

# THE FIELD REPORT

APRIL 2012



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# Editor's Corner



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

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**Cover Photo By:**  
**Staff Sgt. Lewis Hilburn**

# Wear Your SEAT BELT



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## LET'S RIDE!

Story and photos by  
**Sgt. James Hale**

**D**o you have an itch to feel the wind on your face, the freedom of the open road and enjoying it all without the potential for the asphalt scraping your skin?

The Army Traffic Safety Program offers Motorcycle Safety Foundation (MSF) courses every week at the motorcycle range on-base for free to all active duty military members. Some of these courses are required to operate a motorcycle as a Soldier so you can enjoy riding safely.

"I love riding," said Howard Kellogg, an Army Traffic Safety Program instructor. "People who don't ride don't understand the passion and the freedom of being on the road on two wheels."

The Basic Rider Course (BRC) is intended for the person who has never operated a motorcycle. The class provides the motorcycles and helmets to students to aid in the learning process. It also allows the Soldier a chance to decide if riding is for them before spending thousands of dollars on a bike. The first day is classroom instruction. Hands-on-training is implemented on the second day and the course ends on the third day with a hands-on-evaluation.

"Students in the BRC gain the knowledge of how a motorcycle operates and they gain a start into maneuvering a motorcycle safely," said Kellogg. "We also teach them that safe riding is

more than just taking the basic course. These are just basic skills and riders need to continue practicing and take the more advanced courses to hone their skills because these skills save lives."

At first, the Soldiers looked a bit nervous about working all the different controls on the motorcycles during the hands on training. But by the end of the day they were weaving in and out of cones, performing emergency stops and looking very confident showing off the new skills they learned.

"I've always wanted a bike," said Sgt. Mark Duncan, a generator mechanic in B Company 2<sup>nd</sup> BSB. "I came to the course to fill the requirement but I'm glad I it's required because the instructors are very helpful and the class is very informative."

Other motorcycle courses are offered for free to active duty military. The Experienced Rider Course (ERC) is required within one year of completing the BRC. The Military Sports bike Rider Course (SRC) replaces the ERC if the Soldier rides a sport-style motorcycle and either the ERC or SRC must be retaken every three years for military riders. The Motorcycle Refresher Training (MRT) is required for Soldiers who have been deployed for six or more months if they have already completed one of the other courses before deployment.

For more information contact your unit's motorcycle mentor or post safety office.



## Story and photos by Staff Sgt. Lewis Hilburn

**E**arth Day is intended to inspire awareness and appreciation for the Earth's natural environment and the Army intends on making it a yearlong event. In 2010, the Army launched the Net Zero Initiative outlining the steps needed for a military installation to optimize its energy use, limit water consumption, and reduce the amount of waste it produces.

To achieve net zero three milestones need to be met: net zero energy, water, and waste. The Army plans to achieve net zero in all three areas by 2020.

## NET ZERO ENERGY

Net zero energy installations produce as much energy on site as they use over the course of a year. Renewable energy options like solar and wind need to be explored for this to become reality.

The sustainability coordinator for JBLM, Terry Austin, says the base is at a disadvantage because it doesn't have renewable resources like solar and wind. However, despite only having access to con-

ventional energy sources, JBLM is already running at a low energy cost.

"The installation only pays three cents per kilowatt hour which is better than most," she says. This is half of what Fort Bliss, Tx. pays and 14 cents less than Fort Knox, Ky.

## NET ZERO WATER

In order to achieve net zero water an installation has to limit its use of water. They need to balance the amount of water used with the amount of water that is available.

One way to do this is by sending wastewater through a treatment plant to become usable non-drinking water. Wastewater comes from sources such as showers, sinks, laundries and storm water runoff. The used water can be treated and reused or placed back into groundwater aquifers.

JBLM has to conserve water. It also has to ensure the water that is used is not wasted. It's quickly becoming an area of concern considering the scarcity of water supplies.

"Sure the Earth is comprised of 70 percent water but most of that is salt water," Austin says. The cost to create and maintain a desalination plant is high: at least \$100 million, therefore,

Austin and JBLM are researching other avenues to balance water consumption. Innovations like using rainwater and recycling discharge water for reuse can limit the need for municipal water

## NET ZERO WASTE

The approach to creating a net zero waste installation is similar to creating net zero energy. An Installation diverts all its waste from landfills and recycles instead.

Austin says that JBLM had already started a net zero program 10 years ago when officials recognized the need to reduce the waste the base was producing.

The base recognized the amount of waste produced wasn't good for the environment and was a financial burden. Sending the waste to landfills was costing JBLM more money and they found that recycling reduced cost and created a profit. Off recycling alone JBLM made a profit to the tune of \$2.4 million last year.

New recycling techniques are in development that moves beyond metals, paper and cardboard

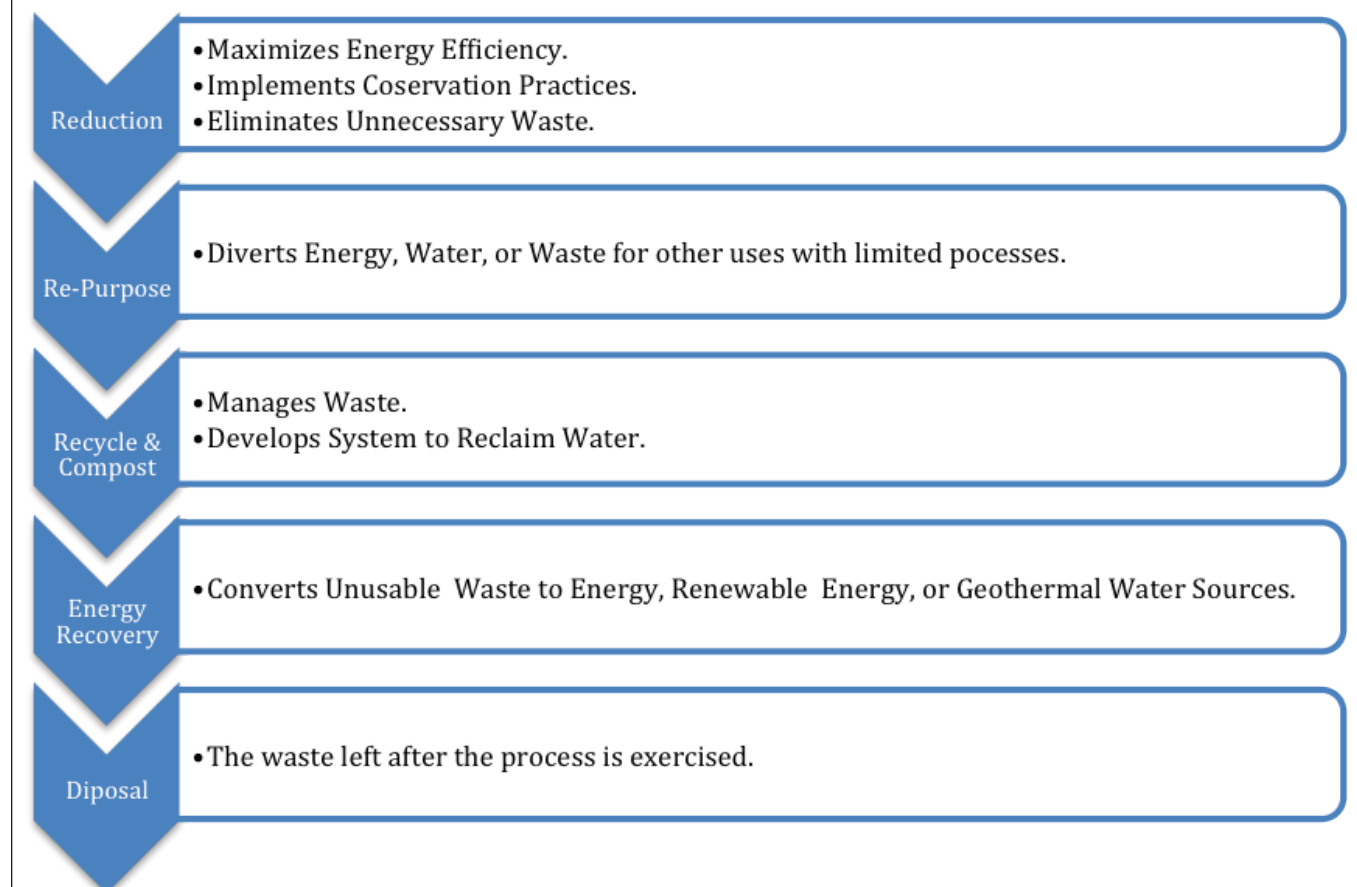
to include batteries, computer printers, and engine oil. Residents should keep recycling in mind when purchasing items and try to reuse as much as possible. This eliminates the need for landfills, protects human health, optimizes use of limited resources and keeps the environment clean.

## NET ZERO HIERARCHY

The Army net zero approach is comprised of five interrelated steps: reduction, re-purpose, recycling and composting, energy recovery, and disposal. Each step is a link towards achieving net zero.

Disposal is the final step and last resort after the last drop of water, the last bit of thermal energy and all other waste mitigation strategies have been fully exercised.

Joint Base Lewis-McChord and the Army believe the net zero approach is the future for both Soldiers and families. It will help ease the burden on future generations so they can enjoy the environment in which they live and train.



# RECYCLE OR DIE!!

Eventually speaking of course

“Recycling is more than just away to manage waste. It’s also away we can reduce our harmful enviromental emissions”

Story and Photo by Spc. Ryan Hallock

There’s something lurking in your neighborhood, your county and your Evergreen State. The smell of this foul beast is far from fragrant and its sight is less than appealing. Be afraid because it leaves footprints in its wake: carbon footprints of all sizes. Every child, teenager and adult, in some fashion, leaves his or her own set on the environment. Currently, the shoe size is running a bit large on average, but Joint Base Lewis-McChord are leading the way in recycling, one of the easiest ways to reduce your carbon footprint.

Recycling is more than separating bottles and cans. It’s a process that provides a sustainable future for generations to come. There are many benefits gained from recycling. The Depart-

ment of Defense mandates that every installation maintains a recycling program. JBLM’s Qualified Recycling Program benefits the government and taxpayers by saving money, producing a profit, and ultimately helping the environment win the war against pollutants.

The Army has identified JBLM as a net zero waste installation by 2020. That means the total waste recycled and diverted from landfills needs to be 100 percent in order to meet the challenge. Over the last decade JBLM has reduced the amount of waste hauled to landfills from 23,000 tons down to 15,000 tons, says Ken Smith, chief of the Environmental Operations Branch of the JBLM Public Works office.

“Every time you build a landfill, what you’re

doing is putting a big bag of waste in the ground that will eventually break and leak into your water source,” says Smith, a native of Downers Grove, Ill. “If we can keep garbage out of the landfill, and we convert it to making products which have value, then we’re also eliminating the cost of landfills.”

There is a large economic advantage that goes hand-in-hand with reaching a 100 percent diversion rate. To haul one ton of waste to a landfill costs nearly double that of diverting the material and recycling it. Landfills will eventually reach maximum capacity forcing our waste to be shipped even further at a greater cost.

Currently, a partnership exists between JBLM and LeMay Transportation Services of Lakewood, Wash., which was responsible for hauling 6,600 tons of waste to recycling centers last year. The beast longs for the street, but it gets recycling bins instead.

“There are only so many resources, only so many trees to make paper out of, and only so many minerals to make the different metals,” says Sarah Erickson, the site manager of LeMay Transportation Services and a native of Puyallup, Wash. It requires less energy to produce something out of recycled materials than it does to produce the same product from raw materials.

Producing products from recycled materials is exactly what Smith and Public Works continue to progress in. When buildings were previously demolished the policy was to pay a contractor to haul the rubble to a landfill. Now the deconstruction sites are being recycled here for their materials and used for future projects.

“It’s the sustainable thing to do,” says Smith. “You can’t continue mining resources off this planet forever. Every time you drag another resource out of the Earth, it costs time, labor and energy. Whenever you can recycle a product you’re reducing the footprint and improving the environment by doing so.”

The Qualified Recycling Program is successful in doing just that due to the creative thinking of the Public Works team. They are pushing the beast of pollution into the depths of waste.

Smith is proud that JBLM is the only Department of Defense installation with a compost program that sells its product. They recently sold 1,000 yards of compost. Compost, food waste and leaves can all be recycled and produced into a product of value. January’s storm debris was ground up and used as mulch. All the brass fired on the ranges and the scrap metal collected from the motor pools is also recycled for a profit.

“We’re on track this year to make \$2.4 million

off of recycling,” says Smith. “You can run it like a business, which is very unusual for the government. There is no limit on how much you can make a year. You can carry over fiscal years up to \$2 million a year.”

After the internal costs of the QRP are paid for, the money is then dispersed throughout the installation. The new incentives program slated for the fall will take \$25,000 per month from recycling profits and spend it on different projects, says Smith.

More than \$800,000 went toward individual Morale, Welfare and Recreation projects last year. Units volunteering at community events, where they assisted with recycling efforts, earned \$4,200. Units recycling their cans at the main post and McChord recycling centers earned \$5,100. The future program will monitor each building’s recycling efforts and pay stipends to the top contributor’s unit funds.

Sure, there is money to be saved and money to be made in the business of recycling, but what about the fight against the beast leaving those carbon footprints? These benefits are just as mixed as the single stream recycling bins, which combine all recyclables in one bin.

“Recycling is more than just a way to manage waste,” says Gretchen Newman, an environmental specialist with the Department of Ecology and a native of Olympia, Wash. “It’s also a way that we can reduce our harmful environmental emissions.”

While trash on the side of the road is certainly the visible footprint, the greenhouse effect is the invisible beast that haunts you, the one that creeps through the air and into your nostrils.

“A long list of greenhouse gases are emitted when we waste materials and they end up in landfills,” says Newman. “Methane is one of the gases that is created when materials decompose in a landfill, and methane is one of the most potent greenhouse gases.”

Folks, the beast is backed into a corner and we have the means to destroy it. A Department of Ecology report states 8.4 million tons of material was collected for recycling in Washington in 2010. The saved energy is equivalent to about 1.3 billion gallons of gasoline. Recycling prevented 3.1 million tons of greenhouse gas emissions, which is similar to keeping 2.1 million cars off the road each year.

“This isn’t rocket science,” says Smith. “If you think back 50 years, our parents and grandparents were doing this. It was a way of doing business.”

Tell your kids it’s safe to play outside because business is back and those footprints are being minimized by the benefits of recycling.



# 10 Things I know... About Staying Green

## Stop looking for the beef.

Meat production accounts for about 18% of the world's global warming emissions. You don't have to give up meat all together but you don't have to eat it every day either.

## Stop leaking!

Your leaky toilet can mean you're wasting about 200 gallons of water each day. A leaky faucet that releases a mere drop per second can amount to over 1,300 gallons of wasted water in a year. The moral of this story is you're paying for water you're not using!

## You're like a kid with all that energy.

Everyday you probably use battery-powered items, but do with those batteries once you're done with them? The Mercury-Containing Battery Management Act passed by the U.S. Congress in 1996 reduced the amount of mercury contained in batteries so they're safe enough to throw out with your regular trash. The problem is they still contain metals and chemicals that aren't kind to the environment. Start a trend among your friends and find sources that will properly dispose of your spent batteries.

## Unplugged.

Just because you're not using your blender doesn't mean it isn't drawing power. Why? Because it's plugged in. The U.S. Department of Energy says in an average household about 75% of all electricity used to power electronics is consumed by items in the "off" position. Unplug as many electronics as you can, and you will likely see a difference in your electric bill.

## Fire!

Use matches instead of lighters. Most lighters are made of plastic and use butane fuel. An estimated 1.5 billion lighters end up in landfills every year because they're considered disposable. Try using matches made of cardboard as most of them are made of recycled paper.

## What's this about trees?

You can tune in to the evening newscast on April 22nd to watch a feel good piece about a group of people planting trees in honor of Earth Day. It's not just for show. Trees absorb carbon dioxide and give off oxygen. If someone tells you you're predictable for planting a tree just remember that your tree will absorb about one ton of carbon dioxide during its life.

## What are you doing with all those copies?

Office buildings are notorious for their stacks and stacks of paper. Tell your coworkers to recycle all their stacks. If an office building of 7,000 workers recycled all its office paper waste for a year it would be like taking almost 400 cars off the road because of reduced greenhouse gas emissions.

## Keep it clean.

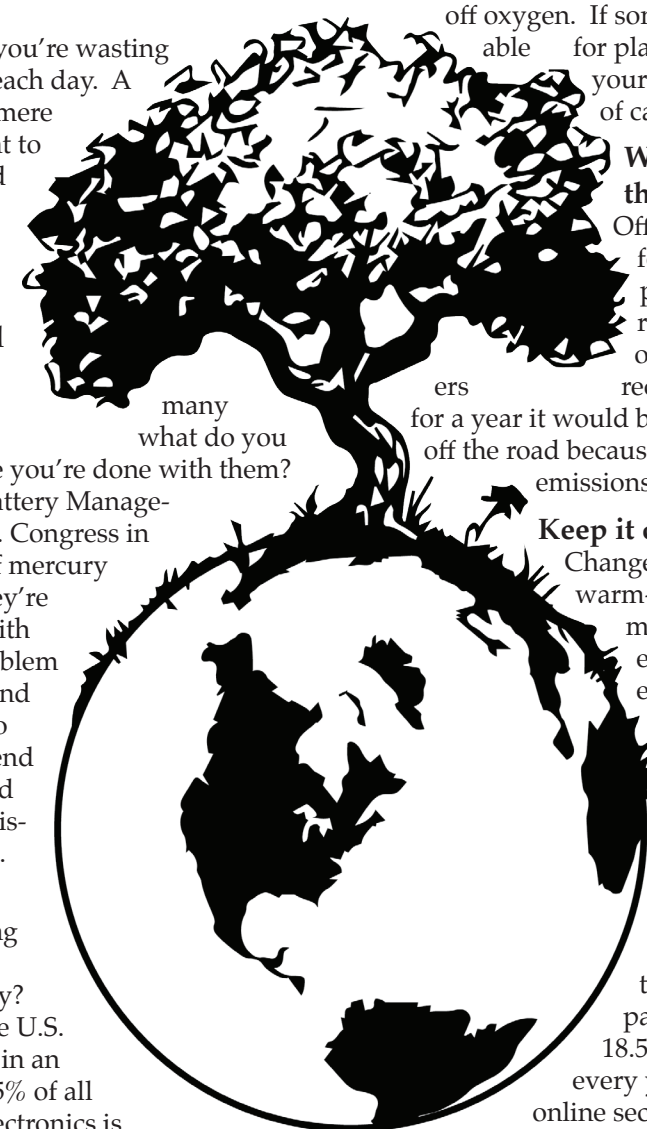
Change your hot-hot laundry cycle to warm-cold. If every U.S. household made the change it would save energy in the amount roughly equivalent to 100,000 barrels of oil a day.

## Embrace the web.

All those monthly paper statements you receive in the mail are not only depressing but a huge waste of paper. If all U.S. households switched to electronic statements and paid bills online an estimated 18.5 million trees would be saved every year. If you're worried about online security have a strong password, start with one or two bills and see how it goes.

## Keep it local.

Transporting food by ground or air releases greenhouse gases into the air. The farther your okra travels the larger your carbon footprint. Make an effort to buy local. Some households have started to only buy products within 100 miles. It's easier than you think. Local farmer's markets are a great way to start. The markets in Tacoma begin around May and run until about October.





stay away from cities filled with a plague ridden population, but the only people who could afford to move away were the nobles. The nobles had always lived a life of luxury and took their slaves and servants with them. They also took their food surplus to survive until the plague ran its course. Rats followed the food, and the starved fleas moved on to new hosts. Soon the far-flung estates of nobles became grim mausoleums, filled with victims of the plague.

The plague, better known as the Black Death ended around the year 1352, although similar smaller plagues would continue to break out until the 1700s. The plague fizzled out because of population exposure, de-urbanization, and general awareness of it.

Not everyone exposed to the plague died. Survivors may have buried or burned their entire family. Some survivors moved to smaller more rural locations to rebuild their shattered existence. They buried or burned the bodies to reduce the risk of future outbreaks.

During this time scientists also theorize that the Earth experienced what is called the “Little Ice Age” which helped kill anything not prepared to handle the lower temperatures including plague rats and their fleas. However, this didn’t kill all the plague carrying fleas. Some of them moved on to hosts that were better prepared to handle the lower temperatures.

Lessons from the Black Death are not soon forgotten. From Smallpox infested blankets to Sarin Gas, biological weaponry will forever remain a fear of any population.



# GRANDPA P’S KNEE

Story by  
Sgt. Brett Perkins

It was the year 1347, and it was a time of expansion and growth. The known world stretched from England all the way to Japan. Trade routes had been established which enabled the Chinese empire to trade with European countries. One of these trade routes became known as the Silk Road. It enabled the trade of silk and spices to the east, and glassware and slaves to the west. It also enabled the ruling

Mongolian Khan to expand his empire. During fortress sieges, plague broke out because of poor living conditions and the piles of dead rats fed on. Some of these rodents followed the Mongolian army from the farthest reaches of their empire and carried a devastating surprise.

Fleas sucked infected blood from the rats and the fleas’ digestive tracts clotted. They began to starve, so they left the rats and moved on to human hosts. The fleas regurgitated undigested and infected blood into the humans’ blood stream. Humans were now infected.

The Mongols, not knowing what to do with the overwhelming amount of bodies, burnt or buried them in mass graves or simply left them in the cities they passed. The rats fed on the dead and passed the disease from the dead to food supplies and back to the living.

The Mongols lost so many that they couldn’t continue their expansion and turned around to head home. Travelers and merchants meeting along the Silk Road became infected. Rats that fed on the infected bodies boarded ships bound for Europe, Britain and Africa. The ships’ crews became infected, and when they entered the port the rats and starving fleas moved on to new hosts.

Major population and trade centers were the first to be hit hard. People recognized the need to

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INTERVENE



ACT



MOTIVATE

## Sexual Assault and Sexual Harassment Prevention

### INTERVENE

When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior. I am a Warrior and a member of a team. I will **INTERVENE**.

### ACT

You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right. I will prevent Sexual Harassment and Assault. I will not tolerate sexually offensive behavior. I will **ACT**.

### MOTIVATE

We are American Soldiers, **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all **MOTIVATED** to take action. We are strongest...together.

VI NOV 2008

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# SEXUAL ASSAULT AFFECTS EVERYONE IN OUR RANKS

**Story by  
Pvt. Loren Cook**

"I felt violated... I didn't know if I could trust again."

"I felt like I had to be on my toes all the time."

"I didn't know how I could possibly tell anyone about it when it hurt to even think about it."

These are just a few of the thoughts that can be felt by victims of sexual assault.

According to the Rape, Abuse, and Incest Na-

tional Network, someone is sexually abused in the United States every two minutes.

This April, in conjunction with Sexual Assault Awareness Month, it's time to talk about this often-unreported crime.

"Sexual assault is any sexual act committed without consent," said Lt. Col. Vincent Manivanh, equal opportunity program manager, I Corps. "Force is often a factor, but lack of consent is what makes something a sexual assault."

The Army's new Sexual Assault/Harassment Response and Prevention (SHARP) program in-

cludes training on what does and does not constitute consent.

"Consent is an agreement between two people. 'Yes' is consent. 'Not saying no' is not," Manivanh explained.

When determining consent, only positive verbal agreement can be considered as consent. Staying silent is not the same as giving consent. There are situations in which an individual is considered unable to give consent as well.

"Consent can't be given when someone is not fully themselves," Manivanh said. "A drunk or incapacitated person can't give consent."

The program trains Soldiers on how to reduce their risk of becoming a victim of sexual assault.

The Army's sexual assault program takes steps to ensure victims know their reporting options: restricted or unrestricted.

"An unrestricted report will trigger the Soldier's command and there will be investigations—the full spectrum of sexual assault response that we have," Manivanh said. "With an unrestricted report, someone can come forward to their sexual assault response coordinator or victim advocate, and nobody else has to know."

Both reporting options offer counseling and health care resources for the victim. A victim who filed a restricted report can tell their chain of command if they decide to file an unrestricted report later. There is no statute of limitations; a Soldier who was assaulted five years ago can ask for an investigation.

In 2008, the Army instituted its "I. A.M. (Inter-vene, Act, Motivate) Strong" program to combat the threat of sexual assault. This five-year, four-phased program, now in its third phase, focuses on the individual. It empowers all Soldiers to intervene if a sexual assault is occurring, act to prevent sexual assault, and motivate others to denounce sexual misconduct.

The Army's old programs focused on the victim, but the new program emphasizes training witnesses of a possible sexual assault that they must act to stop it, Manivanh said.

"Basically it says that if we watch out for each other, we shouldn't have nearly as much of a threat."

"All of you are dedicated to eliminating this threat," said Secretary of the Army John McHugh at the SHARP summit last year. "It's a threat to our cohesion of our units, a threat to our units and a threat to our very humanity. The fact that this sexual assault still occurs in our ranks is heart-breaking and it's antithetical to everything we value in this institution."

## Tips to Reduce the Risk of Sexual Assault

### Be Prepared

**Always have a buddy.**

Walk in well-lit areas after dark.

Stay sober.

Failing that, don't leave your drink unattended.

Keep your car, barracks room, or house locked.

Have a primary and alternate plan.

Keep your phone charged, or always know where one is located.

### Be Alert

**Trust your instincts.**

Be alert for unauthorized personnel in the barracks or housing area.

If something doesn't feel right, get out.

Don't dress in front of a window.

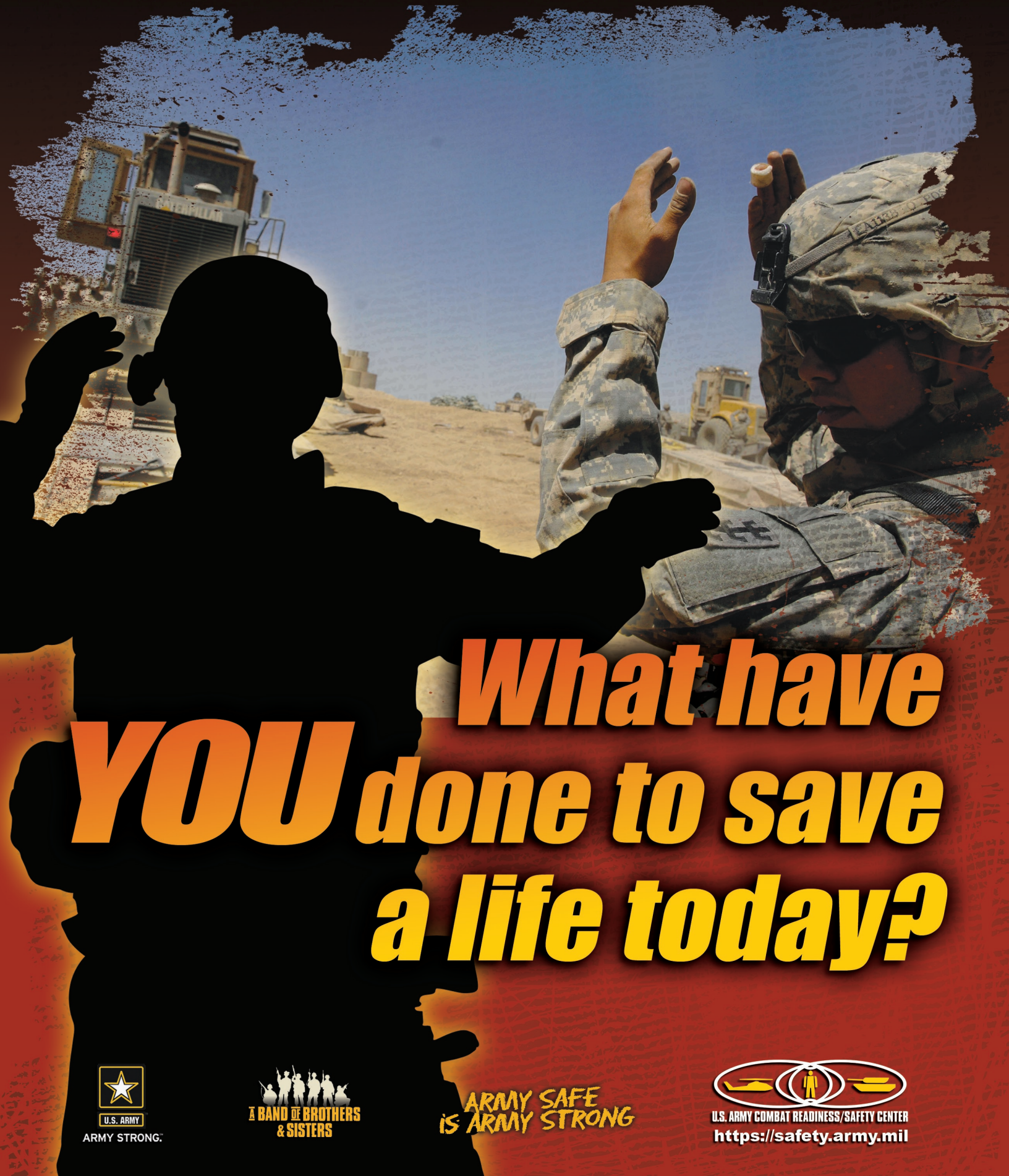
### Be Assertive

**State what you want.**

Match your body language to your words.

Use a confident voice and body posture.

***I used a Ground Guide!***



***What have  
YOU done to save  
a life today?***



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# WARRIOR



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Saturday

Sunday

6 am to 11 pm

6 am to 1 am

10 am to 1 am

10 am to 11 pm



# HOLD THE LINE

Story and photos by  
Staff Sgt. Antwaun Parrish

**T**he Soldiers in a closed formation bang their batons in cadence against their shields as an angry mob approaches. “When I initially picked up my shield, the thought of the movie 300 was the first thing that came to mind,” said Spc. Kyle Wilhelmi.

Teams of Soldiers assigned to 3rd Squadron, 38th Cavalry Regiment, 201st Battlefield Surveillance Brigade conducted civil disturbance training here March 13. The Soldiers, though not quite Spartans, are effectively training to hold their line and successfully control crowds if called upon for a civil disturbance.

Soldiers with shields, batons and rifles pushed through and maintained a dominant stance against a mob of about 40 civilians. The riot escalated as the crowd began throwing snowballs, slurred profanity and made offensive gestures at the Soldiers. The more forceful members of the mob charged the Soldiers but were easily pushed back, as many often fell to the icy surface.

The overall goal of riot control group (RCG) is to control the crowd using less than lethal force.

Staff Sgt. Lawrence Jameson, a section ser-

geant assigned to the squadron’s B Troop, served as the leader of the RCG. He found it challenging to stay focused during the conflict.

“It was chaotic,” said Jameson. “I keep yelling at my group to stay tight and hold their ground. As the crowd grew larger I was anxious to know when the breaking point was.”

The crowd initially approached the Soldiers with about 20 people, but once the RCG pushed them back toward the training area’s town, more people came from out of hiding. The Soldiers had to use whatever stamina they had left to control the mob.

Specialist Kyle Wilhelmi who was a part of Jameson’s RCG, felt the training surpassed his expectations.

“I never thought there were going to be so many people,” said Wilhelmi, a native of Lennon, Mich. “This has been more of a realistic experience.”

The Soldiers learn to maneuver with the shields that protect the entire RCG and restrict the crowd from harming them.

When the Soldiers are moving in their formations, which are decided by Jameson, they hold the shields up to protect their body.

“When used correctly, it protects not only me,

but my buddies as well,” said Wilhelmi.

Jameson explained that the extra protection is effective when controlling the crowd, however, they can also cause their share of problems.

“It was visually overwhelming,” said Jameson. “The shields are difficult to see through, so often times, all I saw were figures in front of me.”

Some Soldiers complained about the heavy weight, but Wilhelmi believes that additional training will develop muscle memory.

“We will start carrying them during physical training to get our bodies used to them,” said Wilhelmi.

First Sergeant Justin Spicher led the squadron’s C Troop through riot control training and was there to observe his group and figure out what his team needed to train on.

“This is our first time conducting the training against a live force,” said Spicher. “We want to work on the units established guidance and make any adjustments as necessary.”

Wilhelmi, a cavalry scout for the last three years, shared that he welcomes the unexpected skills he’s learning during civil disturbance training.

“When I joined the Army, I never thought that I would do something like this,” said Wilhelmi. “I enjoy it!”

Jameson looks forward to more training and feels confident that his RCG will be ready if needed.

“We’re not quite experts,” said Jameson. “Ultimately, we will be ready to defend!”



# THE LONG ROAD TO FITNESS

Story and photo by  
Sgt. Mark Cloutier

**T**here may be no experience more emotionally painful than being excessively overweight as a child. However, it is this common scenario which provides the personal back-story for the triumphant and healthy lifestyle of Army 1st Lt. Paula D. Beer.

As a staff dietitian in the nutrition care division of the Madigan Healthcare System, it may surprise some that Beer's passion for her job today is driven by the pain and suffering she endured in distant childhood yesterdays.

"At 16-years-old, I was 5 feet 7 inches tall and weighed 210 pounds ... I was extremely overweight and miserable," said Beer. "I never really fit in with the other kids and I was depressed most of the time."

"As an introvert, I was tired of being a wall-flower," said Beer. When an opportunity would present itself to go clothes shopping with other kids, Beer said she normally wouldn't go because most of the stores didn't carry her size.

"And if that wasn't bad enough, at 16 I didn't have a boyfriend yet and hadn't even had my first kiss," Beer said. "I had liked a certain boy, but because I was so overweight, he wouldn't even look at me." Poor nutrition took its toll on Beer's young mind, body and spirit.

Now 24, Beer said it took a lot of willpower for her to overcome the bad food habits she possessed in her younger years. Often home alone as a child, she generally ate whatever she wanted. It was her sadness and her longing to be accepted that drove her to look for that silver bullet answer that would deliver her from a life that she found less appealing by the minute.

Being young and with limited knowledge of proper nutrition, Beer said she would try anything and everything that others would suggest to rid herself of the excess weight that was robbing her of peace and joy.

"I remember wishing that I could get mono, because my friends had told me that I'd lose weight if I had it," said Beer. "I couldn't get sick even though I tried."

"Some people told me that I'd lose weight if I had my wisdom teeth pulled – that didn't

work either," she said.

When nothing seemed to work, Beer said that depression would take over, and when that happened she'd eat more and make one bad decision after the next. "I fell into the wrong crowd and I knew that if I didn't shed those deadbeats I'd end up somewhere much worse," she said. "There was a spark of life inside of me – and nobody could see it but me."

Beer said things started to change for her when she started buying magazines that promoted proper nutrition and healthy eating habits. "I bought every health magazine I could find," said Beer.

"I just kept trying things. I figured if I aimed for the stars I'd at least hit the moon."

"I was excited when I bought a gym membership – but I never used it," said Beer. She switched from drinking her routine six-pack of sugar-soaked soda each day, to diet soda. "I switched from eating fried chicken to eating grilled chicken. I even tried fish – I still hate fish," she said.

Through the knowledge she was gaining, Beer was able to lose 90 pounds in just 18 months, most of which she lost the summer after her junior year. Beer said that when she showed up to her homeroom class on the first day of her senior year, some people didn't even know who she was. One girl asked her if she was the transfer student from England. "No," Beer said. "I've been in your homeroom class now for four years."

With high school behind her, Beer, who had once dreamed of becoming a librarian, left her home in Auburn, New Hampshire to study health and nutrition at the University of Connecticut. Upon graduation from college, Beer joined the Army as a registered dietitian so she could attend the Military-Baylor Graduate Program of Nutrition at Fort Sam Houston, Texas.

As a registered dietitian, Beer is a nutrition expert. "I love nutrition; it's my passion," said Beer. "Everyone identifies with food. I share with people that healthy eating is a fair balance of both quality and quantity of their food choices."

"I had wanted to join the Army as a healthcare provider ... so I could serve people in the military that had also made the decision to serve others," Beer said. "My favorite thing is to talk with people to find out what's going on inside of them; sometimes you need to know what's happening with

them on the inside to better understand what's happening on the outside," said Beer.

Beer currently works in the outpatient clinic where, amongst many other things, she teaches Soldiers about healthier living, in a three-pronged approach to weight reduction. These classes cover such topics as nutrition, physical activity and most important, behavioral change, she said.

Through personal action, anecdotes and evidence, as well as professional direction, Beer motivates clients and staff. Those who come to know Beer in any capacity are often inspired to take a deeper look inside themselves, to raise their nutrition standards to the very best possible.

Having supervised Beer for over a year, Army Capt. Angela Tague, also a staff dietitian, gives a warm tribute to her subordinate: "Lt. Beer continuously motivates us here at the clinic with her personal commitment to her own health as well as to everybody else's. She's always sharing exciting stories about running – usually it's about a marathon she has just run or else one that she's training for ... a true joy to have around."

It was Beer's own can-do attitude and refusal to give up on herself, which made a heap of difference in the end, she said.

As for the first kiss, Beer finally got that when she was 17. However, "It was over-rated," said Beer. "It was from a persistent loser, and I quickly realized that

I didn't need that first kiss to help establish my identity after all ... I should have held out longer."

Today, Beer is very happily engaged and plans to wed in September.

"I took responsibility for myself and for my life," said Beer. "Good health isn't just about eating the right foods, she said, but also about having the right attitude and somehow learning to deal effectively with those things that can eat a person up inside."

Beer said she finds peace in hiking. She is also an avid runner; she has run several half-marathons and is currently training for the Eugene, Oregon, marathon in April.

"Maybe when I retire, I'll be a lunch-lady at a school somewhere – that's my dream job," said Beer. "I'll bribe the kids with dessert if they eat their vegetables."

**It was her sadness  
and her longing  
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the minute.**

BEER



# COMMUNITY AND TOMATOES

Story and photos by  
Sgt. Dani White

It's a rare sunny day in the state of Washington and you're outside working hard. Your soil-covered hands are pulling the invading weeds that threaten to take over your small haven. You know your dedication and hard work will pay off when you bring home a basket of fresh fruit and vegetables for your family to enjoy. Avid and new gardeners enjoy these tranquil communal experiences at community gardens across Washington state.

"I think people like being able to get out here and have a reason to be outside and have a space to call their own," says Mariam Easley, sustainability outreach coordinator. "We're just gardeners while we're out here, helping each other out with advice and working together."

Community is what attracted Karli Merle, a military spouse and a volunteer with public works, to involve herself with the community garden.

"It's a way to exchange information, whether it's about gardening or what have you. It's a good networking experience for me and it is a good way to meet people."

This spring Merle will adjust some of the gardening skills she learned planting in warm Virginia so her new plot at the cooler JBLM Community Garden can bring her a bounty of produce. During the planting season, the differences between Virginia and Washington are as different as oil and water. These differences will determine when Merle can start her garden.

"A lot of people based in warmer climates that move to this area want to start growing their gardens a lot sooner, and it's more re-educating them on when to grow and what to grow," says Travis Valbert, co-owner of Gardensphere in Tacoma.

The country is broken into different zones. That are based on how cold a climate gets during the winter.

"The zones go between one and ten. Zone one gets down to negative 50 degrees while zone ten gets down to 40 degrees," says Valbert.



JBLM is in zone eight according to the United States Department of Agriculture.

Merle isn't worried about starting her garden in such cold weather. The wet weather is her biggest concern, especially with all of the rain.

"I have to ensure the soil isn't over saturated, over watering can wash away nutrients," she says.

Soil is the biggest factor when gardening. Without the proper nutrients plants won't grow properly.

"If you don't have good soil to start nothing is going to grow that well, so the best thing is to mix compost and fertilizer with the soil you have on hand," states Gabe Valbert, co-owner of Gardensphere.

Miriam Easley has spent the last three years improving the JBLM Community Garden to help gardeners ensure that they have great soil.

"A few years ago I was able to scrap and scrounge a few materials together to build some beds, get some dirt out here, and I've slowly built it into more of a community garden," she says.

Easley started working with the compost facility this year and she is planning to add fruit trees and raspberry bushes for the gardeners to enjoy.

Gardeners can grow a variety of vegetables and fruit at the community garden.

"A lot of people try to grow tomatoes. Strawberries are really popular; people also try to grow corn. Zucchini is one of the favorites and seems to love this climate," says Easley.

Travis Valbert advises that fruits and vegetables like melon and okra that thrive in hot weather don't grow well in the Washington climate. He says potatoes and carrots do well in this climate, and fruit like strawberries and blueberries grow well, too.

Easley hopes that the community garden will start a new trend on JBLM for people like Merle to enjoy. Though there are a few challenges to growing a garden Merle still finds joy in it.

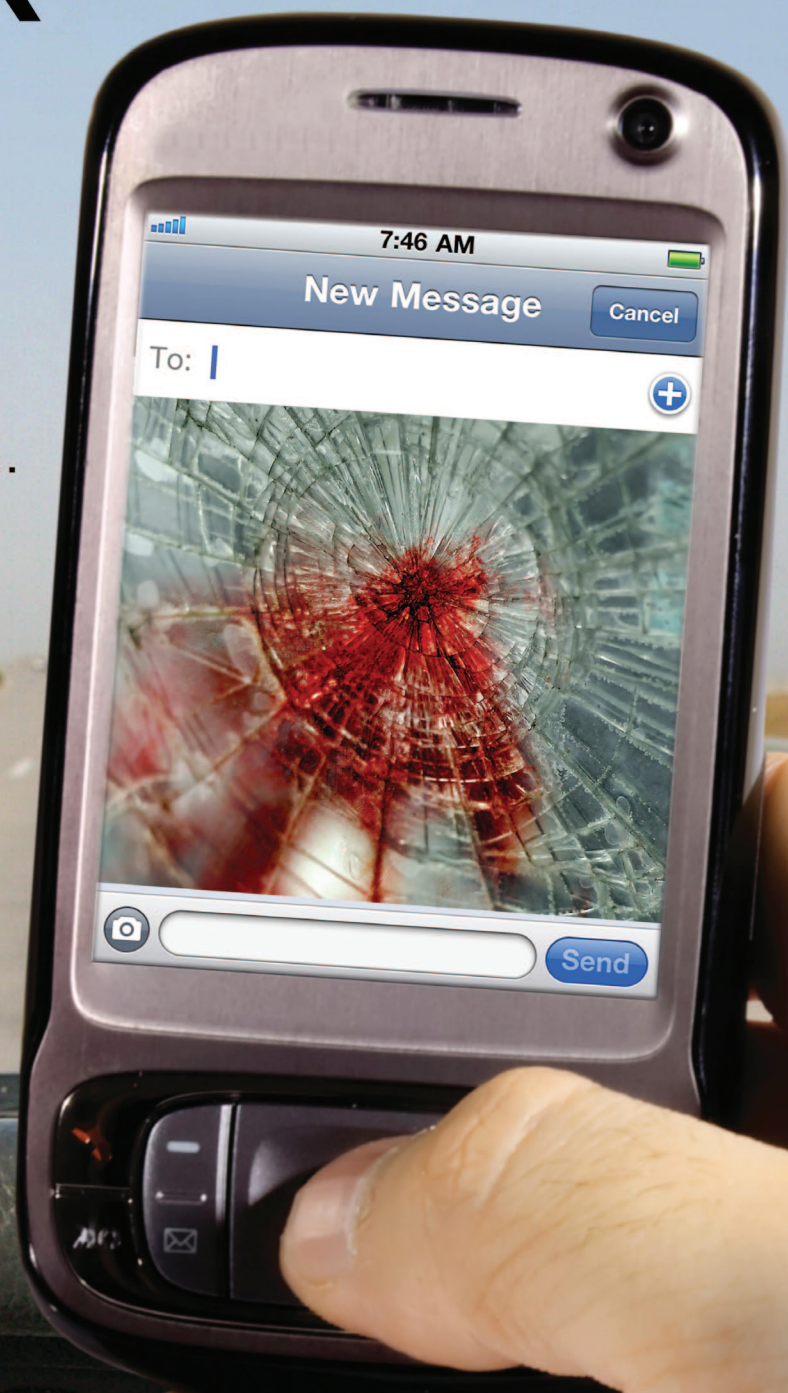
"Planting something and watching it grow, it's a very enjoyable experience, and it's rewarding to be able to bring what you grew home to share with your family."



# ABT 2 B UR LST MSG

(ABOUT TO BE YOUR LAST MESSAGE)

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DRIVING. IT CAN **KILL**  
YOU OR SOMEONE ELSE.



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U.S. ARMY

# I.A.M. STRONG<sup>SM</sup>

INTERVENE

★ ACT ★

MOTIVATE

## Sexual Assault and Sexual Harassment Prevention

### INTERVENE

When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior. I am a Warrior and a member of a team. I will **INTERVENE**.

### ACT

You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right. I will prevent Sexual Harassment and Assault. I will not tolerate sexually offensive behavior. I will **ACT**.

### MOTIVATE

We are American Soldiers, **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all **MOTIVATED** to take action. We are strongest...together.

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# HONOR AND SACRIFICE

Story and photo by  
Sgt. Christopher M. Gaylord

The moment a rocket landed near Spc. James Allum's vehicle during his 2010 deployment to Iraq, his life changed forever.

Today, nearly two years later, Allum, who could run six miles in less than 45 minutes when he joined the Army in 2007, walks with a cane.

His body shakes uncontrollably most of the time – the result of a movement disorder doctors believe was onset by the incident.

His memory, his wife says, is like Swiss cheese – some moments there, some gone indefinitely.

But if there's anything Allum can claim hasn't changed at all, it's his unwavering desire to serve his country, the Army, his unit and, most of all, his chain of command, who fought for more than a year to get Allum the Purple Heart he finally received Feb. 27 during a long-awaited ceremony at the 201st Battlefield Surveillance Brigade motor pool on Lewis-Main.

"It took a while to get the paperwork squared away, but we were glad to be able to do it," said Col. Paul Norwood, commander for the 201st BfSB.

Norwood pinned the medal to the uniform of Allum, a 109th Military Intelligence Battalion, Company B, Soldier, before a formation of Allum's battalion – the men and women he only wishes he could accompany to Afghanistan this year.

Unfortunately, Allum will leave the Army sometime in the near future due to his condition.

"There's no one else I'd want to go with," said Allum, a Norristown, Pa., native. "They're the best."

"Everything in me wants to go; it's only my stupid hand moving and my lack of balance that's keeping me from doing the job I want to do, and that's very frustrating."

When Allum deployed to Iraq in 2010 he'd reached his pinnacle – serving his country and fulfilling the job he admits he'd become very good at.

The first weapons cache you find, or the first official who was going to assassinated, but whom you saved based off information you found – that's an amazing feeling, he said.

"It's better than anything I've ever had. It's something you just can't get anywhere else."

It's a feeling that was literally years in the making for the 36-year-old, who joined the Army in 2001, but was discharged within 90 days because he failed the physical fitness test.

Five years later and weighing 250 pounds, Allum, who had just finished a tour to Iraq as a civilian contractor, found it in himself to try again.

"All throughout late 2006 and all of 2007 I worked out every single day," he said.

He had dropped nearly 80 pounds by the time he left for basic training at Fort Sill, Okla., in January 2008.

Then, he was like the majority of his family who came before him, whom served in the military. He was like his older brother, who was a private first class when he passed away at Fort Hood, Texas, in 1981.

But March 23, 2010, would change that in an instant.

Allum and a fellow Soldier he oversaw were making a short trip across Contingency Operating Base Speicher in northern Iraq to retrieve some supplies when a 127 mm artillery round impacted next to the driver's side of their vehicle. Allum was driving at the time.

The blast slammed Allum's head against the inside of the vehicle's door.

He still needs his wife's help to piece together the event – to fill in the blanks of his recollection.

"From what I understand happened, they took

me to the medical point, did an exam on me, and sent me to Landstuhl, Germany, for five weeks," he said.

"When he first called me there was a lot he didn't remember about growing up, his family – just different things I had to fill in for him," said Lisa Allum, Spc. Allum's wife and a native of Philadelphia, standing next to her husband after the ceremony.

Lisa said her husband had suffered a Grade II concussion. And although he would fight tooth and nail to remain in Iraq, his tour was over.

Now, Spc. Allum has to take medication before driving because he shakes so severely otherwise. He can't cook when he's home alone, his wife said, because he'll forget the stove is on.

"It's been an adjustment," Spc. Allum said. "My movement disorder makes life challenging."

As he stood before his battalion – chest out and tall – Spc. Allum's fellow Soldiers saw a man of smiles and pride.

But Lisa Allum saw something else, too.

She knows the man deep down, who only wishes he could stay in his unit and do the job he trained on for four years.

"He really wanted this very badly, to be in the service, and the fact that he can't deploy with his unit now – they don't really realize how heart-breaking it is for him," she said. "He wanted to be in for 20 years. This is what he wanted to do."

"He took a lot of pride in being able to serve his country in that capacity."

"It's so hard, because it's all that I want to do, but I just don't have the ability," Spc. Allum said. "It's who I am. We're Soldiers. We're here to protect."

But Spc. Allum, whose battalion commander, Lt. Col. Douglas Woodall, considers Allum one of the most upbeat and positive people he's ever met and an inspiration to his fellow Soldiers, is coming to terms with the bright side.

"It doesn't do anybody any good when you're failing at what you do because your body can't do it anymore," he said.





## TWO TUSKEGEE AIRMEN: TWO MARRIED LIVES HISTORIES RICH WITH DEDICATION AND FAMILY

Story and photos by  
Staff Sgt. Teresa L. Adams

In 1943, during a time in American history tainted by racial inequality, the Tuskegee Airmen and ground crews of the 99th Fighter Squadron were the first African American pilots and crewmembers to arrive in North Africa and to conduct combat aviation operations during World War II.

This generation of fighters contributed valiantly to the war effort. The airmen earned 96 Distinguished Flying Crosses and suffered 66 pilots killed in action. Their dedication and unprecedented performance created the legacy of "The Tuskegee Airmen."

Retired Lt. Col Edward P. Drummond Jr. and former Capt. George W. Hickman Jr. are Tuskegee Airmen. They are men of their generation who provided glowing examples of the ability to overcome adversity while maintaining longevity in their marriages.

Drummond, 85 years old and one of the youngest survivors from the graduating class of 1946 at the Tuskegee Airfield, Ala., served in the United States Army Air Corps and the U.S. Air

Force from 1945 until 1970. He is a thoughtful man full of wisdom that comes from a lifetime of experiences.

Drummond met his wife, Alberta Morris Drummond in 1947. They were married in 1949 and are still married after 63 years. They have three children, six grandchildren and three great grandchildren.

"When I met Alberta, it was love at first sight," said Drummond. "We were both foot loose and fancy free. Now we are in our eighties and have enjoyed quite a bit of life."

Both Drummond and his wife agreed that while their marriage was not always easy; they wouldn't have wished for different lives.

"We have worked hard to make sure that things went well," said Drummond. "Sure we have had downs, but mostly we have had ups. My marriage is the best time I've had in life and I have had a wonderful life."

Mrs. Drummond adds to her husband's reflections about their life together by including thoughts of their three children. The family they made together.

"When you get to be our age, you think over all the years, the children, the grandchildren and the great grandchildren," said Mrs. Drummond. "I

love our children; it's been an exciting life."

Their son, Edward P. Drummond III, fondly recalls the way he and his siblings were raised.

"The example our parents gave us by having grown up in a society where segregation existed, showed us that with hard work and study we could become anything we wanted to be," said the younger Drummond. "I speak for my siblings when I say, 'They aren't just our parents they are our friends, they are a lot of fun and we love them.'"

Former Capt. George W. Hickman Jr., now 86 years old, a well spoken and unassuming man, served in the United States Army Air Corps from 1943 until 1945. Hickman was a part of the graduating class of 1944 at the Tuskegee Airfield.

In 1955, he met and married Doris Baptist Crawford in Amarillo, Texas. They have been married for 56 years and have four children, five grandchildren and two great grandsons.

"Our marriage has been a good one," said Mr. Hickman. "Together we have chosen the best for our lives and raised four wonderful children. My wife is an outstanding woman and my marriage is the best thing here on earth."

Mr. Hickman volunteered with Doris' mother at a local library to supply quality multi-cultural books to local public schools. During their time working together, Hickman met Crawford's daughter.

Mrs. Hickman was drawn to her husband's character when they first met.

"He has always put others first and tried to make the world a better place," said Mrs. Hickman.

Throughout their relationship she has realized that their commonalities have helped them to form a lasting marriage.

"Our mutual interest in education, community involvement and the love of the Arts, has helped to keep our marriage strong," said Mrs. Hickman. "We have worked

and continued to work with boys and girls in the Seattle area to help them to become responsible people who achieve whatever they aspire in life."

The roots of family run deep within the heart of Mr. Hickman. He credits his entire success in life to his nuclear family.

"What made me do so well in life was sincerely based on my mother and dad and family," said Mr. Hickman. "My mother and father stayed together and so did all of our relatives. I come from an extremely large family."

The Hickman's daughter, Sherie Hickman-Gaines has the deepest respect and admiration for her mother and father.

"I often thank the Lord that the first gift and best gift he ever gave me was Doris and George Hickman," said Hickman-Gaines. "I knew I was unconditionally loved."

It seems that Col. Edward P. Drummond Jr. and former Capt. George Hickman's love for their wives and dedication to family have enabled them to live life well. They are two men so very proud of their marriages and families and quite proud to be Tuskegee Airmen.





## SOLDIERS PREPARE FOR THEIR FIRST DEPLOYMENT THROUGH TOUGH EFFECTIVE TRAINING

Story and photos by  
Antwaun J. Parrish

A team of Soldiers provides 360-degree security outside of a two-story shanty house. Meanwhile, another team lines along the front gate and yells for the occupants to evacuate the building. This was the scene at Leschi Town, after the Soldiers completed an air assault drop to conduct counterinsurgency operations at the simulated Afghan village here.

"It was my first time flying in a Blackhawk, and I must admit I was nervous, but yet excited at the same time" said Spc. Ronald Williams, an infantryman assigned to Company C, 1st Battalion 17th Infantry Regiment.

The training is in preparation for the unit's upcoming deployment to Afghanistan.

"We have maintained a rigorous training schedule in order to ensure that our unit is knowledgeable of all the skills they need to be successful in Afghanistan," said Capt. Sean Nolan, Co. C commander, 1st Bn., 17th Inf. Regt.

For Spc. James Wright, a medic, this will be his first deployment. During the mission, he not only performed his required combat lifesaver skills; he also cross-trained learning infantry tactics.

"As a medic, my team is pretty proficient," said Wright, a native of Detroit. "It was awesome that I

got the chance to load an aircraft. It's something I never thought about doing."

While training in Leschi Town an urban town built for training at Joint Base Lewis-McChord, Wash. The Soldiers got a chance to work on the Army's new method of searching homes known as "call-outs."

"A call-out is unlike a traditional raid," said Nolan, a native of Sugarland, Texas. "It's focused on protecting non-threatening civilians."

Once the call-out team gets the occupants to leave the house, it faces even more challenges than before they left. It must search civilians and detain anyone who becomes a threat, or has the possibility of becoming one.

Williams, who speaks with a distinct southern accent, explained that it's important to avoid threatening the civilians.

"We don't want to be too aggressive; we are here to do business but not to be a threat," said Williams. "We want to work with them."

While observing his sector of security, Williams explained that he felt the most challenging portion of the training was operating in an urban environment, unlike the open area training he's used to.

"It's more realistic," said Williams, a native of Elton, La. "It shows me that I need to be more aware of my surroundings. The enemy has more ways to sneak an attack."

Counterinsurgency operations often involve

Afghanistan National Security Forces (ANSF) to dissolve any threats to the country.

ANSF role players fought alongside the Soldiers, and wore battle dress uniforms. While deployed, the Soldiers will be working with the forces during the counterinsurgency operations.

Sergeant 1st Class Thomas Lazzarini knows how important training is with a deployment on the horizon, since he has been deployed three times to Iraq and looks forward to his first time in Afghanistan.

"I want the Soldiers to really take the training serious and relate it to real-world scenarios," said Lazzarini, a native of Carlsbad, Calif. "When we get there, it's no time to ask questions. They have to be ready to execute."

Williams stated that he appreciates the rigorous training thus far and understands its importance.

"Most of us need the training and constant drilling so we won't lose focus," said Williams. "For Soldiers like myself who haven't been deployed, it gives us a good foundation,"

Lazzarini believes that experience, familiarity and confidence are key factors of a successful mission.

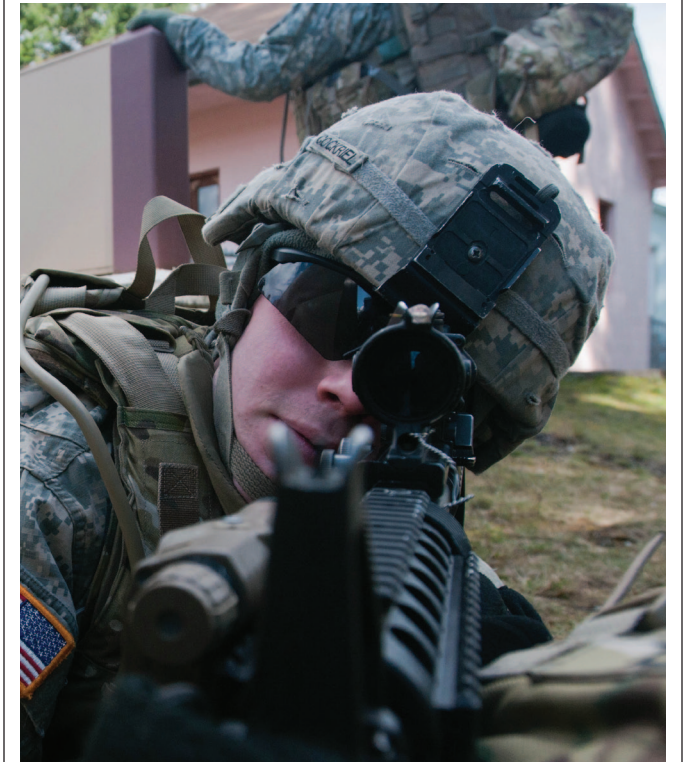
"Understanding multiple scenarios is a good concept," said Lazzarini. "It's good leverage for the mission."

Williams feels the training provided him effective

insight on how it will be during the deployment.

Even though this will be Wright's first deployment he is ready to accomplish his unit's mission.

"We plan to rock it and be as proficient as we can be," said Wright.



# STAR WARS



## A SERGEANT MAJOR'S PASSION

Story and photos by  
Sgt. Ashley Outler

A long time ago in a galaxy far, far away a young girl began a quest to fulfill a life-long passion for a beloved classic. In 1977 an 11-year-old Vic M. Alvarez walked out of the theatre after watching “A New Hope”, the first of the Star Wars saga. From that day forward, she knew that Star Wars would forever be intertwined in her being.

“When we got out of the movie it was like ‘wow this is the coolest thing ever,’ Alvarez exclaimed. “Who wasn’t fascinated with Stars Wars? It had special effects that were unimaginable at that time. Nothing really could compare to it.”

Now at age 46, Sgt. Maj. Alvarez, works as the administration and operations sergeant major for the Army Career and Alumni Program on Joint Base Lewis-McChord. She satisfies her Star Wars

fascination by surrounding herself with Star Wars memorabilia.

“Some people like collecting coins, some people like collecting baseball cards, different people like different things”, said Alvarez. “I’m just a really big Star Wars fan I guess.”

Alvarez describes Star Wars as more than just a hobby. It’s a passage to a childhood bliss that she missed during her rough upbringing in Bronx, N.Y.

“I lost my childhood and my innocence at such a young age. I cling on to it and never want to let it go, probably because I never really had it to the fullest, so I just want to live it for the rest of my life,” Alvarez said. “This is how I came to be such a Star Wars fanatic. It was what I sheltered into, to escape this crazy nonsense I was living in my actual life.”

It’s a painful past that the confident, outgoing and energetic woman says that she has proudly overcome but her love for Star Wars still burns strong.

“I’m like a big kid. I still feel like I need to be surrounded by this childhood atmosphere to feel at ease, to feel peaceful, to feel happy,” said Alvarez. “That’s one of the reasons why I live in this little Star Wars world of mine.”

Her vehicle, which she affectionately refers to as her ‘spaceship’, is covered in painted murals of Star Wars spacecrafts and has a Star Wars themed license plate. She also has Yoda and Darth Vader, characters from the saga, ornaments on the dash with Yoda buckled into the back seat and Darth Vader’s voice on her GPS.

“My two favorite characters are Darth Vader and Yoda,” said Alvarez. “It depends on my mood. If I’m feeling the force I will go with Yoda and if I’m a little on the dark-side I will go with Darth Vader.”

Occasionally she projects the “Star Wars Title”, the theme song of the saga, from her vehicle’s external speakers.

“I started my collection when I was child, unfortunately there aren’t a lot of things that I still

have,” said Alvarez whose oldest and most precious Star Wars belonging is an album of the soundtrack to New Hope.

Her home is decorated in celebration of Star Wars with space-ships hanging from the ceiling, stand-ups along walls, action figures filling shelves and replicated costume pieces in displays.

“It’s kind-of like walking into a ‘Comic Con’ store but it’s my house,” said Alvarez. Most of my stuff is authentic replicas. I have quite a bit of money invested in it.”

Though she hasn’t had the opportunity to go to a Comic Con convention, she was privileged to attend the Seattle Star Wars exhibit

last year, where she dressed in Anakin Skywalker’s robe, a character from the saga.

“It was like a child visiting Disney for the first time. I was ecstatic,” said Alvarez about attending the exhibit that included the items from the films.

On her journey through time, Alvarez has persevered because of a force that grows strong within her. It is a force that she maintains by fulfilling her passion for Star Wars with an environment dedicated to it.





# COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES

**Physical**

**Emotional**

**Social**

**Spiritual**

**Family**

# PHYSICAL

