitors waterways to ensure they are healthy and well maintained. Visual assessments, quarterly and annual water sampling, and erosion control measures do this.

The best way to ensure the health of our waterways is to keep unnatural materials out of them. One way to do that is to report illegal dumping and illicit discharges. This is where you come in! Illicit discharges are defined as: any discharges to a storm drain that is not composed entirely of storm water except discharges authorized in the Small Municipal Separate Storm Sewer System Permit issued to the installation by the Louisiana Department of Environmental Quality.

Should you see any of the following, please call 337-531-9626:

- Illegal dumping
- Spills over 10 gallons (call the Department of Emergency Services)
- Soapy and foaming pipe discharges
- Excessive silt or sediment entering a storm drain
- Constant wet conditions during dry weather
- Excessive trash/litter
- Illegal dumping of wastes into a storm drain
- Sanitary sewer overflows
- Visible observation of pollutants entering a storm drain



- Sewage smell or floatables from storm drain outfalls
- Leaks from exterior pipes

Should you see any of the above please note the following:

1. Facility location/building number
2. Address/street name
3. Description of the water leak or storm water discharge

Healthy waterways support a healthy environment and are vital for future generations.



YOU'RE  INVITED

Warrior Information Exchange

**June 5 @ 10 a.m.
The Warrior Center**

Join us for a chance to engage with leadership, get information on upcoming events, job opportunities and more!

Fort Johnson Solid Waste



CONSOLIDATED SOLID WASTE COLLECTION POINT

MONDAY – FRIDAY | 0800 – 1530
(337) 535 - 1155

SOLID WASTE (SCRAP METAL AND WOOD DISPOSAL)

QRP/RECYCLING CENTER

Bldgs. 3620 & 3622 - Corner of Georgia and Maine Aves.

MON-FRI 0800 -1600 (337) 531-7556

• Organizations should turn-in scrap metal to the QRP facility.

8300 BLOCK

MON-FRI 0800 -1530 337-535-1155

• Organizations should turn-in scrap wood to Solid Waste Consolidation Point (8300 block).

• Wood greater than 3 ft. long cannot be placed into the dumpsters.

• Don't place scrap wood next to dumpster.

• Used furniture/bulk items must be disposed of at the 8300 block.

• No hand receipt items.

BULK ITEMS IN HOUSING DISPOSAL INFORMATION:

All residents living in South Fort & North Fort military housing are authorized to dispose of bulk items into the roll off located at Corvias Warehouse site marked **"RESIDENTIAL WASTE ONLY"**. This is for "Housing Residents Only" not from barracks, Garrison entities or from off post. The site is located @ 6528 Holmlund Street next to the Dogwood "Bark Park". Operating hours are M-F 0800-1700.

KEYS TO SOLID WASTE SUCCESS

- Keep dumpster lids and doors closed to comply with Louisiana regulations to avoid state action (Title 33, Part VII, ref. 507.D).
- Don't bury, burn, or dispose of waste in the field or garrison.
- Sort hazardous and regulated waste from insert waste at the point of generation.
- Purge refrigerators, ACs, and freezers with freon before disposal at QRP Recycling Center.

Personal appliance DMOs are not accepted.

(FAQ) FREQUENTLY ASKED QUESTIONS

How do I request a roll-off for a large amount of scrap wood and how long can my unit keep it?

Call (337) 535-1155 Monday through Friday from 8 a.m. - 3:30 p.m. with your facility number or location, name, phone number. POC is responsible for items and other materials that are placed inside roll-off. Wood only. No trash or debris.

Where do I deliver scrap metal?

QRP recycling center, building 3620. Call (337) 531-7556 Monday through Friday from 8 a.m. - 4 p.m.

Can my unit dispose of bread racks in dumpsters from our field training exercises?

No. Deliver to building 4366 cold storage facility on Virginia Avenue for reuse.

Can my unit deliver used/damaged furniture to the CSWCP 8300 block?

Yes, but furniture must not be on the organization's hand receipt, and units must provide a detail to unload.

How does my unit request solid waste support for upcoming training or ranges?

Call (337) 535-1155 and provide unit name, POC, grid location or range number and dates needed.

Why didn't my unit or facility dumpsters didn't get serviced today?

The dumpster was blocked by a vehicle or equipment, too heavy from unauthorized items, had safety issues or contained a restricted item.

Where can my unit dispose of bags of leaves, pine straw, tree limbs and other yard waste from unit area cleanup?

The 8300 block on North Fort. All plastic bags must be emptied into the roll-off. For assistance call (337) 535-1155 Monday through Friday from 8 a.m. to 3:30 p.m.

Where can I dispose of clean cardboard?

Any green dumpster, building 3620 (QRP) or building 830 north of the Thrift Shop (old commissary) parking area.



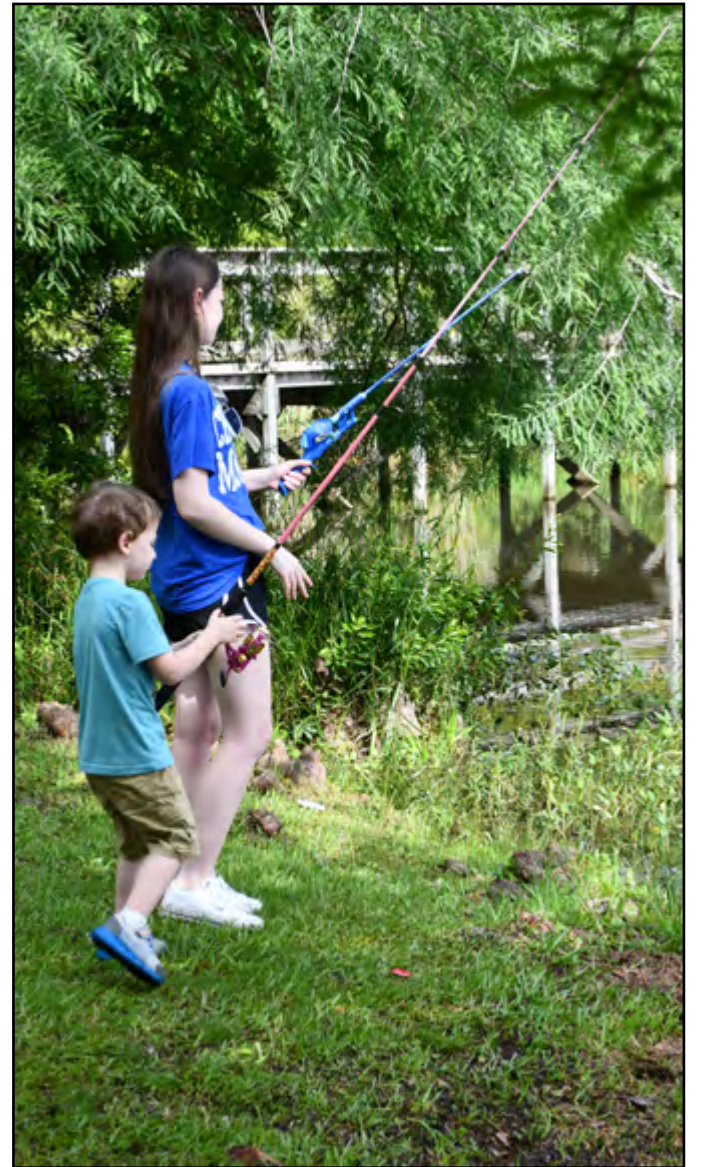


ANGIE THORNE/GUARDIAN



Boys and Girls Fish Too

Fort Johnson Families brought their rods, reels and bait to take part in the Boys and Girls Fish Too event May 18 from 8 a.m.-noon at Catfish Cove.



ANGIE THORNE/GUARDIAN

Armed Forces Kids Run

Kids ages 5-13, and parents, took part in the America's Armed Forces Kids Run May 18 at Perez Field. Participants had the option of running a half mile, 1 mile or 2 mile run.



ATTENTION VALUED CUSTOMERS

Effective 1 JUNE 2024, the regular haircut price will be
REGULAR CUT \$17.00 AND STYLE CUT \$20.10
which is 20% below the average off-installation price.

Your Exchange team remains committed to ensuring you receive
the best value for quality services.

Thank you for your understanding!



FOLLOW JRJC AND FORT JOHNSON
ON FACEBOOK, INSTAGRAM AND
YOUTUBE

GET CONNECTED





**American
Red Cross**

Service to the Armed Forces

2024 SUMMER YOUTH PROGRAM

**In partnership with Bayne-Jones
Army Community Hospital**

10 June - 12 July

A 5 week volunteer program that gives youth a chance to learn new skills, enhance their resumes, make new friends, and fulfill community service hours.



Youth Ages 13 - 18

Scan the QR Code To Register



**REGISTRATION DEADLINE MAY 10
LIMITED VOLUNTEER OPPORTUNITIES
FOR QUESTION OR MORE
INFORMATION
CONTACT
FORTJOHNSON@REDCROSS.ORG**

BEAUREGARD Watermelon Festival

Thursday, June 27

5:00p to 10:00p Gates Open
7:00p BWF Mutton Bustin' (\$25 Pre-Entry)

OUTDOOR PAVILION

5:15p Presentation of Festival Queens
5:30p Learn to DANCE: Watermelon Crawl
6:00p KIDS Melon Voice (11 years & Under)
7:00p Melon Voice Singing Contest

Friday, June 28

12:00p to 11:00p Gates Open
2:00p Children's Pig Scramble (\$5 Entry Fee)
5:30p Business Challenge Goat Roping
6:30p Watermelon Goat Roping

OUTDOOR PAVILION

12:00p Opening Ceremony & Cutting of the Melons
**12:00p KJAE 93.5 Live Broadcasting
12:30p Celebrity Seed Spitting
1:00p Community Seed Spitting
1:30p Watermelon Float Parade
3:00p Watermelon Magic Class
**3:30p KVVP 105.7 Live Broadcasting
3:30p Learn to DANCE: Watermelon Crawl
4:00p KIDS Melon Voice (11 years & Under)
5:00p Melon Voice Singing Contest
5:45p Farmers Tan Contest
6:00p Clifton Swamp Band
8:00p Kylie Frey
7:00p Swine Show (Livestock Barn)

Saturday, June 29

10:00a to 11:00p Gates Open
10:00a to 3:00p Antique Tractor Show
3:30p Children's Pig Scramble (\$5 Entry Fee)

OUTDOOR PAVILION

10:00a Welcome by Festival Queens
10:15a Canning Contest Winners Announced
10:30a Watermelon Weiner Dog Derby
**11:00a KJAE 93.5 Live Broadcasting
11:30a Bullfrog Races by Crawfish To Go
12:00p Watermelon Growers Contest
12:30p Seed Spitting Contest
1:00p Watermelon Eating Contest
1:30p Learn to DANCE: Watermelon Crawl
2:00p Bouncing Watermelon Races
2:30p Watermelon Relay Race
3:00p Melon Mullet Contest
**3:30p KVVP 105.7 Live Broadcasting
3:30p Baby Watermelon Crawl Contest
4:00p Watermelon Magic Class
4:30p KIDS Melon Voice (11 years & Under)
5:00p Melon Voice Singing Contest Final Round
6:00p Neli Terry
8:00p Laine Hardy
9:00a Market Goat & Sheep Show (Livestock Barn)
1:00p Breeding Goat & Sheep Show (Livestock Barn)

**LOUISIANA FUN.
SUGARTOWN SWEET!**
Entertainment that can't be beat!

Saturday, June 29

ADDITIONAL ACTIVITIES

6:00a Watermelon 5K Fun Run/Walk
Registration; Walk starts at 7:00a
Walk-up registration located behind festival grounds on Mel Branch Drive.
10:00a Antique Tractor Show
10:00a Watermelon Classic Truck Show
3:00p Tractor Parade

PARTICIPATION

All contests are open to the public. Online Registration Available. All contests are open to walk-ups. Growers and Canning participants should bring their completed creations to the outdoor pavilion for entry. For details, visit beauregardwatermelonfestival.com

Got kids? Check out our
KIDS' GAME & ACTIVITY TENT
Brought to you by Christway Church
Thursday 5:00p to 8:00p Friday 12:00p - 8:30p
Saturday 10:00a - 8:00p

Admission \$5 Each
Ages 3 & Under Free
**Free Admission with Military ID

****Saturday PM \$10 Admission**
from 6:00 PM to 10:00 PM.
Everyone must pay admission
excluding 3 years & under.

Located at:
Beauregard Parish Fairgrounds
506 West Drive DeRidder, La
70634

PCS YARDSALE

June 1
8 a.m.-2 p.m.

Warrior Center Overflow Parking Lot

\$10
Per space
\$5
Per Table
Rental

Class is held at ACS, building 920
Please call 337-531-7087 to register!

SPOUSE-2-SPOUSE SPONSORSHIP TRAINING

★ ★ ★

June 11 at 9 a.m.

Do you want to help incoming spouses?
ACS is offering a new training to Fort Johnson spouses!

SFC Guess Jr. Pool LIFE GUARD CERTIFICATION COURSE

- Participants must be 15 +
- Course capacity is 24 participants
- Registration is first come, first served
- Cost will include certifications, fanny pack, whistle & CPR mask

Participants **MUST** pass pre-test before signing up.
Pre-test can be taken Tue - Fri, 1 pm - 8 pm

**** PARTICIPANTS WILL NOT BE SIGNED UP FOR THE CLASS UNTIL THEY PASS THE PRETEST ****
Completion of the Lifeguard Course does **not** guarantee employment at our facilities!

June 3-7
12 p.m.-8 p.m.

REGISTER @ SFC
GUESS JR. POOL

\$200

Please join us for the Joint Readiness Training Center and Fort Johnson

Memorial Day Ceremony

May 23 at 10 a.m.
Warrior Memorial Park