

Women's History Month: Highlighting JBLM Women

THE FIELD REPORT

MARCH 2012

10 THINGS I KNOW... WOMEN'S HISTORY

SKYRIM

LOVE/HATE Relationship

EXPLORE

PUGET SOUND

GRANDPA P's KNEE

Crime of the Century

COMBATIVES

Time for Second Chances



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10 Things I Know...

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On the Cover

Staff Sgt. Christina Stentiford

Most celebrate the achievements of women, often with parades or educational seminars. This year, we are marking Women's History Month by sharing the unique gifts, talents, and experiences of nine women. It's our opportunity to share the brilliance of our female Soldiers and family members - and all that they do to strengthen and diversify our Army.

This issue, it is our goal to inspire you. To encourage our readers to get out and enjoy the local communities, to try a new hobby or to learn something new. We hope you find something here that will do just that!

- Capt. Jennifer Palmeri

The Field Report

Capt. Jennifer Palmeri

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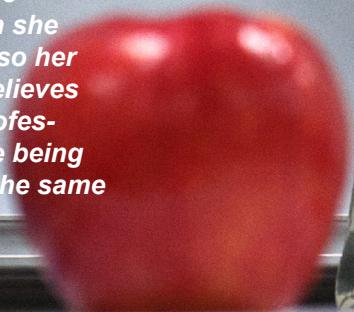
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ARMY
MATH

Maj. Kristin Arney

She wants to be the example to women she serves with and also her daughters. She believes you can have a professional career while being a good mother at the same time.



Kristin Arney

Major, Math Teacher, 593rd Sustainment Brigade, West Point, New York

Interviewed by Sgt. Dani White

Q What does women's history mean to you?

A I don't just celebrate Women's History Month in March. I celebrate it every day I wear this uniform. To me it is something special to be given the opportunity to be able to serve side by side with men. It's because of those women that came before me that I am able to do what I do today.

Q How have women been influential throughout your life?

A I had good female mentors in the Army, and I think that is why I have been in the Army for 18 years. If you don't find a female mentor, the Army can be a scary place sometimes.

Q What would you say is interesting about yourself?

A People make fun of me for wanting to be a park ranger. I want to be outside, hiking along the trails with nature sharing that part of the United States with the world. I just think it would be a great job.

Q Which mentor has been most beneficial to your career?

A At the time her name was Major Williams. She worked at I Corps. She was the G-2 planner. At that time I was a first lieutenant working in the 502nd military intelligence department. As a first lieutenant, you are making the decision if you are going to stay in and what your career is going to be. While working with her during several exercises, I got the chance to listen to her experiences and her goals. It was really inspiring and I thought to myself I could do that too. It's time for me to go to the advanced courses. It's time for me to be a company commander because I've seen a successful female do it. That was a pivotal time in my life.

Q What kind of example do you want to set?

A I want other females to see there are different aspects of my life. I don't want them to just see me just as a Major, an officer or a soldier. I am an individual, a wife and a mother.

Q Why teach math to Soldiers?

A There is nothing better than to find your skill and to share it with others. When I was growing up my father taught at West Point and to see him dedicate his life to teaching cadets while wearing the uniform was inspiring. Through that I knew I wanted to serve, and I wanted to give back.

Q What do you hope your girls see when they look at you?

A I want them to see that they can have it all. I want them to see that I have been able to balance it all; I have been able to be a good Soldier and at the same time be a good mom. Another thing I want to instill in them is whatever path they choose it is going to be great, as long as they give it everything they have. Their sense of pride, their work and who they are is so important; they always have to give it one hundred percent.



Willing and Able: Raising their scores

Story and photos by
Staff Sgt. Dan Balda

“The Army is looking to retain those who exceed expectations,” said Sergeant Maj. Of the Army Raymond Chandler. “Specifically, being a part of tomorrow’s Army will require a willingness to stretch beyond one’s comfort zone in order to grow as a competent soldier and leader.”

Twenty-nine Soldiers assigned to the 593rd Sustainment Brigade are showing that willingness by attending the Basic Skills Education Program (BSEP) held at Stone Education Center, Joint Base Lewis-McChord.

With the Army drawing down there is a focus on keeping Soldiers in the Army who are smart, flexible and motivated. Some of those Soldiers are in military occupational specialties that have too many people and are being left with the choice of either changing their job, or separating from

the Army. To change careers, some Soldiers need to raise their General Technical (GT) score. The course focuses primarily on math and English, the two subjects that are mainly represented on the Armed Services Vocational Aptitude Battery. The BSEP class is available to those Soldiers that need to raise their scores, but more importantly, have shown the talent and promise to be recommended by their Chain of Command for the opportunity to take the class.

The 593rd had a number of Soldiers who were eager to take the course, but had to be placed on a waiting list for the class. The unit was coming up on a deadline to reenlist a number of Soldiers and came to an agreement: they would provide the instructors and the students, Stone Education Center would provide the curriculum and the classrooms, said Ann Hampton, a BSEP instructor at Stone.

One of the first volunteers for the course was Maj. Kristen Arney, the 593rd SB intelligence officer. Arney spent three years teaching mathematics at the United States Military Academy at West Point, majored and also earned a Master’s degree in the math. She enjoys the subject so much that she

has been known to wear her “Army Math” t-shirt to class.

“The reason why I got involved in this course is that it combines three of my passions. Teaching, mathematics and Soldiers,” Arney said. “For me, when the opportunity arose, it was a no-brainer to ask the commander and come in here and teach.”

The class is 30 days long and is the only focus for the students enrolled in the course. “It helps a lot not having to go back to your unit or having them pull you for something in the middle of the training,” said Spc. April Vick, Schools NCO, 21st Cargo Transfer Company, 13th Combat Support Sustainment Battalion, 593rd SB from Goldsboro, N.C. “It helps me focus on the class, since I haven’t taken math in eight years.”

Spc. Vick desperately wants to attend Officer Candidate School or Warrant Officer Candidate School and realized that she would have to raise her GT score to be selected for either school.

“The Army is a great career and I would do anything in my power to stay here,” she said.

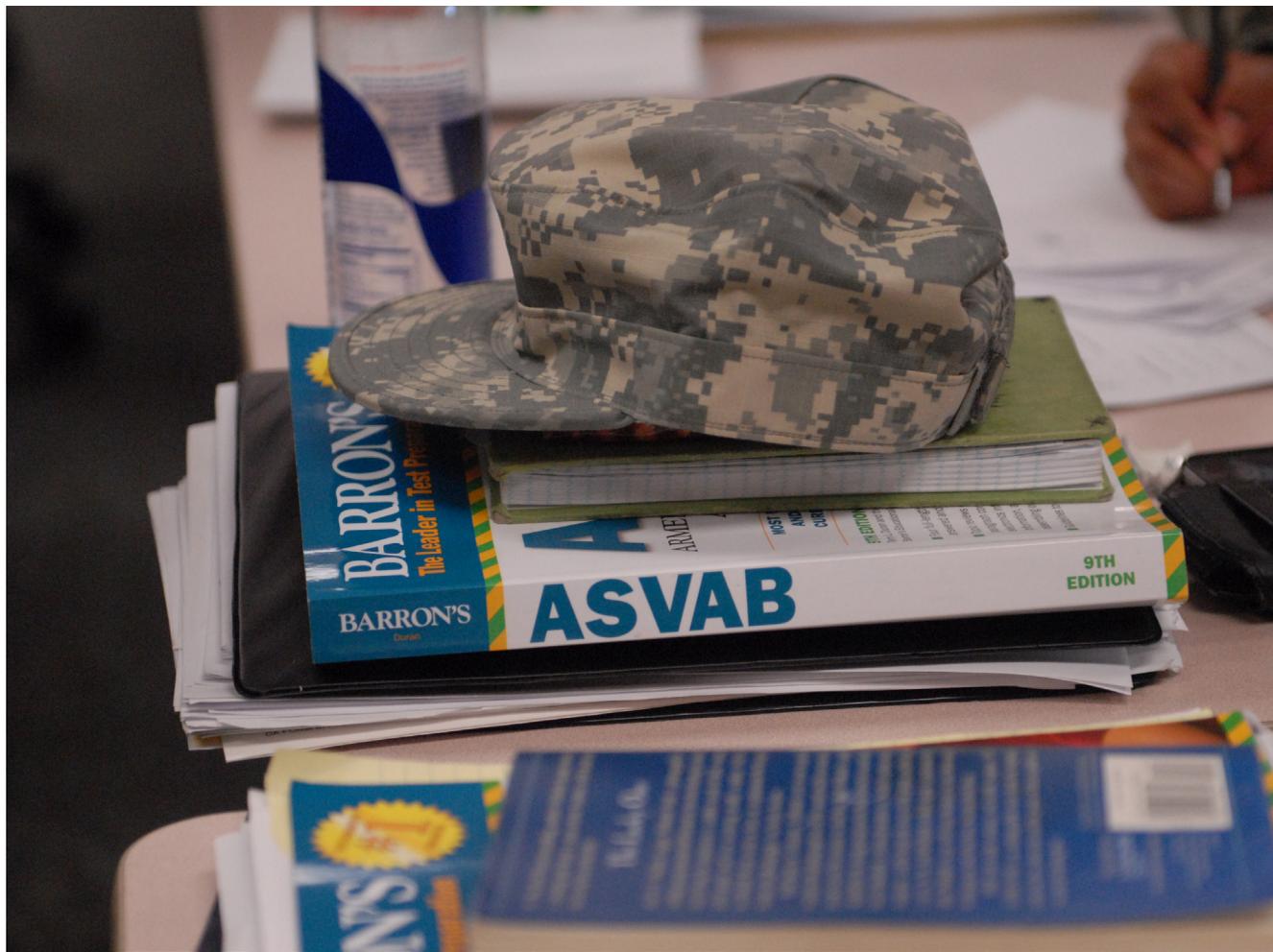
Vick is exactly the reason why Arney signed up to teach the math portion of the course. “What

I hope to show someone who might be apprehensive about taking a math class is that math can be fun, it can be understandable, it’s something that we need every day, its applicable and it’s something we can all enjoy. And if you don’t enjoy it at least understand the usefulness of it. This is honestly the best thing I’ve done since I arrived at Fort Lewis. Because I’m able to share something I love with Soldiers who really want to learn. They are so receptive, so open and it’s nice that I can give them something that I’m good at and share that with them.”

Ms. Hampton said that she has seen a serious improvement in the Soldiers who have taken the course. She has seen the average GT score raised by 15 points and the brigade was able to retain 20 of 25 Soldiers who took the BSEP class.

Seeing Soldiers being able to put in the work to maintain their Army career is music to Arney’s ears.

“Watching the expression on the Soldiers’ faces when they finally understand how to complete a math problem is amazing,” she said. “Knowing that they are putting so much work into something that is going to benefit the Soldier, the unit and the Army is awesome.”





ARMY MEDICINE
Serving To Heal...Honored To Serve

BRAIN INJURY AWARENESS MONTH

**MARCH
2012**





MAYHEM!

MADNESS!

ON THIS MONTH'S
INSTALLMENT OF
TALES FROM GRANDPA
P'S CRYPT...

TALES FROM GRANDPA P'S KNEE...

By Sgt. Brett Perkins

Background:

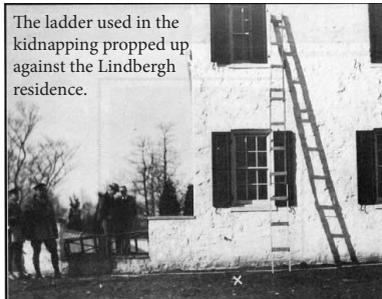
Charles Lindbergh had been catapulted into the spotlight during 1927 when he completed the first non-stop solo Trans-atlantic flight.

He was awarded several honors including a peacetime Medal of Honor. Earlier that same year, he met his future wife Anne Morrow. The two were married on May 27, 1929, and on June 22, 1930, they were blessed with their first child. They named their son Charles Lindbergh Jr, and had no idea that their shared joy would soon turn into every parent's nightmare.

The Crime:

The Lindberghs made their home in East Amwell, New Jersey, a picturesque situation for America's hero and his young family. On the evening of March 1, 1932, the family's nurse and maid Betty Gow put the 18-month-old baby to bed at 8 p.m.

At around 9 p.m. Charles heard a loud banging noise but thought little of it. Around 10 p.m. Gow went into the child's second floor room and realized the baby was missing. She alerted the Lindberghs who verified that their child was gone. Charles then conducts a search of the house and alerted the authorities. After the police arrived, they quickly found a single tire track and a crudely made ladder outside of the residence. A search of the room revealed some mud on the floor and an envelope on the windowsill that contained a ransom note.



The ladder used in the kidnapping propped up against the Lindbergh residence.

The Ransom Notes And Demands:

Over the next month, 13 ransom notes were received by Charles, or the go-between Dr. John Condon. The notes begin with a demand for \$50,000



Charles Lindbergh between 1915 and 1937. Harris And Ewing Collection Library Of Congress.

dollars and eventually reach \$100,000. During this time, using coded newspaper advertisements Dr. John Condon communicated with the kidnapper, eventually met him, received the baby's sleeping outfit and eventually convinced the kidnapper to agree to the sum of \$50,000.

The Plot Thickens:

The twelfth note contained instructions for Dr. Condon to hand the money over to the kidnapper, who he knew only as "John." After handing the money off, the kidnapper handed Dr. Condon a receipt and the final note which informed the Lindberghs that their baby can be found on The Nellie, a ship at Martha's Vineyard, Mass. The area is searched several times, but neither the kidnapper nor the child is recovered.

From Hope to Hell:

On May 12, 1932, around four miles from the Lindbergh home a partially buried, badly decomposed body of a young child was discovered. The body is positively identified as Charles Lindbergh Jr., and it was later determined that he'd been dead for two months. A fractured skull was the cause of death. It's theorized as having been caused by falling from the makeshift ladder during the kidnappers escape. The body is cremated the next day.

The Police, The State Of New Jersey, And J. Edgar Hoover's G-Men:

During the investigation the police uncovered several pieces of evidence but also managed to destroy others. There were over 400 fingerprints on the ladder, but because it was mishandled they weren't useable. Also, due to the different states

WANTED

INFORMATION AS TO THE
WHEREABOUTS OF



CHAS. A. LINDBERGH, JR.

OF HOPEWELL, N. J.

SON OF COL. CHAS. A. LINDBERGH

World-Famous Aviator

This child was kidnaped from his home in Hopewell, N. J., between 8 and 10 p. m. on Tuesday, March 1, 1932.

DESCRIPTION:

Age, 20 months Hair, blond, curly
Weight, 27 to 30 lbs. Eyes, dark blue
Height, 29 inches Complexion, light
Deep dimple in center of chin
Dressed in one-piece coverall night suit

ADDRESS ALL COMMUNICATIONS TO

COL. H. N. SCHWARZKOPF, TRENTON, N. J., or
COL. CHAS. A. LINDBERGH, HOPEWELL, N. J.

and counties that were involved, there was also a

major question of who had jurisdiction. New Jersey moved quickly to help the investigation and offered a \$25,000 reward for information that resulted in the safe return of the Lindbergh baby. While it was a nice gesture it caused more problems

than it solved.

Everyone who wanted to make a name for themselves, or who wanted to make a quick buck, began emerging from everywhere.

J. Edgar Hoover, then the director of the FBI, seemed to have had the most effect on the conclusion of the case. During the earlier stages of the ransom demand, his "G-Men" accounted for and recorded the serial numbers of the ransom cer-

tificates. They were able to match the handwriting samples from an alleged perpetrator and the ransom notes.

The Conclusion:

The "Crime Of The Century" was finally wrapped up in August of 1934 when the marked certificates begin surfacing. Soon the police and



FBI found a suspect and on September 18 they began surveillance of the suspect's home. The next day at 9 a.m. a person who matched the description of the suspect came home and was apprehended by the authorities. Further searches of the home and garage turned up \$13,000 in ransom certificates. The Supreme Court in The Bronx indicted the suspect Bruno Richard Hauptmann, on September 26, 1934.

The trial began on January 3, 1935, and ended on February 13, 1935. The verdict: guilty of murder in the first degree.

The court sentenced Hauptmann to death by electrocution, which was carried out at 8:47 p.m. on April 3, 1936.



- Grandpa P.



ALEX ARBOGAST

If you tell her she can't do something, she'll go out there and do it just to prove you wrong. She says roller derby can be very important for boosting self-esteem.

Alex Arbogast

Domestic Goddess, Albuquerque, New Mexico

Interviewed by Spc. Ryan Hallock

WFO

Q What does women's history mean to you?

A I think it's cool to be able to go back over time and recognize what we've accomplished. Seeing that women didn't have a lot of opportunities throughout time, it's nice to see where they triumphed anyway.

Q Who is the most influential woman in your life?

A My mom. She's an immigrant from England. She came over when she was like 19 or 20 with like 10 bucks in her pocket. It's neat to see that she went from nothing to building a life she might not have had, if she had stayed in England.

Q What makes you interesting?

A I don't conform to what society thinks women should do and say and think. I'll go out and run a 50K just to prove someone wrong or go out and do roller derby even though I weigh 105 pounds. Maybe it's my defiant nature.

Q Why roller derby?

A I just like to skate. I like the quality of women who do roller derby. There are all different kinds of women who do it, but there's something in common with us all. Especially at our age and our situation being wives and moms, it's not all that conventional for us to do roller derby. It's neat to see people who do what they want to do and don't really care if it's normal or if it's correct. There are a lot of us who are tattooed. There are a lot of us who have purple hair. They do it because that's what they want to do and don't really care what everyone else thinks. They live by their own rules.

Q What's your roller derby mantra?

A Get up!

Q How intense can the sport get?

A Extremely. They have a phrase called "Derby Widow" for your husband or significant other because they lost you to derby. Once you start it, you get obsessed with it! I probably drive my husband insane because I'm always talking about wheels or how to fall.

Q How did you get involved with roller derby?

A I started doing it with the intention of cross training for running. I have IT band syndrome really bad, which is a lot due to your quads being weak. So I was like, hey roller skating, you use your quads a lot. So that's why I started doing it to get rid of IT band syndrome. Running seems to go more and more to the wayside because it's just so much fun to do roller derby. I'll still run, but roller derby is just as important to me as running.

Q What's your message to young girls thinking about getting involved with roller derby?

A Roller derby is really phenomenal at boosting your self-esteem and getting you to do things you normally might not do and talk to people you might not know. For young girls I think it's very valuable for developing their character and their place in the world as a woman. I can't wait to get my kid in there.



Bettie Brigade smashes competition as they roll into new season

**Story and photos by
Staff Sgt. Antwaun Parrish**

Skating on four wheels, jumping, spinning, aggressive defense, witty nicknames and unique uniforms are just portions of what makes a winning roller derby team.

Technical Sergeant Rebecca Schmidt, who has been participating in roller derby for over a year, is looking forward to an undefeated season.

“We come to each practice motivated and ready to work, because we understand that all of the hard work will pay off in the bouts,” said Schmidt.

The Joint Base Lewis-McChord roller derby team known as Bettie Brigade is made up of servicemembers, spouses and DOD civilians. They defeated the Tacoma Dockyard’s Femme Fiannas

on Saturday Feb. 4 in their season opening match. Schmidt explained that it was a tough battle but they managed to pull together as a team and win.

Last season the Bettie Brigade was split into two teams and those teams played against each other in each match. But this season they actually are given the opportunity to play teams outside of the brigade.

“I am excited about this season because our team will step outside of our comfort zone and play outside teams,” said Sarah Howard, founder of the Bettie Brigade.

Roller derby is a sport that has been evolving since the 1930s and its origins in banked track roller skating marathons. Most teams are primarily all female, however, there are some co-ed teams. The sport is a high intensity contact sport and is full of action.

“If I had a stressful day before practice once I get to the rink I’m able to release my built up aggression,” said Schmidt.

Aside from the intensity of roller derby, the team members have a unique way to show their personality. Each participant is either given or comes up with witty nicknames that’s either personal to them or have some type of pun attached to it.

“My derby name is Gloria Sass, and it was given to me by my fellow team members,” said Howard, an Army spouse of 1st Special Forces Group.” If you say the name fast you can hear what it means, and I believe that it fits me well,” said Howard, who was wearing black high-cut shorts, black tights, long colorful socks, a white helmet and white skates.

Bettie Brigade believes in upholding the team concept even out of the skating rink. They participate in numerous volunteer activities to show

their support for the Joint Base Lewis McChord community and surrounding areas.

“I enjoy the fact that I can get out with my team and volunteer,” said Schmidt, whose nickname is Tasty Bits. “People always remember me being associated with the team which helps me network with people I may have never spoken with.”

Howard explained that being apart of the brigade has made her happier and more confident as a spouse by giving her a better sense of community. Her husband is often deployed so having her team around helps her get through the time when he’s gone.

“Staying active not only helps with physical wellness but mental wellness as well, said Howard.

The brigade is looking forward to their next match on St. Patrick’s Day here at JBLM’s Summit Skating Rank.





SPC Kali Files

She has been in the military since 2010 and won a Soldier of the Month board. She says being a mechanic isn't just about getting dirty.

Kali Files

Specialist, Vehicle Mechanic, I Corps HHC Motorpool, Kearney, Missouri

Interviewed by Sgt. Dani White

Q What does women's history mean to you?

A It means we are celebrating all the advancements that women have made in the course of history. It feels good to know that women are being seen as more than their stereotype.

Q What was your childhood like?

A I moved around a lot. I lived with my mom for the first 10 years of my life, and then I moved in with my dad and my stepmom. My dad left when I was a freshman in high school, and I stayed with my stepmom. I moved out when I was 17, and I've been on my own ever since. I got a job and went to school. I decided that Burger King wasn't going to cut it, and decided to join the Army.

Q How do people respond when you tell them you are a mechanic?

A They are like, "You do that, really? You're a girl and you get dirty?" I tell them it doesn't bother me at all. I love getting dirty, and I love working on vehicles. It's an interesting job and it's fun.

Q Who had a big influence on your life?

A My stepmom. She took care of me when she didn't have to. When my dad left she could have sent me on my way and been done with me. She still kept me and took care of me. She did all the things that a mother should do.

Q What kind of example do you hope to set as a mechanic?

A I want to show people that it's not just a male's job. Females can get down and get dirty when they have the mind to do it but it's not just about getting dirty. It's also about learning how to do stuff in the world.

Q What do you like about your job?

A I love working on vehicles and fixing things. It's something that I really enjoy. I really like working on the Humvees. They are a lot smaller than the LMTVs (Light medium tactical vehicle). I don't like working on the LMTVs. There isn't really a whole lot you can do with them.

Q What would you say to a woman that wants to be a mechanic?

A Do it. You are going to enjoy it but be ready to work long hours and possibly hear a few jokes about women. This is a job that is still dominated by men.

Q What is the hardest part of your job?

A Mondays are the hardest part of the job. Monday is when we do PMCS (preventive maintenance checks and services) and dealing with the DA Form 5988. I have to deal with the paper work, and the guys like to joke about me being the secretary. I would much rather be out in the garage working on the vehicles than filing away all the paper work.

Q How do you handle working in a male-dominant job?

A I know the guys are just kidding, and it's all good natured when they give me a hard time. I give it right back at them.

10 THINGS I KNOW...

Women's History Month Edition

By Spc. Vanessa Davila

Mary Edwards Walker is the first and only woman to be awarded the Medal of Honor, the United States' highest honor, for her service as a surgeon during the Civil War. She rebelled against the same nation that gave her the honor when Congress changed the Medal of Honor standards and revoked her medal in 1916. It became a crime to wear any "unearned" medal. Walker wore her medal until she died in 1919. So how is she the one and only female Medal of Honor recipient? You can thank President Jimmy Carter for restoring Walker's Medal of Honor in 1977.

Babe Ruth and Lou Gehrig were two of the most famous New York Yankees players, but it was a pitcher by the name of Virne Beatrice "Jackie" Mitchell that upstaged them on April 2, 1931. Jackie struck both legends out back to back - and she was only 17.

American children learn about Paul Revere's midnight ride early on in their academic career, but most of them know nothing about Sybil Ludington's ride. Ludington rode 40 miles - twice the distance of Revere's ride - to warn her father, Colonel Henry Ludington's troops that the British were coming. Maybe this is the ride Sarah Palin learned about in school.

American women didn't get the right to vote until 1920, but almost 170 years earlier in 1756 Lydia Chapin Taft became the first American woman to cast a legal vote. She did so in Massachusetts.

With women not having voting rights until 1920 it is ironic then that there were no laws barring women from running for President of the United States. Victoria Woodhull saw an opportunity and ran for the office of the President in 1872, becoming the first woman to do so.

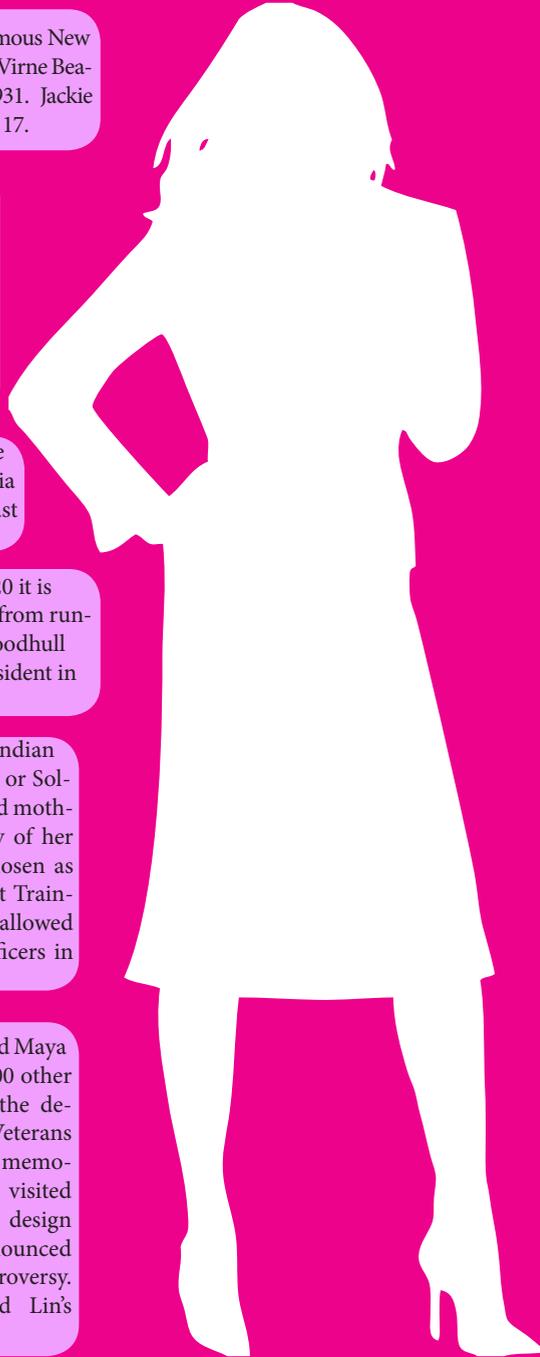
This past October the Indian Army got its first female jawan or Soldier. Shanti Tigga, a 35-year-old mother of two, outperformed many of her male counterparts and was chosen as the best trainee of Recruitment Training Camp. Women are only allowed to join the armed forces as officers in non-combat units.

In 1981 a 21-year-old Maya Lin beat out almost 1500 other applicants to become the designer of the Vietnam Veterans Memorial. Today the memorial is one of the most visited but when the winning design and designer were announced there was much controversy. Many people opposed Lin's Asian heritage.

Soldiers are very familiar with body armor. They can thank chemist Stephanie Kwolek for this life saving material. In 1965 Kwolek had a hunch that led to the creation of synthetic fibers that were stiffer and stronger than any previously created. This creation led to Kevlar.

There are only 16 10th degree black belts in Judo and only one of those masters is a woman. Keiko Fukuda earned her 5th degree black belt in 1951 and she stayed that way for 30 more years because the Kodokan, Judo's headquarters, did not believe a woman should achieve a higher ranking. Fukuda received her 10th degree black belt last August at the wise age of 98.

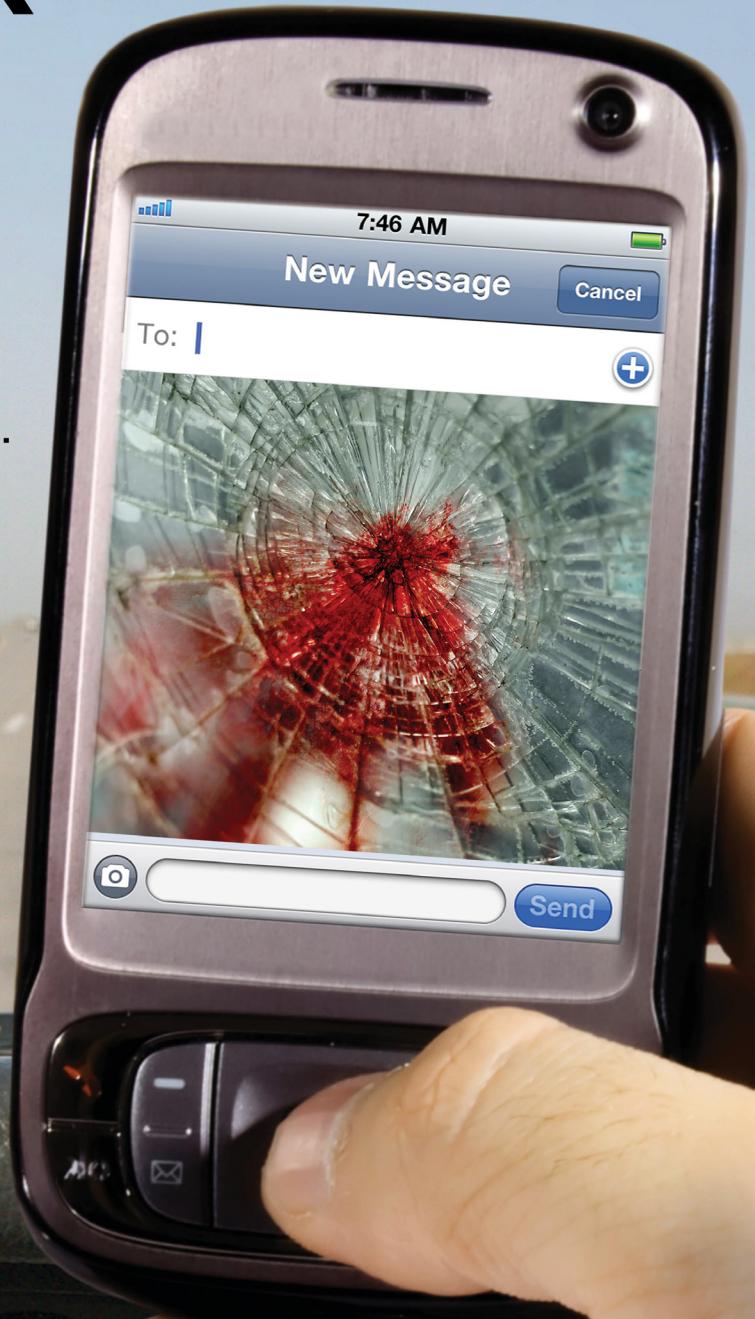
In 1951 a German immigrant by the name of Lillian Hochberg decided to use her wedding present money to start a mail order business out of her Mount Vernon, New York home. She set up shop on her kitchen's yellow Formica table. The Lillian Vernon Corporation became the first publicly traded company on the American Stock Exchange that was founded by a woman. That kitchen table is now the first thing visitors see when they enter the company's headquarters.



ABT 2 B UR LST MSG

(ABOUT TO BE YOUR LAST MESSAGE)

DON'T TEXT WHILE
DRIVING. IT CAN **KILL**
YOU OR SOMEONE ELSE.



ARMY SAFE
IS ARMY STRONG





CPT Ashley Urick

She lives her life dream working as a doctor in the OB/GYN at Madigan Army Medical Center. She became an Army officer after attending the U.S. Military Academy.

Ashley Urick

Captain, Obstetrics Physician, San Francisco, California

Interviewed by Sgt. Dani White

Q What does women's history mean to you?

A I think it's a time to recognize our accomplishments and how far we've come in terms of earning respect. Also, to recognize there are still differences between men and women, not only internationally, but also here in our country that we still have to overcome in order to have an even playing field. There's a quote I like by Gloria Steinem. "You will find very few universities where a woman isn't worried about combining some aspect of career, life and family. And very few men who do." I think it's still true today. I think it doesn't just apply at our universities but also in our military. It's very hard to be a woman in the military, and I see that everyday with the women I take care of.

Q Who is the most influential woman in your life?

A That's easy, my mom. She was a single mother who raised me in the eighties in San Francisco. That was a very dynamic time in terms of women coming up in the work sector, earning their way to the top and earning respect. I watched her work her way to the top. She encouraged me. I always wanted to be a doctor. She would say you can do it. Just because you are a woman doesn't mean you can't do it.

Q Why did you decide to go into the medical field?

A I've always wanted to be a doctor. Ever since I was a little kid I just wanted to help people. I always loved science, so I thought medicine was the way to go. It has been a goal of mine for a long time. I found as a medical student that obstetrics was just an amazing field. It's nice ... it's actually a time in life when people are happy to be at the hospital, and it can be very rewarding in that respect. At the same time it is challenging because many emergencies can happen in the field of obstetrics. It's kind of intense and fast paced and I found that was a good fit for my personality.

Q And to be a doctor in the military?

A When I was looking where I wanted to go to school, I felt that a lot of the civilian colleges wanted to give you an education but didn't care about who you were. The military academy didn't just care about an academic education; they cared about the character and leadership that you developed and that was something that appealed to me. In the process of attaining an education I became more passionate about the military, about serving the country and serving our Soldiers in this position.

Q What has been your biggest challenge?

A I think one thing I found challenging about being a woman and being in the military is coming to understand that being a woman isn't a bad thing. I think it is easy to get into the mindset of thinking that because I'm a woman people assume I can't do things and feeling as if I need to prove that I am one of the guys. I've learned to be proud not only of the fact that I am an officer in the military, but that I am a woman in the military.



SGT Jackie Lord

She's a silent warrior and isn't afraid to try new things. Her advice for women who are thinking about getting involved with combatives is, "just do it."

Jackie Lord

Sergeant, I Corps Modern Army Combatives Program Instructor, Tualatin, Oregon

Interviewed by Staff Sgt. Lewis Hilburn
20th Public Affairs Detachment

Q What does women's history mean to you?

A It represents women who have fought to do things, not necessarily because they were females, but because they wanted to do it. Doing what you want to do because you want to and not trying to prove a point.

Q Who is the most influential woman in your life?

A My high school teacher, Holly Anderson.

Q Why is she your biggest influence?

A She taught me not to be afraid to try new things and to do stuff because I want to. Ever since then I have always done what I wanted to do and never looked back.

Q What makes you interesting?

A I don't think I'm interesting at all. I'm just like any other Soldier.

Q What is your actual military occupational skill?

A I am a food inspection specialist for the 56th Multifunctional Medical Battalion.

Q Why did you choose to become a combatives instructor?

A I liked combatives when I went through it. I thought it was fun. So when my unit got a tasking for level two and three combatives certified NCOs, I volunteered. Plus, it's a great stress reliever.

Q How do you feel about being in a male dominated program?

A I don't see it that way. I come here because I want to. I like being here. I come here, work, then go home and take care of my daughter. I'm dual military, and my husband is deployed so this helps keep me occupied while he is gone.

Q Do you find it tough being a female instructor?

A Not at all. I like the challenge. I enjoy being a combatives instructor and teaching Soldiers. I don't see myself as a female, just another instructor.

Q What is your favorite combatives move?

A I like submissions, and my favorite move is the cross arm bar. It was also the first move I learned. You are able to make your opponent submit quickly when the arm bar is properly applied.

Q What would you tell other females who are thinking about getting into combatives?

A Just do it. If you want to do it just go out and do it. They should never be afraid to try new things. I wasn't.

I used a Designated Driver!



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**ARMY SAFE
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A time for second chances

42nd MP Bde. combatives team counting on a better outcome this year at JBLM installation-wide tournament

**Story and photos by
Sgt. Christopher Gaylord**

Specialist Sean Shanahan looks at combatives, the Army's Brazilian Jiu-Jitsu-based style of hand-to-hand fighting, much like he does life: You get knocked down, you get back up.

"It transfers over to everything you do in life," Shanahan says in between ground grappling matches at the combatives facility on JBLM's east side through heavy breaths. "If life puts you in a headlock, are you going to give up or will you keep going?"

Shanahan, a military policeman with the 504th Military Police Battalion, 42nd MP Brigade, will compete this year, just like he did the last, for his brigade's combatives team during the installation's 2012 tournament in April.

Last year referees called Shanahan's fight during his third match and just two rounds away from finals, but this year he's putting in more time, more effort and more sacrifice to return a stronger opponent.

And today, in a soaked uniform, his face pouring

sweat onto the mat below, it's clear Shanahan, who has shown up to practice on his weekend, is making good use of second chances.

A FIGHT CUT SHORT

Shanahan, a Reedsburg, Wis., native, wrestled in college for four years. He took fighting seriously.

He still wears his university's wrestling team sweatshirt when he shows up to practice with his combatives crew – and he wears it proudly.

But combatives and Jiu-Jitsu – they're different, he says.

"Coach slaps my head almost every day saying, 'you can't wrestle out here. You can't be muscling; it takes patience,'" Shanahan says.

"With wrestling, you want to go hard and fast," he says. "You want to break your opponent; you want to pin them. And here you have to stay cool and calm."

Last year, Shanahan says, he had six days to prepare for the tournament. And he went in with only one goal: Have some fun.

During his third fight, however, the mindset

changed.

Shanahan found himself up against a Special Forces Soldier he could see was well trained.

But he had gained the upper hand on his competitor. He was winning the match 3-1.

“It got serious,” he says. “I turned it on.”

Soon the tables turned and Shanahan’s opponent had him in an arm bar – a tight spot for any fighter. Shanahan managed to slip out, but the fight was already over.

“I ripped out, and the ref said, ‘stop,’” he recalls.

He had slipped out of the arm bar but, in doing so, he grunted loudly – grounds, under the rulebook, for what refs refer to as a ‘verbal tap.’ If an opponent seems to voice a considerable amount of pain, or it looks as though he or she won’t escape from a lock, the fight is called for safety.

“No one ever likes losing,” says Shanahan, reflecting on the day. “But in my experience, you’ve got to take your losses.”

Now, he’s making some big changes. He eats better and trains more on cardio than ever before. He quit chewing tobacco, and he doesn’t drink alcohol. And he has introduced Crossfit workouts to his training regimen.

And this year his preparation started months before – not days.

“This year I’m not thinking about last year,” he says. “It’s like hitting a refresh button.”

And his expectations for himself are clear.

“I’m definitely going to go out there and do some work on people,” he says. “If I don’t make semis or win this dang thing I’m going to be pretty upset.

“You can’t look ahead that far; you just have to go, I’m going to do this that first round, and then I’m going to keep going.”



CLOSE BUT NO CIGAR

Corporal Justin Papke has to leave practice early today, but he has stopped in nevertheless to fit in a good morning workout.

Papke trained last year with the team, and he trained hard. But an unexpected injury nixed his participation in the tournament.

During a practice grapple last year, just a few days before weigh-in for the competition, Papke suffered a rolled rib. He explains it as a case in which a rib bone

twists at the point where it connects to the spine.

“It’s horrible – like I just failed,” says Papke, a Longview, Wash., native and mechanic with the 508th MP Bn. “I worked so hard to get there, and then I just had a sharp pain and went to get seen, and they threw the red flags.”

Papke says that during matches the brigade held to weed out some of the less experienced fighters interested in competing for the team he had barely made the cut – a realization that caused his drop from the team to sting even more.

“With the injury and not competing I just felt that I let everyone down – my teammates, my coach,” says Papke, who used to skateboard in high school and admits that back then wrestling and martial arts were nowhere near his agenda.

But Papke is using his disappointment in himself as leverage to fight harder, to do better.

“This year is kind of like a make-up to show, ‘hey, I could’ve done this last year, plus some,’” he says.

“I’m trying to step it up a bit and actually do good.”

Papke’s aggressive grunts and huffs as he pushes his limits during the workout on the mat make the room

sound like a torture house. It’s almost difficult to listen to.

As he runs through stations of various cardio and total-body exercises, dripping sweat across the floor and looking half dead on the outside, he makes his motives known.

“I’m taking it more serious,” he says. “I’m watching what I eat and how I eat. I’m doing a more intense workout in the morning and afternoon.

“I feel excellent, and I feel I’m on the right track.”

And like Shanahan, Papke has a simple yet definitive goal for the tournament.

“I’d like to make it at least to the semi-finals,” he says. “I’d like to come out with my hand raised and go to the finals.”

A COACH WITH ANOTHER SHOT

Staff Sgt. Clifton Roberts led the brigade’s team to a third-place finish overall last year. Then, he thought, he was done.

“It was my last big thing to do with the brigade,” says the Roy, Wash., native, who had planned on leaving the



Army as his term of service ended.

But other plans prevailed.

An injury sustained during a competition fight a couple of years prior prompted a medical evaluation board for Roberts.

The MEB process, which typically takes several months and years in some cases, determines a Soldier's future – to remain in the Army or not – based off injuries and conditions.

Roberts knew he would have a little more quality time with the Army than he'd anticipated.

The blessing in disguise gave Roberts the opportunity to train up a combatives team for his brigade one more time.

"Now, I'm in a medical board, so I'm here a little bit longer, and they're allowing me to train up another team, which is great for me," Roberts says. "I love this sport, I love training Soldiers, and this is just a perfect match for what I love to do."

And with a chance like this, he's squandering no time – sparing no expectations.

"This year my only goal is for first place," he says. "I've got high hopes. High, high hopes for them. They're going to be top notch."

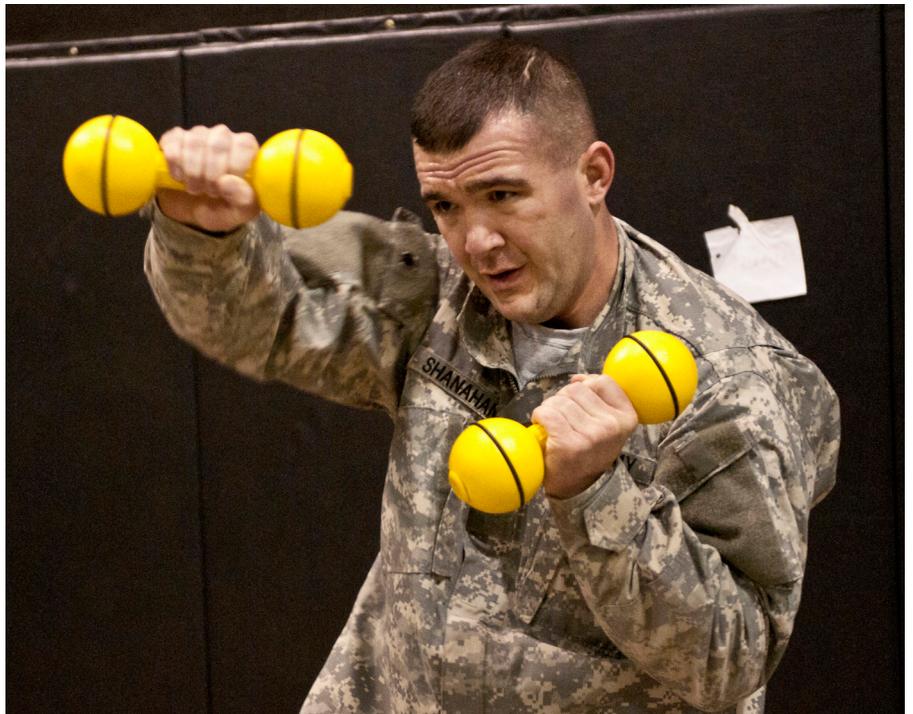
Roberts found interest in martial arts in elementary school. He wrestled for nine years, trained off and on in Jiu-Jitsu and started with Army combatives in 2006.

Roberts says last year his team was, as a whole, very inexperienced with combatives and not at all experienced with tournaments. Only one person, he says, had actually been certified in the first of four levels of training the Army offers.

But this year is a sharp contrast of new hope. So far more than 45 Soldiers have tried out for Roberts' team, which hasn't yet been whittled down to its official lineup. Last year only 22 showed interest.

And with Soldiers like Shanahan and Papke returning, this year's team has more experience, both with competing and fighting as a whole.

"All the guys we have returning – they have a taste of what it was like to be there," Roberts says. "They have the



experience now.

"The intensity level during the workouts is off the charts for those few, and it's great to have them in the gym so the rest can see it, and then try to emulate that and work as hard as them."

Roberts said that more hopefuls trying out for his team this year will result in a more refined, skilled and hungrier group.

"It breeds more competition," he says.

"If you only have one guy in your weight class you're not too concerned about losing your spot, so you just relax," he says. "But when you have a lot of guys trying to compete for that one spot, you need to make sure you're good and you know your stuff."

Roberts says his situation – a trainer of Jiu-Jitsu and a mentor to Soldiers – is all a noncommissioned officer with nine years in the Army can ask for.

"I absolutely love this sport and to be able to pass on what I have in my head to other Soldiers."

And for Papke, the feeling is mutual.

"Hopefully I can get this team and Staff Sgt. Roberts some recognition for what he has done and what he has put us through to get us to the level we're at," he says.

"It's at least a time where I can say, 'this is what I can do.'"

The brigade will hold an in-house tournament March 12 to determine who will officially make the cut.

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1LT CHRISTIAN ROMEO

She runs marathons, competes at jumping with her thoroughbred Caileb and says "It's like bliss" to ride. Next she plans to run a 50K race in Vancouver.



Christian Rameo

First Lieutenant, Battalion S-6, 23rd CBRN Battalion, Springfield, Virginia

Interviewed by Spc. Ryan Hallock

Q What does women's history mean to you?

A It's important to me so you don't lose sight of where we've come and where we're going. Especially now with the growing role of females in the military. Just this past century women got the right to vote in America. It's kind of amazing how many changes have been made. It's nice to be able to look back at that and remember it as you move forward.

Q Who is the most influential woman in your life?

A My mother. She was the first woman I knew growing up. She died when I was 17 so I keep a lot of her hobbies alive. It's just sort of how I remember her. You always want your parents to be proud of you so I try to make decisions I think my mother would be proud of me for. She was the one who got me started in riding. It's pretty cool for me to keep memories alive.

Q What makes you interesting?

A I run marathons, and I ride my horse. I run really long distances that I haven't really trained for. I really just don't like training; it's boring. I don't want to run 20 miles to train for something. I'll just do it.

Q How long have you been riding horses?

A I started when I was eight. It was sort of off-and-on for a lot of years. I stopped when I was in college, and I just restarted this past year. I've been riding pretty consistently since then.

Q Why do you ride?

A It's a great stress reliever. Some of the stuff I've learned riding translates into the Army, like you always have to have a plan. When you're running around a course jumping stuff, you have to know what's coming next. You have to be prepared and if things don't work out you need to be able to react instantly.

Q How does it feel to ride a horse?

A It's sort of like a euphoric feeling. Surfing's a lot like it. It's like being in the zone. Especially when you're totally in sync with your horse. He's got the right pace, and he's got the right rhythm. You're going around the course and you're nailing every single jump. It really doesn't get any better than that. It's like bliss.

Q Joining the military, did you think you would be able to pursue riding?

A I wasn't really sure, just because you move around so much. Fortunately most posts have military stables on them or near by. I have actually found that a lot of military people like to ride.

Q What's your greatest ambition?

A To be the best runner and rider that I can be. Twenty years and I can retire from the Army and have a bunch of horses at my house. Just taking it one day at a time. I just want to have fun and see the world.

Q What's your message to younger girls thinking about getting involved with riding?

A Set small goals and work to achieve them. Goal setting is so important.

EXPLORE

The deserted shoreline of Ketron Island offers relaxation and reflection. Grab your gear and explore.

By Spc. Ryan Hallock



GET SOUND

and is the perfect destination for some re-
gear for this Sound adventure

Washington; I'm still only in Washington. Wherever the sun is it hasn't risen yet over Puget Sound. Floating in a kayak during the early morning hours produces a distinct quietness you won't get by turning off the television or iPod. It's quiet here, aside from the trumpeting whistle from the Amtrak Train that steams along the shoreline. Its passengers' only get a glimpse of what's in Joint Base Lewis-McChord's back yard.

If you live in the barracks there's a good chance you don't have a couch to get off of, but there is a door for you to open. It leads to the unknown. There is something quite unique about waking up before dawn, putting your boots on, tying a kayak to your car and driving into the darkness to meet Mother Nature. Unique in that, sure, a mental image has been painted of what to expect, but still, having never journeyed there before it is uncharted territory.

This adventure situates itself on Ketron Island, located at the southern end of Puget Sound near the city of Steilacoom. Maybe it's too early or maybe it's because it's 39 degrees outside, but only the creatures of the Sound stir on this Sunday. It's another world; morning, day and night. In the darkness of the morning a kayak could be a patrol boat cruising the Nung River. During the day the Sound could be Disneyland for those whose veins pump adventure. No, this place is better than Disneyland.

This place is a natural sanctuary for all those with the will to escape a world of concrete, deadlines and fast food. The Sound swallows all the stress that has accumulated throughout the workweek and proves to be a relaxing environment to think about dreams and goals that get ignored daily, weekly and monthly.

However, to better appreciate the awesomeness of the Sound this adventure must temporarily end my friends. For it's also a place that faces threats to its ecosystem from toxins flowing into the Sound by way of storm water runoff. The good news is the Puget Sound Partnership, a multi-jurisdictional state agency dedicated to the restoration of Puget Sound, is dedicated to restoring and protecting this natural playground.

"It is so closely intertwined with our economy and our quality of life that when we set out to restore Puget Sound, we're not just talking about an environmental project," says Michael Grayum, the director of public affairs for the Puget Sound Partnership. "We're talking about the shellfish that we eat. We're talking about the midnight strolls we take walking



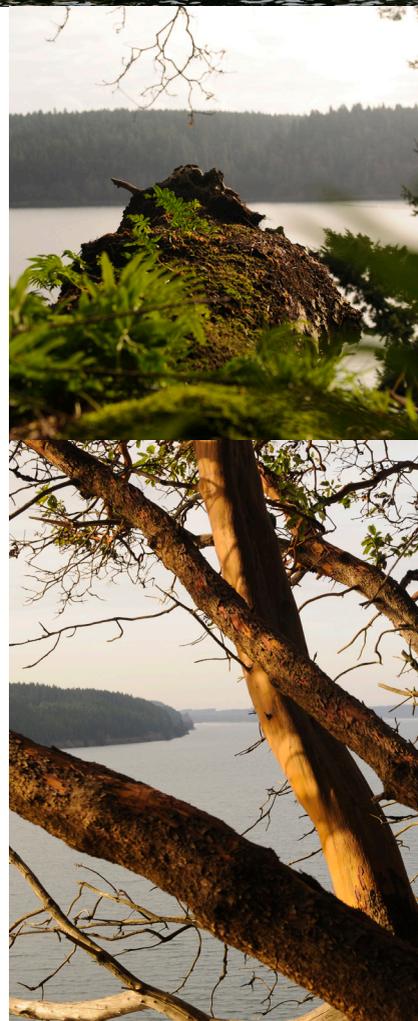
along the beach underneath the moon. We're talking about playing with our children at the Sound."

A study conducted by the Department of Ecology identified copper as a major source of the toxins polluting Puget Sound. It's been determined that brake pads are among the top three contributors to copper pollution. That means every time a car breaks copper dust is spilled into the environment.

So if you've got a Prius parked in your garage it might not be as environmentally friendly as you tell your friends, yet.

Grayum and the Puget Sound Partnership worked with automobile manufacturers to phase out the use of copper in brake pads. Legislation passed in 2010 mandating brake pads contain less than five-percent copper content starting in 2021.

"It's that kind of innovative approach and collaboration that will get us there," says Grayum, who has worked with the Partnership since 2009. "Our vision is to restore healthy Puget Sound. One that leaves a legacy for generations to come and at the same time supports a vibrant economy as well as a vibrant ecological envi-





Kayaking in the Sound is the beginning my friends. It's the point where man leaves walking upright at the shoreline and begins to trust new senses that the Sound brings. Running is no longer an option.

Departing from Solo Point Beach, I'm in no impressive Native American Kayak, but it's Corvette red and it floats. It's more of a Jamaican bobsled with no wheels. The water is calm and black. Unlike concrete, which is dead and eroding, water is alive. It takes you where it's going. You can fight it,

which gives you a solid upper-body workout, or you can set the paddles down for a while and float away from time and space.

Returning from deep thoughts and distant gazes into the endless shoreline presents the day's mission: Climbing Ketron Island, which rests around 2000 feet from the shoreline. The higher the sun rises above the horizon, the more the Island looks like an ancient land waiting to be discovered. While hiking is surely all that will come from this mission, it's fun to think about George Vancouver exploring Puget Sound in 1792.

There is no wildlife to be seen unfortunately. No lake sturgeon or beach crabs, just the sound of birds from atop the island. It's a steep climb to get to the top but there are plenty of fallen tree trunks and branches to keep you from slipping. It's an abandoned forest with no *Musa Acuminata* or *Fragaria Chiloensis*, so brown bag it.

Sinking my chompers into a fresh apple with one foot perched on a tree, which grows horizontally over the island cliff, seems to be victory. The clouds have moved aside to let the Sun shine down on Puget Sound. It's just one battle won being at the top of Ketron Island. Puget Sound spans nearly 100 miles connecting to the Pacific Ocean, leaving unlimited adventures.

For those who haven't experienced its beauty, Puget Sound will still be here tomorrow. It doesn't take much more than initiative and a kayak. If you don't own a kayak, then for the price of two packs of cigarettes from your local Shoppette you can rent one from Adventures Unlimited on McChord Air Force Base. For "15 you'll get a kayak, paddles and a life jacket for the day. Just remember to bring rope to tie it down to the roof of your car.

"Never get out of the boat," said Captain Willard, *Apocalypse Now*. He didn't follow his own advice and neither should you.

This is the end for now. Maybe the West is the best.



ronment. The bottom line is we're on a path to recovery that this region has never been on before."

Grayum encourages everyone to get outside and play on the sound because it's a whole world to explore. It's the place where his family enjoys hiking together and where his daughter took her first steps.

You can get lost in a wilderness of love out on the Sound. The water invites you along

for a ride. Today: a ride to Ketron Island.

To get there mankind has replicated the feeling and joy of what comes naturally to animals. Icarus with his wings and Native Americans with kayaks, which allow us to fall into the ranks alongside the Anatidae family of birds.



SSG Christina Stentiford

*"Tell me I can't do something.
I will prove you wrong."*



Christina Stentiford

Staff Sergeant, Brigade Paralegal NCOIC, 593rd Sustainment Brigade, Ocala, Florida

Interviewed by Sgt. Brett Perkins

Q What does women's history mean to you?

A Women today can draw strength and inspiration from those who came before us and the struggles that they went through to get us where we are today.

Q Who is the most influential woman in your life?

A My mom. She's been through a lot and stayed strong. She has always supported me in whatever I wanted to do.

Q What makes you interesting?

A Tell me I can't do something. I will prove you wrong.

Q How long have you been competing in bodybuilding?

A About a year. I started in April 2011.

Q What makes you want to continue bodybuilding?

A The physical and mental strength and confidence that comes from training. It's a great stress reliever. It keeps me in shape, keeps me motivated and keeps my energy level up.

Q Has being in the military been a help or hindrance to your bodybuilding?

A My military family has been a big part of my support network during training and dieting.

Q Have you won any awards during the course of your bodybuilding?

A I placed third in the women's middleweight division of the JBLM Bodybuilding Competition in 2011.

Q Do you have any noteworthy stories about bodybuilding?

A I decided to do the 2011 JBLM Bodybuilding Competition on a whim. My friends and coworkers kept me motivated. If it hadn't been for them, I probably would not have gone through with the show. Luckily, I had that support because doing that show ended up being a truly great experience and motivated me to continue competing.

Q What would you like to accomplish during the course of your bodybuilding?

A My goal is to earn my pro card this year. To earn my pro card, I will have to compete in an open division, which includes experienced bodybuilders. I also plan to compete in the novice category, even though a win there will not earn me a pro card. A pro card would allow me to compete on a professional level.

Q What is your normal workout routine?

A I workout 6 days a week. In my morning sessions, I do 30 minutes of cardio followed by an hour of weight lifting on a particular muscle group. My evening sessions are 30 minutes of cardio followed by stretching.

Q Do you have any advice for women who want to get in shape?

A I've noticed a lot more women lifting weights recently. That's great. Cardio can only do so much. Weight-lifting has far too many benefits to simply shy away from it.



Coffee, Friendship, Sharing

JBLM program gives caregivers a chance to share about life, build relationships

**Story and photo by
Spc. Adam L. Mathis**

Five minutes after sitting down, Angela Fields had tears in her eyes.

With 2-year-old Emma next to her, Fields told the other three women in the room how she had moved to Joint Base Lewis-McChord in October, her husband had left for a deployment and she was learning how to raise a special needs child.

“Emma has Down’s Syndrome. She’s two. So, we’re just figuring it out, really,” said Fields.

Fields, of Kankakee, Ill., was able to share at the first meeting of the Exceptional Family Member Program coffee group. Held beside the coffee shop in the AFC Arena on Jan. 10, the 10-11 a.m. gathering was designed to give people support through the challenges facing military families with members who have disabilities needing special care.

“Because military wives are proud of their husbands and the work that they do, ... they don’t want to add that burden onto their spouse, but yet the burden ... [falls] onto that family member,” said Timmy Milligan, an EFMP systems navigator.

And those with that burden need companionship. Milligan said people caring for disabled



family members face multiple challenges, including a host of doctors' appointments, understanding the rights of the disabled and missing school for their children to attend special treatments.

"Sometimes just even hearing someone else's story makes your story doesn't seem as bad as it could be, and also you can make friends," said Milligan.

Such an outlet is very useful at JBLM. According to the National Military Family Association, more than 100,000 families have exceptional needs. With the base having one of a few Developmental Pediatrics clinics within the Army, many such families are drawn here, said Milligan.

But the coffee group is not only about sharing information, but sharing about life. Camaraderie, as Milligan said, is something people who help the disabled need.

It is why the conversations at the first meeting, while giving an opportunity to open up about life's difficulties, also provided an opportunity to simply talk.

This is why Fields was able to share her story and tears.

"I enjoyed it," said Fields after the group ended. "Just kind of having a forum to sound off about anything obviously, it's not just about your kids, but about whatever came up in conversation."



SGT Melissa Henderson

She works on Blackhawks during the day and raises 6 children day and night.

Melissa Henderson

Sergeant, Avionics Mechanic Team Leader, 158th Assault Helicopter Battalion, Iberia, Missouri

Interviewed by Spc. Vanessa Davila

Q What does women's history month mean to you?

A It is a celebration of women's accomplishments throughout time and without it most of those accomplishments would go unnoticed or forgotten.

Q Who is the most influential woman in your life?

A There isn't really just one woman that was influential to me. Every woman or person I meet has some kind of influence on me, whether they make me push harder to be better at something or show me what not to be or do.

Q What makes you interesting?

A Despite the size of my family (6 children and a loving husband) that I love to death, really I'm just me. I have various job experiences ranging from construction to police officer and waitress. Other than that, I'm just a small town country girl.

Q Why did you get into avionics?

A I decided that I wanted to be in aviation and the recruiter I had at the time decided that I would be best as an avionics mechanic

Q Have you been working on electronics all of your life?

A No, not in the way that I am now. Working on helicopters isn't quite as easy as working on your car, which is about all of the experience with this general type of work I had.

Q What is it like to be in a male dominated career field?

A I prefer working with guys most of the time. I tend to gravitate to male dominated career fields. It's just the type of things I enjoy doing.

Q Do you have any interesting work stories?

A There's been quite a few unforgettable moments. There was the time that en route to a training exercise a helicopter burned up. There's been a few hard landings that left birds sitting at a lean to one side. There have been many outstanding missions and some very sad times but none more memorable than the rest.

Q What would you like to accomplish before you leave the military?

A I'd just like to be the best I can be at my assigned position, learn as much as I can, and have some more memorable experiences along the way.

Q What's your proudest achievement so far in the military?

A Being able to make E-5 before I was ever eligible to get my first Good Conduct Medal. I worked hard to get there and I'll continue to work hard to make Staff Sergeant.



The Elder Scrolls V

SKYRIM

...**RUINED MY LIFE!**

Story by Pvt. Loren Cook

I had no idea what I was in for that fateful day in December. I was looking around in a game store because I had gotten a gift card for Christmas, when I saw it: The Elder Scrolls V: Skyrim.

I had heard good things about it and the fourth game in the series, Oblivion. I had read rave reviews online, but I didn't know too much about the game beyond that. I certainly didn't know the game would be my new love, and my greatest nemesis.

I decided I would give Skyrim a try, and picked up a Collector's Edition of the game. I took it home and installed it on my computer, and my life was changed forevermore.

The first thing I noticed about the game was how pretty the graphics were. I've never been one to judge a game based on its graphics, because most games look good these days anyway, but Skyrim is the belle of the ball ... if your computer can handle it.

Next thing I knew, I had been playing it for nine hours, and I should probably have been in bed several hours before.

I should have seen this coming. The game was made by the same team at Bethesda Softworks that was responsible for Fallout 3, a game which dominated the latter half of my 2008, but Fallout never dominated my life as completely as Skyrim has. I have now spent 150 hours playing Skyrim, and I'm only halfway through the main quest line of the game.

Some gamers complain that they spend \$60 on a game and beat it in an afternoon. Skyrim players, for better or worse, do not suffer from this problem. The game offers players a huge and detailed world to explore, and gives them the freedom to explore at their leisure.

The main quest in the game is just the beginning. There is also a civil war in which

players can choose a side and fight.

As if these quests weren't enough, the game will invent new ones for you. I'm a compulsive explorer in the game, and will try to uncover every nook and cranny in a new area. Skyrim responds by sending me on a journey to kill bandits on the other side of the map, thus forcing me to explore everything in my way as I travel there.

The game doesn't force players to do anything on a time limit. This led to situations where I, the legendary "Dovahkiin" of prophecy, would eschew heroism and glory to pick wildflowers all day.

Skyrim even dominated my life when I wasn't playing it. If I was at work, I was probably thinking about Skyrim. If I wasn't at work, and by some miracle wasn't playing Skyrim, I would be on the Internet talking about it, or reading about the game's development history.

Skyrim managed to sneak its way into my life when I was making a conscious decision to avoid it. Visit Youtube? It would recommend I watch viral videos about Skyrim. Look at my Facebook wall? My friends made Skyrim jokes, and shared more viral videos! I couldn't escape from Skyrim's scaly draconic grasp!

Now Bethesda has released its own creation tools so anyone can use them to make modifications, known as mods, for the game. Great thinking, Bethesda! Now there will be even more Skyrim to play! Within days of the tools' release, hundreds of high-quality fan-made mods appeared that can extend the life of the game from "very long" to "interminable."

I love you, Skyrim, but why must you repay my love with utter hatred? Why do you hate the thought of me doing something, anything, besides playing you?

I think I need an intervention.

A woman with short blonde hair, wearing a bright pink short-sleeved athletic shirt, black leggings, and orange and grey running shoes, is sitting on a large, weathered log in a forest. She is looking directly at the camera with a slight smile. The background is filled with green foliage and trees, creating a natural, outdoor setting.

1LT Shamai Sullivan

Her first race was a marathon and completed it in less than four hours. She was named an ESPN Academic All-American. After making the Army 10-miler team, the women took second place.

Shamai Sullivan

First Lieutenant, Executive Officer, 551st Medical Logistics Company, Dillingham, Alaska

Interviewed by Spc. Ryan Hallock

Q What does women's history mean to you?

A I'm very grateful for all the women I know who have paved the way for me to be in this career and to be able to even do things like running. It wasn't that long ago when women weren't even allowed to run in races in this country. There were pioneers in running who pushed the barriers. It's nice to have a time when we recognize those people.

Q Who's been the most influential woman in your life?

A Sgt. 1st Class Jamie Wallace. She's the one I was stationed with at Fort Campbell who was an amazing athlete and runner. Seeing another female who was accomplishing things like that made me want to run. That turned a page for me, not only in running, but also in my life. Seeing something I admired in someone else and going for it. Here I am still running four years later.

Q What makes you interesting?

A I love challenges. I like to test myself. Running is one way I do that. I actually dropped out of high school, and then went on and had a very successful enlisted career. Now I'm an officer. It's been a journey to get to this point.

Q When did you get into running?

A When I was 23. I was a sergeant and there was a woman in my company who ran a marathon. I looked up to her. I started getting into it during my spare time and discovered I had a talent for it. I really enjoy it.

Q How was your first marathon?

A I was originally going to run a half marathon because I hadn't had a chance to train fully. When I went to sign up, something inside of me wanted to do the full. It was the most amazing experience even though it was terribly painful. I was so proud of myself for what I accomplished. I think it's something everyone should try to do in their lifetime.

Q Which marathon was it?

A The Country Music Marathon in Nashville, Tennessee.

Q What do you think about when you're running?

A When you run it gives you a chance to go through your day and think about what you have coming ahead. It's a great stress reliever. I think for people in our job it's something that can really bring that stress level down.

Q Why do you run?

A I run because I'm competitive. It gives me an outlet to do that when I sign up for races. Even within the Army and being able to excel at it, it's something that helps my career. It gives me a lot of personal satisfaction. It also allows me to eat Girl Scout Cookies and still stay trim. It's such a good feeling to be physically strong.

Shamai Sullivan

First Lieutenant, Executive Officer, 551st Medical Logistics Company, Dillingham, Alaska

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Q How did you get involved with the Army 10-miler?

A I went to the trials last May, and I made the team. It was such a great way to meet other runners on post that I wouldn't normally get a chance to interact with. I made some great friends from the team and it was an awesome experience.

Q How did your team finish?

A The women's team took second.

Q First place this year?

A We'll see. Fort Bragg is quite a force to be reckoned with.

Q What's been like transitioning from enlisted to officer?

A It's been interesting. I wanted to be an officer for quite a while when I was still enlisted. I knew Green to Gold was a good way for me to get my college education. It's given me a chance to set new goals in my life.

Q How important is it to never get complacent?

A It's really been something that has defined my military career in my adult life. I don't like being stagnant for too long. I always like to have a goal or something to reach for. Running ties into that as well. You can always set that next goal for the pace you want to run or the distance you want to run.

Q What's your advice on staying injury free?

A You have to listen to your body. When a small injury is starting, you have to take care of it at that point. As soon as you feel something starting, take a couple days off and put some ice on it. Deal with it when it's small.

Q Barefoot, hi-tec or somewhere in the middle?

A I like wearing light shoes. I've seen some people become injury prone by not having enough support. Work with what's best for you. There's no shoe that's going to make you an amazing runner or solve all your injury problems.

Q How important is diet to running?

A I think it's paramount to being an athlete in general, especially for running. Keeping your weight down is going to be a huge aspect of being fast and preventing injuries.

Q What's your favorite running moment?

A A trail race I ran called Angel Staircase. It was a 25K over on the Eastern Cascades. It climbed 5,000 feet in the first 7.5 miles. I got second place for women so it was my best performance yet on trail running.

Q What's your advice for younger girls who are interested in running?

A Getting over the mental barriers. Learning how to push yourself and go beyond the pain. Build your mileage slowly. Don't expect too much from yourself right away.

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Weekend Review: Pike Place Market

Story By Staff Sgt. Lewis Hilburn
Photos by Sgt. Dani White

It was an early Saturday morning, and like most weekend mornings, it took me a while to get out of bed and to start getting ready for the day. After finishing the morning routine of a shower and shave, I opened up my closet to find some comfortable clothes for my day's assignment. A weekend review.

I jumped in my car and headed to the land of golden arches where I picked up today's breakfast; a sausage biscuit and a coffee. Unfortunately, finding my favorite breakfast sandwich - a steak, egg and cheese - just wasn't going to happen. With hunger kicking in though, that sausage biscuit didn't stand a chance. A couple bites and a few sips of coffee, and I was ready to face the this month's assignment.

I jumped on Interstate 5 and started making my way to Seattle. A trip to Seattle just isn't the same without the traffic, so a few miles in to Tacoma and it hit. No biggy. It wasn't going to kill my day. I'm used to the traffic at this point. I popped in my favorite Pearl Jam CD - I still haven't equipped my

car with MP3 capabilities - and let the slow stream of traffic gradually guide me. One run through the album Ten and a few songs into Vitalogy and I was there.

Next on my list, parking. As you may know, Seattle isn't the easiest place to park a vehicle. With hills, meters, traffic, one-way streets, and the confusion of the city, parking could easily turn into an adventure by itself. Ten minutes and \$10 later and I was in a garage mentally checking off that step of the assignment.

I haven't explained my assignment yet, so this may be just as good of a place as any. Well, beside's at the beginning.

Every month I'm going to write about a weekend adventure. Somewhere you should go, or maybe after going there it will be somewhere you shouldn't go. My first month's adventure: Pike Place Market.

Before you jump on the "way to pick the obvious" bandwagon, let me just say that everybody has to start somewhere. This is my start.

That was my start and my first mistake. In an attempt to save a buck, I parked over a mile away.

Between the rain and the never ending climb of hills, I was ready to go before I even began. I thought I had planned well for the cold, rainy walk, but I didn't. My lesson, don't go for long walks with new boots and carry an umbrella. Now cold, wet, and with aching feet, I arrived at my destination.

As I entered Pike Place a world of color, smell, and sound engulfed my senses. To the left were colorful fruits and vegetables organized in a sea of color. To the right were bouquets of flowers and for the first time in a long time I could smell them. Three nasal surgeries have left my sense of smell less-than perfect, but something about those flowers had it working again.

In the distance I heard the sound of people singing. My ears led me to a quartet singing "Saturday Night." I took up position next to a giant golden pig and tried as best as I could to hide my lack of rhythm as I clapped to the beat with the rest of the crowd. My sense of smell was working a lot better than my rhythm today, and my next destination was right behind me.

Fish. People were throwing fish. I doubt this happens anywhere other than at the World Famous Pike Place Fish Market.

Here's a rundown of what I saw and can only imagine is a regular thing for the fish throwers.

A customer picks a fish from the display. An employee grabs the fish and tosses it 10 to 15 feet away to another employee behind the counter who catches it and wraps it in one fluid motion. Seconds later, the customer has the fish in hand and everyone is applauding the showmanship.

I looked around the market a little more and decided to take a friend's advice and headed to the very first "Star Bizzle" - a Jamie Kennedy Experiment reference for Starbucks, and another indicator to my age.

I've been to Starbucks before, but what I saw

here was insane. The line to get in was easily an hour wait and wrapped alongside the building. Starbucks coffee is good, but not that good. I stood in line and waited to get my cup of java with the rest of my nameless tourist buddies.

The wait wasn't without its perks though. As we stood there a street band played asking for tips between sets. The random guy in front of me let me know that they play there daily as I wondered why he would stand in this line everyday.

After an hour in line I made it inside only to find that it looked like any other Starbucks, only without the seating area. I really wanted a seat.

With my coffee in hand I left and walked around some more doing a little window shopping.

I'm a tight wad by nature, but I saw something that had me reaching for my wallet. A Pearl Jam Ten t-shirt hanging in the window of a vintage t-shirt shop. I made a sharp right and entered the store. Come to find out, the only sizes they had were small, and I haven't fit a small since I was six. The salesman thought he was helping by pointing out the Nirvana t-shirts which they carried in large. I'm part of the Pearl Jam demographic who believes that they're the best band to come out of this area. The other usual demographic consists of dirty Nirvana fans who lack taste in music. Needless to say, I left the shop without a t-shirt.

Disappointed and sad, I realized there was just too much to see in one day and my feet were being broken in by the boots, not the way it was supposed to happen.

I called it quits. I made the long walk back to my car and headed home.

Overall, I enjoyed my day and I'll head back eventually. Maybe around June or July. Pike Place lived up to its reputation and I recommend it to anyone. Just learn from my mistakes and plan better for the trip than I did.





Medics partner with chemical units

Story and photos by Sgt. Mark Miranda

Soldiers of the 56th Mobile Medical Battalion conducted field training exercises Feb. 6-10, in preparation to take part in a Defense of Civilian Support Agencies (DSCA) mission.

The 56th MMB is a part of 62nd Medical Brigade, the unit that will assume the role of medical responders for the Department of Homeland Defense in October.

“We’ll support DSCA in times of catastrophic events to include a chemical, biological, radiological and nuclear attack,” said Col. Theresa Schneider, commander of 62nd Med. Bde.

The medical component of the Defense CBRN Response Force mission (DCRF) includes 17 additional units across the U.S. from nine Army and U.S. Air Force installations.

“With such a large force the challenges we face are training, equipment and readiness. It requires a lot of coordination, and taking part in exercises. Some of the 56th MMB is already tak-

ing part in the DSCA mission,” said Schneider.

The 62nd Med. Bde. comprises units whose missions include area support medical care, ambulance care, preventive medicine and combat stress control, among others.

“We have to be able to fly within 24-48 hours. That requires a less-liberal pass and leave policy because not more than ten percent of the unit can be gone at once. Our mission in response to catastrophe would be to provide medical support for the first responders, and then supplement the ability of the local affected community to save lives. We reduce suffering, save lives in support of our civilian colleagues—I’ll get a lot of my guidance from them,” said Schneider.

The training placed the 56th MMB’s medics in the types of situations they may face over a year of the DSCA mission: handling mass casualties, and taking care of displaced civilians looking for food, water and medical care.

“In the situation we’re training through, [units of 56th MMB] are responding to a CBRN attack, and we have around 200 patients that

need to be decontaminated before we treat them,” said Sgt. Steven Capen, a medic from Colorado Springs, Colo. assigned to the 575th Area Support Medical Co.

Soldiers from 23rd Chemical Bn. had a significant part in the exercise, providing manpower and equipment to decontaminate vehicles and casualties. For each run of the exercise, up to 40 personnel were medically evacuated from the site of the simulated attack.

“Just as soon as our ambulances get to the ‘hot zone’ we start to triage the casualties, determine which ones we have to move immediately. Communication becomes very important and it’s challenging to have to manage the resources and manpower, to coordinate support,” said Spc. Jared Myers, a medic with 514th Ground Ambulance Medical Company.

Adding to the challenge, the medics wore hazardous response protective suits and masks while evacuating multiple casualties from an

urban training site. The buildings of the village mock-up were multi-level with several rooms that medics had to check thoroughly to locate the “wounded” role-players.

“Once they’re decontaminated, we have established tents where the patients are triaged. Depending on severity of injuries they’ll get minimal or immediate care and others are evacuated to a better-equipped medical treatment facility. Through all of this, we’re getting a chance to see how well we work with other units, how well we coordinate,” said Capen.

Schneider said that the training the medics conduct here translates well to anything that the unit may have to face at home or overseas.

“It’s like a three-ring circus with preparation for DSCA now, and being ready for what mission will come later. If you can do your job under fire, stress, that’s what it’s about. If you can do that right, the rest falls into place,” said Schneider.

