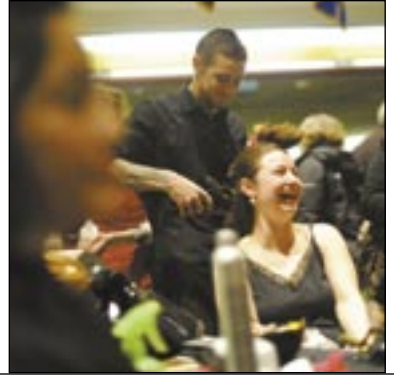
Tops in Blue is coming Sat. to JBLM

See Page A3



Operation Care Fair

Another side of Army life

See Page A10

WALKING ON WATER

Nisqually National Wildlife Refuge features new boardwalk

See Page B1

NORTHWEST GUARDIAN

Proudly serving Team Lewis-McChord

Authorized newspaper of Joint Base Lewis-McChord, Washington www.nwguardian.com **Feb. 11, 2011**

BOSS program earns awards

JBLM program receives Armywide recognition with best BOSS team, military advisor of the year awards

By Rick Wood
Northwest Guardian

Joint Base Lewis-McChord Better Opportunities for Single Soldiers got high marks from the Department of the Army BOSS with two significant program awards for 2010.

The program and a leader received the Armywide recognition.

JBLM Garrison Command Sergeant Major Matthew Barnes said he was honored to receive the Julius Gates Senior Military Advisor of the Year Award.

"I was notified via e-mail by our Family, Morale, Welfare and Recreation Deputy Director Denis Senftner, and moments later, (by) Col. (Thomas) Brittain, JBLM garrison commander, of not only my award and selection but also of the fabulous achievement by our installation BOSS team and their (and) our recognition as the best BOSS team award recipient for extra-large installations," Barnes said.

"I was, and remain more satisfied with their achievement than my selection as recipient of this year's Julius Gates Award."

Barnes has been involved with the BOSS program for the last 10 years.

For nearly three years while serving as the garrison command sergeant major, one of his roles was to be the senior enlisted advisor to the JBLM BOSS team, he said.

Barnes

"I am involved with BOSS because as a senior leader, having awareness of what this program can do for single servicemembers is not enough," Barnes said.

"Being able to assist our single servicemembers resolving quality-of-life issues, helping out in the community with involvement and service, and getting them out of the barracks on leisure and recreation trips has been very rewarding."

Over the last several years, the installation's BOSS team has been able to identify and correct almost 100 well-being and quality-of-life issues, he said.

See **BOSS**, Page A2

WET NOSE, WARM HEART

Soldiers with JBLM Veterinary Treatment Facility busy caring for military dogs, cats

Photos by Ingrid Barrentine

Above: Capt. Alicia Gehling, left, gives Butch, a 22-month-old female black Labrador retriever, a checkup as Capt. Holly Killman assists at the JBLM Veterinary Treatment Facility. Butch, a combat stress control dog, will deploy to Iraq later this month as part of the America's VetDogs program.

At right: Butch gives Capt. Holly Killman a kiss during a recent check-up at the JBLM Veterinary Treatment Facility.

By Lorin T. Smith
Northwest Guardian

One Joint Base Lewis-McChord clinic caters to a special clientele, one with four legs that pants, fetches and provides years of loyalty to its owners.

Some even help heal their masters, but in turn, require their own medical attention to stay in shape.

Tucked away in the dense McChord Field woods near the Whispering Firs Golf Course is a clinic that treats nearly 6,000 animals a year. While that may not seem like a lot compared to the number of humans walking through the doors of Madigan Healthcare System's clinics or the Airman's Clinic at McChord Medical Clinic, in animal terms, it represents a lot of dogs and cats.

The bustling JBLM Veterinary Treatment Facility in Building 768 on Warehouse Road treats dogs and cats exclusively. The staff now makes more appointments than ever, thanks to the thousands of Soldiers and Airmen returning from deployments to the installation in 2010, said Sgt. Rita Jo Stewart, the veterinary NCOIC.

See **CLINIC**, Page A14

Pet policy

All pets living on base must be registered with the clinic and the housing office. Off-base pets must be licensed with the Humane Society or local authority. For more information, call the JBLM Veterinary Treatment Facility at 982-3951.

446th AW honored

By Master Sgt. Jake Chappelle
62nd Airlift Wing Public Affairs

The Meritorious Unit Award was awarded to the 446th Airlift Wing Feb. 2, for its exceptional conduct and performance of outstanding service to the United States in direct support of combat operations from Oct. 1, 2008 to Sept. 30, 2010.

The nearly 2,100 people of the wing earned this award for contributing directly to national objectives by continuously demonstrating their combat readiness as they fulfilled global operations. Members of 446th AW flew more than 9,700 missions in more than 42,000 flying hours averaging 2,000 missions every four months to 11 different Iraqi airfields, which is an increase of more than 30 percent from the previous two years.

Lieutenant General Charles E. Stenner, Jr., Air Force Reserve Command commander, passed his thanks to the members of the wing.

"The men and women of the 446th Airlift Wing have demonstrated unprecedented leadership, dedication to duty, and patriotism while in direct support of global peacetime and wartime operational missions," Stenner said.

Mission support units such as the 446th Civil Engineer and 446th Security Forces squadrons mobilized for deployments, in which they provided security and emergency response at strategically critical airbases in Iraq.

See **UNIT AWARD**, Page A2

NOTICE

McChord Main Gate construction begins, alternates available

Construction began Feb. 10 at the McChord Field Main Gate. Though the gate remains open 24/7, seven days a week, traffic revisions will impact all travelers entering or leaving the installation at Bridgeport Way until work is done.

Traffic lanes in the area of the McChord Field Main Gate and the Visitor Center will be constricted to one lane inbound and one lane outbound.

The Woodbrook Housing Gate re-opened Feb. 10. Extended hours of operation, from 5 a.m.-7 p.m. daily, including weekends and federal holidays, will remain in effect until the McChord Main Gate construction is completed. The gate is accessible from Interstate 5, Exit 124.

North Gate will remain open during McChord Main Gate construction from 5 a.m.-7 p.m. Monday through Friday, but not weekends and federal holidays.

Stone Education Center graduates celebrate accomplishments

By Rick Wood
Northwest Guardian

Broad smiles and camera flashes were the order of the day during Joint Base Lewis-McChord Stone Education Center's graduation ceremony held at the Sharon McGavick Conference Center at the Clover Park Technical College campus in Lakewood Feb. 4.

The I Corps 56th Army Band provided the musical backdrop as the auditorium filled with graduates, family and supporters.

The graduation guest speakers conveyed messages of accomplishment and challenge.

Command Sergeant Major Daniel Verbeke, I Corps, commended the families and supporters who helped the military students complete their goals.

"It takes a village to make an event like this happen," Verbeke said.

It is great to see that so many people take advantage of hard earned educational benefits, he said.

"Through education we make the world around us a better place," Verbeke said.

Adjutant General of the Army Brig. Gen. Richard Mustion said he was honored to share the ceremony with the graduates.

"I was truly moved by how young the population was receiving degrees," Mustion said. "Young Soldiers, young family members, its truly inspiring to see you continue your education."

Bringing their hard earned skills and knowledge back to the workplace, community and families is the key to paying back the support each student received, he said.

"Seek out opportunities to give back," Mustion said.

For some students, this graduation is merely a waypoint, he said.

"Don't stop today," Mustion said. "The challenge is to continue with your education."

See **GRADUATES**, Page A2

Forum first step to financial freedom

By Laura M. Levering
Northwest Guardian

The road to financial freedom and security can be a long and winding one, but it should never be agonizing.

Army Community Service's Financial Readiness Program is sponsoring a financial forum Feb. 24 that guarantees benefit for everyone who attends, regardless of financial status.

The forum is part of Military Saves Week, running Feb. 20 through Feb. 27, a national campaign to "persuade, motivate and encourage military families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings," according to the campaign's website.

The forum is open to everyone with access to Joint Base Lewis-McChord, but servicemembers and their spouses are strongly encouraged to attend together.

The components of saving, investing and retirement planning will be explained by two speakers from the Financial Industry Regulatory Authority Investor Education Foundation. Curtis Littlegreen, FRP manager for JBLM, said the forum is a great opportunity for servicemembers and spouses to get financial advice outside the ACS finance office — a key to financial success.

"Regardless of your status, financial readiness is not a box you check once a year or once in a lifetime," Littlegreen said. "You want to do it always — manage your money, and be more resilient."

The first part of the forum will discuss how credit and debt management affect saving. Understanding what helps a credit score versus what hurts it is key to building credit, and debt management is learning the quickest way to eliminate debt. One of the most common mistakes Littlegreen sees from his clients is that they are clueless about their credit scores and how to obtain them, an annual necessity with which Littlegreen and his staff can assist. Not understanding a credit report could be detrimental to important financial goals like buying a home. Credit scores affect careers.

"One guy was in here last December, and his father's unpaid medical bills were showing up on his credit report, and he was going to lose his top secret clearance because of it," Littlegreen said.

Littlegreen assisted his removing the bill and repairing his credit.

"You need to know and understand what's on your credit report, because it could cost you hundreds of points," he said.

The forum will also give insight into effective ways to save money and build on those savings. Whether you live paycheck to paycheck or put away thousands for your retirement, the forum is designed to enlighten everyone.

"No matter where you think you are on the continuum of financial readiness, we can help," Littlegreen said.

The financial forum will be held from 9 a.m. to 12:15 p.m. at Carey Theater on JBLM Lewis Main. Anyone wishing to enroll should call 967-7166 no later than Feb. 18.

The forum is free, as are all services provided by the Finance Readiness Program on JBLM.

Laura.May.Levering: laura.may.levering@us.army.mil

Financial readiness

For many families in this economy, saving money seems unrealistic — especially when they are living paycheck to paycheck. In actuality, anybody can save, and according to Curtis Littlegreen, everybody should. The earlier a person starts saving, the less a person has to save.

"The illustration I give a lot is someone saving 'x' amount between age 20 and age 30 for 10 years, and then stops," said Littlegreen, Financial Readiness Program manager at Joint Base Lewis-McChord. "At age 60, they will have more money than someone who puts that same amount in from age 30 to age 60, but nothing in from age 20 to age 30."

The concept is "compounding," and it means the earlier you start saving, the less you have to invest.

"Time is your greatest ally when you're 20 years old," Littlegreen said. "When you're 60 years old, you're out of time."

A key to being able to save is creating and sticking to a budget. Littlegreen and his staff are willing and ready to assist servicemembers and their families with anything they need to develop one so they can get on the road to savings.

"You really need to know where your money is going," he said. "Most people who don't have a budget earn less than they think they earn, and they spend more than they think they spend."

The Financial Readiness Office is located in Room 400, Waller Hall. Hours are 7 a.m. until 4:30 p.m., Monday through Friday. Call 967-7166 to schedule an appointment. Walk-ins are also welcome.

Photos by Ingrid Barrentine

Brig. Gen. Richard Mustion, the U.S. Army adjutant general, congratulates Sgt. Lindsey Kibler, right, after receiving her Pierce College associate degree in technology, general studies.

Graduates

Continued from Page A1

Stone Education Center College Coordinator Patrice Hamilton said graduations are an emotional highpoint to her job.

"This is an event that we look forward to," Hamilton said. "Actually being able to provide for our servicemembers is a great feeling."

Graduates should be proud of their accomplishments, she said.

"We know that they work so hard — and their family members — at completing their degree programs, for many of them it's a long journey, so we are very excited about it," Hamilton said. "We are honored to share in the moment with them on an annual basis and every year we have more and more servicemembers participating."

Although budget cuts have hit the education center hard, its staff remains committed to meeting the needs of every student, she said.

"We still have a high level of service," Hamilton said. "We may not have a lot of resources available to us, but we are working just as hard to make sure we are accommodating family members and the community as a whole."

It has been more than a decade-long process toward Sgt. 1st Class Daniel Correll's bachelor's degree.

"There's a sense of accomplishment," Correll said. "I'm ready to move on to the next step."

Juggling family, Army and education can be a little tough, he said.

"I started going in 2000. Got my associates, took a break, did some work towards my bachelor's in Europe at University of Maryland, took a break, got back to the states in 2007 and started going to school again," Correll said.

Watching their father receive a degree might inspire his children to reach for academic goals, he said.

"I hope so," Correll said. "Every parent wants his kids to do better than he did."

Some students not only juggled work, family and school but also the strain of being deployed to a combat zone.

Sergeant Lindsey Kibler said she was able to complete much of her degree work while deployed to Iraq.

"It was hard," Kibler said. "You work all day and you do that mission and when everyone is sleeping, knock out three classes."

There's no time to sit back and relax, she said.

"I'm already working toward my bachelor's degree," Kibler said.

Standing among the more than 115 graduates is a humbling experience, she said.

"To see so many people take the time — because we do this all on our own time — it makes me proud that I work with people that want to better themselves in their vocation," Kibler said.

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Graduates from the Chapman University system move their tassels to the left side of their mortarboard.

BOSS

Continued from Page A1

"I am also able to take information gained by working with the BOSS team and (representatives) from the brigades and work hand in hand with the brigade CSMs and commanders as well as the corps command sergeant major and commanding general to resolve issues," Barnes said.

As a senior NCO, mentorship is important as is providing guidance when needed, he said.

"I have learned over the years that listening is just as important as talking," Barnes said. "You also have to be able to act on information and actually deliver what you say you are going to deliver."

The BOSS program makes a difference in single servicemembers' lives, he said.

"This program has grown over the last 20 years it has been in existence," Barnes said. "Our single servicemembers need to know that they have a voice and senior leaders are listening."

BOSS resolves quality-of-life issues every day and continues paying dividends, he said.

"Now, at our installation BOSS meetings, we have first sergeants, commanders, sergeants major and Air Force chief master sergeants showing up to show their support for this program and their servicemembers," Barnes said.

Since achieving joint base initial operational capability Feb. 1, 2010, the BOSS team has worked extremely hard to include Airmen as well as wing and squadron leadership in the program, he said.

"Two weeks ago at the BOSS rejuvenation training, we had 15 Airmen show up," Barnes said. "Not only do the CG and Corps CSM ardently support this program, but the 62nd Airlift Wing leadership does as well."

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UNIT AWARD

Continued from Page A1

The Mortuary Affairs team developed the first ever Air Force Mortuary Affairs Operations carry team, while returning more than 250 fallen troops to their families with dignity, honor, and respect.

The Meritorious Unit Award recognizes Air Force Reserve, active-duty, and Guard units for outstanding achievement and service in direct support of combat operations during the period of military operations against an armed enemy of the United States on or after Sept. 11, 2001. The unit must display such outstanding devotion and superior performance of exceptionally difficult tasks as to set it apart and above other units with similar missions.

The 446th Airlift Wing is Washington's only Air Force Reserve flying unit, providing citizen warriors to maintain equipment to meet America's global airlift requirements.

The men and women assigned to the 446th support the Air Mobility Command mission around the world on a daily basis, performing 44 percent of all C-17 missions leaving McChord Field.

The 446th AW is nearly a mirror image of the 62nd Airlift Wing, and blends into active-duty operations when called upon.

The wing has three groups, 13 squadrons and four flights. There are two units unique to the Reserve — the Aeromedical Staging Squadron and the Aeromedical Evacuation Squadron.

JBLM Soldier named top artilleryman

By Spc. Kimberly Hackbarth
4th Bde., 2nd Inf. Div. Public Affairs

When Sgt. 1st Class Jose Weeks came to work Feb. 2, a small manila envelope with no return address was waiting for him.

It was a letter from Maj. Gen. David Halverson, the commanding general of the United States Fires Center of Excellence and Fort Sill, notifying the platoon sergeant with B Battery, 2nd Battalion, 12th Field Artillery Regiment he had won the 2010 Gruber Award as the best field artilleryman in the Army.

It is named after Brig. Gen. Edmund L. Gruber, 1879-1941, who, as a first lieutenant in 1908, composed the "Caisson Song" that the Army adapted as "The Army Goes Rolling Along" in 1952.

"I was very excited," Weeks said. "I can't describe the emotions."

The Panama City, Panama native said he had no idea he had been nominated by his leaders until he received an e-mail a few weeks before naming him as one of three finalists for the award.

The Gruber Award was established in 2002 to recognize outstanding individuals who represent excellence among field artillerymen, said

Spc. Kimberly Hackbarth

Sgt. 1st Class Jose Weeks was recently named best artilleryman in the Army.

Weeks' battalion commander, Lt. Col. Terrence Braley.

"Sergeant First Class Weeks is an adaptable, flexible leader and a master artilleryman," Braley said. "He can move from doing his core competencies to firing battery platoon sergeant ... to conducting crew drills on the M-777 to the next day doing a presence patrol or a counter-(indirect fire) or –IED patrol without skipping a beat."

Braley said he submitted the nomination months in advance so it wouldn't be lost during the brigade's redeployment and block leave.

It was Weeks' leadership, mentorship and actions during deployment with 4th Brigade., 2nd Infantry Division that contributed to his winning the award. His work with the Iraqi Security Forces was recognized, and his execution of his platoon's medical evacuation and casualty evacuation procedures directly saved the life of one of his Soldiers.

"I remember that day very vividly," Weeks said, recalling July 14, 2010, when his convoy came under attack.

"We were actually doing one of the last patrols (of the deployment)," Weeks said. "(It was) a right-seat ride with the incoming unit and showing them around the area."

As the patrol headed back to its base, the lead vehicle was struck by an explosively-formed projectile that ripped through the body of one of the Soldiers inside, leaving a trail of shrapnel down his lower back and through his legs.

"As soon as we got hit, we called to find out if anyone was injured," Weeks said.

The convoy pushed through the kill zone to a secure area and continued first aid on the injured Soldier.

Weeks said he remembered the medic jumping into the vehicle to provide further aid to the casualty. The Soldiers inside the damaged vehicle had already initiated care and had applied a tourniquet to the wounded Soldier's leg, something on which Weeks had repeatedly drilled his Soldiers.

"We always rehearsed everything we would do ... if the lead vehicle gets hit or the second vehicle gets hit," Weeks said. "It just so happened that the lead vehicle got hit."

Weeks and his Soldiers immediately drove the injured Soldier to the closest hospital at Victory Base Complex instead of waiting for a medevac helicopter.

"In the worst times there was a sense of camaraderie within the platoon," Weeks said. "Everybody was working toward one goal, which was taking care of the Soldier."

His Soldiers' rapid response that day showed Weeks that he had done a good job of training them, the primary reason Weeks won the Gruber Award.

However, the accolades from his peers and leaders meant the most to him.

"Just the fact that people around you recognize the hard work that you put into your work makes you feel great," Weeks said. "To be recognized at that level among all my brethren in the field artillery really makes me feel excited and humble at the same time."

It wasn't only his fellow field artillerymen who were proud of him. A key figure behind the scenes, Weeks' wife Doris, said she was pleasantly surprised upon hearing her husband had won.

"I was very happy for him," Doris said. "We didn't even know he was being considered."

While Weeks was deployed, Doris took care of their four children, including a set of triplets, along with the rest of the household duties.

"I think all military wives play a big part in all of it," she said.

She was impressed when she learned what the award meant.

"I'm so proud of him and his accomplishments. I think he really deserves it," she said. "He loves his job and loves being a Soldier."

Weeks said winning the award makes him want to keep working hard, providing guidance and setting a good example for his Soldiers.

"The main thing that I always try to do is just do my job to the best of my ability and make sure that those around me get better at what they do."

Exercise lets MPs employ full spectrum of training

By 1st Lt. Brian Thompson
67th MP Co.

Corrections specialists of the 67th Military Police Company recently trained at Joint Base Lewis-McChord to do what many Soldiers had never done in their careers — clear rooms and engage targets with live ammunition.

Teams of two Soldiers and a safety NCO entered the live-fire shoot house and moved through a series of four rooms, engaging targets with M-16A2s as primary weapons and M-9s as secondaries. Soldiers signaled their battle buddies with the word "malfunction" that they were transitioning to their secondary weapon.

From the cat walk above the rooms, evaluators had a bird's eye view of teams moving tactically from room to room, engaging hostile targets with controlled pairs and sounding off to let their partners know that they were ready to stack on the doorway to the next room.

The basics of room clearing, reflexive fire and weapons transition were taught, or refreshed, by the unit's NCOs the week prior to the shoot house as concurrent training during the company's qualification ranges. The week of the live-fire exercise, Soldiers were on site at the shoot house for three days. On the first day, Soldiers were taken for crawl-phase walkthroughs that focused on the fundamentals of the safe techniques for negotiating the shoot house. Teams continued to run through the shoot house on the dry-fire day until their leaders were satisfied that they grasped the fundamentals and could safely negotiate the shoot house.

If the first day was an exercise in what to do if all went well, the second day prepared Soldiers for what to do if everything went wrong. After initial successful negotiation of the shoot house with blank rounds, Soldiers experienced the stress of forced malfunction drills. Soldiers signaled battle buddies with the word "malfunctions" that they were transitioning to their secondary weapons. Once range cadre was satisfied that Soldiers had mastered the fundamentals of room clearing, as well as the techniques for safe and efficient weapons transitions, they wrapped up Day 2 and prepared for Day 3.

As with the previous two days, platoon leaders and platoon sergeants were the first teams to clear the shoot house. Once they had been certified by the first sergeant, the platoon sergeants certified teams of NCOs. These NCOs were then qualified to act as safeties and escort their Soldiers through the shoot house. The weeks of training and the tireless hours put in by 67th NCOs were evident during the culminating live-fire day.

By the end of Day 3, every Soldier had successfully negotiated the live fire shoot house. Firers noted that after the pressure of the forced malfunctions the day before, the stress of firing live rounds in the shoot house was less than they had anticipated. There were only two instances of actual M-16 malfunctions the entire third day, and both Soldiers transitioned to their secondary weapons with confidence.

Ingrid Barrentine

Soldiers and Airmen bow their heads in prayer during the JBLM National Prayer Breakfast Feb. 2 at McChord Field.

'We all came together' at prayer service

By Lorin T. Smith
Northwest Guardian

Staff Sergeant Yong Choi's 3-year-old son Alex is his dad's testament to staying resilient through spiritual faith. Alex was diagnosed with cerebral palsy 15 days after birth, and while Choi is overjoyed that his boy is doing well, he said it's very hard at times to maintain his level of faith.

"Every day is challenging; his condition changes every day, and I've got to have the concrete mindset so I can be a better supporter to my family," Choi said. "If I'm falling down and shaking, I don't want my family to see that; without faith, we couldn't get through it."

Choi, a Presbyterian chaplain's assistant at Madigan Healthcare System, was one of more than 300 Airmen, Soldiers and civilians who came together at the Joint Base Lewis-McChord Collocated Club Feb. 2 to pray, enjoy a hearty breakfast, and contemplate their lives during the 2011 National Prayer Breakfast.

The prayer breakfast fell within a day of the anniversary of the joining of Fort Lewis and McChord Air Force Base.

"Our prayers were answered with such a great first year in our joint base enterprise," said Chaplain (Col.) Gary Studniewski, the joint base garrison chaplain. "I can't help but believe that something very special is taking shape at JBLM with God's help."

Chaplains from both the Air Force and Army delivered prayers focused on celebrating the nation, Armed Forces leaders, deployed warriors and their families, peace and justice around the world.

"We ask now that you fill the earth with your justice and end all hostilities in our weary world," said Sgt. 1st Class James Lindstrand, 1st Joint Mobilization Brigade chaplain NCO in charge.

In true joint service fashion, Chaplain (Brig. Gen.) David H. Cyr, the Air Force deputy chief of chaplains with more than 31 years of service, gave the keynote address. He spoke mostly about the phrase found at the end of the oaths that all servicemembers and officers must take to officially join the Armed Forces, "So help me God."

"(Taking the oath) is a significant day in your life, but do you especially remember that last line 'So help me God?' You pray," Cyr said. "(The oath) says something about what is important to our country, to our leaders, military service, things that we believe. The oath helps to define who we are."

According to Cyr, it is not by accident that "So help me God" found its way into the oaths for officers and enlisted personnel. The phrase was first added to the presidential oath when President George Washington

Chaplain (Brig. Gen.) David Cyr speaks during the JBLM National Prayer Breakfast Feb. 2 at McChord Field.

recited it April 30, 1789. On July 2, 1862, before a Civil War battle, President Abraham Lincoln decided to make a change in the officer's oath by adding "So help me God" at the end.

"It was during his time on the watch that he added that to the words that we say when we take our oath today ... during a very difficult time in our nation's history," Cyr said.

Another daunting time in American history was the attacks of 9/11, Cyr said.

"There is a cost that goes alongside what you and I take on every day; we work diligently to keep Old Glory flying high, and proud and free," he said. "But there's a tremendous cost that goes along with that, and we stand on the shoulders of giants who have gone before us who have realized that, and were willing to lay their lives on the line for this freedom that you and I enjoy in our time."

America can reclaim its glory through spiritual renewal devoted to faith through God, Cyr said. "That lineage has gone before us, and we proudly pick up the baton in our time, realizing full-well that freedom isn't free, and is at a tremendous price today," the chaplain deputy chief said.

Getting to hear Cyr speak made the event one of the best Choi had attended. Besides being an active participant, Choi also helped in setting up the breakfast.

"This was for everyone, and it doesn't matter if you are active duty, Reserves, National Guard — our Armed Forces is one team, one fight," Choi said. "We all came together, and that really touched my heart."

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Tops in Blue arrives fresh from Super Bowl

By Lorin T. Smith
Northwest Guardian

From the Super Bowl to McChord Field in less than a week, the Air Force Tops In Blue performance group will be bringing the same level of star-studded talent to Hangar 9 Saturday, at 7 p.m.

The free show's doors open at 6:15 p.m.

Tops In Blue provided vocal backup to Lea Michele as she belted "America the Beautiful" during pregame festivities before the Super Bowl XLV kickoff in Dallas Sunday.

Tops In Blue singer, Tech Sgt. Lesley Hunter from Huntsville, Ala., told her mother that performing at the Super Bowl was an experience of a lifetime.

"It's such an honor for them as they have worked really hard and traveled all over the world," told Hunter's mom Cyndia Montgomery to WAFF 48 News in Huntsville. "Being invited to the Super Bowl is the culmination of a really great year."

Tops In Blue features 35 handpicked Airmen who are expert musicians, vocalists, dancers, magicians and stage technicians. The Tops in Blue mission is to perform for military personnel and their families throughout the world. Attendees of Saturday's event will see and hear performances from some of America's greatest artists, including Lady Gaga, Black Eyed Peas, Michael Buble, Montgomery Gentry, Stevie Wonder and many more.

To date, Tops in Blue has traveled more than 4 million miles to military bases throughout the world, performed at six world fairs, more than 100 state fairs and festivals, and performed at countless air shows, military balls and special events, according to the website. Each year the Airmen have performed in more than 25 countries for troops deployed overseas, including Iraq and Afghanistan.

For more information, visit the Tops In Blue website at www.topsinblue.com/.

Viewpoint

STREET TALK

What are some ways to reduce energy consumption?

"It could be anything, just like turning off the lights and stuff after work."

Sgt. 1st Class Gilbert Amorah,
2nd Bde., 2nd Inf. Div.

"I was at Fort Huachuca, Ariz.. One of the things they have done is gone to waterless urinals."

Maj. Allan Goode,
2nd. Bde., 2nd Inf. Div.

"I don't know how much it would cost to replace windows (but it would help). Turning off lights and things are common sense."

Master Sgt. Stephen Page,
4th Bde., 2nd Inf. Div.

"It's mandatory now that we buy recycled products. They make us appoint an energy conserv-ation officer, and they've got the energy goals for 2025."

Chief Warrant Officer 3 Sibley Haamid,
42nd MP Bde.

"Where I work we sit in the dark because enough sunlight comes in so we can see."

Sgt. Jovannah Johnson,
593rd Sust. Bde.

Action Line: call 967-0093

LTG Mike Scaparrotti

The I Corps Action Line exists to provide you a channel to express your concerns and ideas directly to the commander.

Joint Base Lewis-McChord is a large, complex base. It is in everyone's interest to share information and solve problems efficiently and quickly. The Action Line is one way to successfully resolve difficulties.

Call the Action Line when you can't resolve a conflict or you have a question about how the command operates.

Comments on how to improve the installation or our community are also welcome. Successful organizations empower every member to sustain excellence.

Net Zero vision has real benefits

By Lt. Gen. Rick Lynch
Commander of Installation Management Command

The Army has a bold vision for managing natural resources on its installations: they will become net zero. That is, as we go about the complex business of living, working and training on installations, our use and production of resources will balance out, so that in the end, we do not over-consume or waste. The most exciting part of the Army Net Zero vision is this: we all have a part to play in achieving it.

When the concept of net zero was first applied to installations, it was in terms of energy. A task force that grew out of a 2008 joint initiative of the Departments of Defense and Energy studied the possibility of net-zero energy installations, or installations that produce as much energy on site as they use over the course of a year. Army Net Zero goes beyond energy, though, to also include water and waste.

Army Net Zero's holistic approach increases our ability to achieve the larger goal of sustainable installations. With an eye to all three, energy, water and waste, we are more likely to move beyond isolated projects, which carry the risk of succeeding in one area at the expense of another, to an integrated plan that balances benefits and costs across our operations.

Installations reach net zero through five interrelated steps: reduction, repurposing, recycling and composting, energy recovery and disposal. To achieve net-zero energy, garrisons start with aggressive conservation efforts, to reduce the amount of energy being used in the first place. Then they repurpose energy, or find secondary uses for building exhausts, boiler stack exhausts and other thermal energy streams and recover heat from the electricity generation process. Once they have reduced their load through conservation and efficiency measures, they can meet their remaining requirements through renewable or alternative energy projects.

A net-zero water installation limits the consumption of fresh water and returns water back to the same watershed, so as not to deplete the groundwater and surface water resources of that region in quantity or quality. Similar to the process with energy, installations aiming for net zero-water begin with rigorous conservation efforts. Then they repurpose the water used in showers, sinks, washing machines and cooling towers, capture rainwater for on-site use, and treat wastewater for recharging into groundwater aquifers. They achieve net-zero water by capturing, repurposing and recharging an amount equal to what they consume. A net-zero installation reduces, reuses and recovers waste streams, converting them to resource values with zero landfill. In other words, a net-zero waste installation aims to make disposal an unnecessary step. Garrisons start by reducing the initial amount of waste, and then find ways to repurpose waste with minimal processing. For example, they might crush construction rubble to use on trails. When they cannot reuse waste, they recycle or compost as much as they can or convert it to energy. They achieve net-zero waste when they have nothing left to send to the landfill.

During my site visits over the past year, I have seen how our garrisons have taken steps — great strides in some cases — to manage our resources more efficiently.

Look at the water projects at forts Huachuca, Bliss and Belvoir; the waste management projects at forts Bragg and Jackson and Joint Base Lewis-McChord; and the energy projects at forts Drum, Wainwright, Carson and Campbell, to name just a few. So I know there will be tremendous interest in an opportunity that the Assistant Secretary of the Army for Installations, Energy and Environment is launching this month. The ASA (IE&E) is asking garrisons to nominate themselves to become Net-Zero Energy, Net-Zero Water or Net-Zero Waste installations, or all three, by 2020. Five will be selected in each category, with one to become all three.

These installations will receive long-term, in-depth training and support and become showcases for the strategies, technologies and best practices of sustainable resource management.

I encourage every garrison to take on this challenge. It will require commitment and a lot of hard work. Not only do we have to learn about energy, water and waste management best practices and technologies, but we also have to learn the business practices that support them. We have to build partnerships with those in the private sector and in non-government organizations who will join us in investing in the net zero vision. However, this is a prime opportunity to learn lessons we will be required to know in the future.

Everyone, every Soldier, civilian and family member, has a role to play in managing our resources. Maybe it seems like a smaller role — turning out the lights, adjusting the thermostat or separating out recyclables at home.
Maybe it is a more direct role, such as running an installation waste management program or writing enhanced-use leases or energy-savings performance contracts. Regardless, every effort adds up, and what it adds up to is important — our future.

Energy efficiency and security is a critical issue for the Army. The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, civilians and families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk.
The same can be said of water, or practically any of our resources.

If the Army is to accomplish its mission in the future, if we want to be good neighbors to those outside our gates and to leave a healthy world for our children and grandchildren, then we have to start operating sustainably today. It is the right thing to do.

LOOKING BACK

JBLM Lewis Army Museum

Sequalitchew Springs at Camp Lewis. Circa 1918.

THIS WEEK IN HISTORY

FEB. 11	FEB. 12	FEB. 13	FEB. 14	FEB. 15	FEB. 16	FEB. 17
1945: HEAVY FIGHTING CONTINUES ON LUZON	**1839:** AROOSTOOK WAR BEGINS: MAINE & NEW BRUNSWICK BOUNDARY DISPUTE	**1945:** I CORPS FORCES TAKE TIME TO REGROUP ON LUZON, PHILIPPINE ISLANDS	**1840:** USS VINCENNES MAKES FIRST LANDING ON THE ANTARCTIC ICE PACK	**1898:** HAVANA HARBOR: EXPLOSION ABOARD USS MAINE KILLS 258	**1804:** DECATUR RETAKES AND BURNS THE USS PHILADEL-PHIA IN TRIPOLI HARBOR	**1621:** MILES STANDISH IS APPOINTED THE FIRST MILITIA COMMAN-DER OF PLYMOUTH COLONY

CHAPEL SERVICES

Catholic Masses

Saturday, 4 p.m. — Reconciliation, Lewis Main Chapel and MAMC Chapel
Saturday, 4:30 p.m. — MAMC Chapel
Saturday, 5 p.m. — Lewis Main Chapel
Sunday, 9 a.m. — MAMC Chapel
Sunday, 9 a.m. — Lewis North Chapel
Sunday, 10 a.m. — McChord Chapel No. 2
Sunday, 5 p.m. — McChord Chapel No. 2
Sunday, Noon — Lewis Main Chapel
Mon. Wed. Fri. 11:30 a.m. — McChord Chapel No. 2
Daily, 11:50 a.m. — Lewis Main and MAMC
Sunday, 10:45 a.m. — CCD (Confraternity of Christian Doctrine), Lewis Main Chapel

Protestant Sunday services

8 a.m. — Liturgical Service, Lewis Main Chapel
8:30 a.m. — McChord Chapel No. 1
10 a.m. — Four Chaplains Memorial Chapel
10 a.m. — Evergreen Chapel
10 a.m. — Lewis Main Chapel
10:30 a.m. — MAMC Chapel
11 a.m. — McChord Chapel Support Center
11 a.m. — Lewis North Chapel

Diverse Worship

Jewish — 1st, 3rd and 5th Fridays at 6 p.m., Chapel No. 5, Building T-2270; POC: Dr. Karen Fitzgerald, 968-2310 or ***Karen.fitzgerald@us.army.mil***

Latter Day Saints — POC: Chaplain (Maj.) Reck, 967-2162 or 801-376-1363

Wicca — Saturdays, 6 p.m., Annex Building T-6195, POC: Linnea LeBeau, 970-0115.

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McChord visual services center opens

By Airman 1st Class Leah Young
62nd Airlift Wing Public Affairs

The McChord Field Visual Information Services Center opened for business Jan. 4, and is offering its services to all of Joint Base Lewis-McChord and beyond.

"We offer a wide variety of services such as signs, charts, laminations, posters, mounting and program designing," said Ken Mitchell, McChord Field Visual Information Services Center specialist. "There isn't much that we are unable to produce.

"Our goal is to eventually offer the same services as the Lewis Main visual information studio."

The new multimedia shop, located in the basement of Building 100, Suite B-175, offers a wide variety of print services on many different materials.

"Everything we produce can be printed on different materials," said Master Sgt. Chris Haylett, McChord Field Visual Information Services Center photographer. "We have lamination capabilities and the machinery to print onto material such as foam core, coroplast and metal."

The office will soon be offering official photographs, both full length and head shot.

"We're just waiting for a wall to be installed before we can begin taking official and ISO-prep photos," Haylett said. "Once that construction is over, customers have their choice between getting their official photos taken here or at the Lewis Main office, whichever is more convenient for the customer."

Master Sgt. Chris Haylett

Ken Mitchell, McChord Field Visual Information Services Center specialist, measures and cuts material Jan. 31 at JBLM.

Although official photos will be offered at the McChord Field Visual Information Services Center, passport photos will now be taken in the passport office inside of the customer service mall in Building 100.

"Customers have to get their passport photos taken in the passport office now, but it will still be an easy process," Haylett said.

In addition to multimedia products, the new office also provides audio and photographic support.

"Everyone in the office is a photographer," said Melanie Williams, McChord Field Visual Information Services Center specialist. "So, if a squadron needs photographic support for an event, we are able to provide it for them. We also offer sound services, to include the public address and intercom systems for official functions."

"We also offer video services, which is something brand new," Haylett said. "Video services have never been available at McChord Field until now. We offer video services for events such as change of command and award presentation ceremonies."The new office serves the entire JBLM community, but little do most customers know, JBLM is just one small location in the office's wide range of clientele.

"We have a large area of coverage," Mitchell said. "We service every military base west of the Mississippi River."

To submit a work order, put a request in at www.vios-west.army.mil or at the customer service window of the office. The office currently fulfills requests in an average of 30 days.

Open for business

McChord Field Visual Information Services Center hours:

Monday, Wednesday, Friday
- 8 a.m. to 4 p.m., closed for lunch noon to 1 p.m.
- Photo services available 8 a.m. to 3:30 p.m., closed for lunch 11:30 a.m. to 1 p.m.

Tuesday
- 9 a.m. to 4 p.m., closed for lunch noon to 1 p.m.
- Photo services available 9 a.m. to 3:30 p.m., closed for lunch 11:30 a.m. to 1 p.m.

Thursday
- 1 to 4 p.m.
- Photo services available 1 to 3:30 p.m.

Customers may reach the multimedia office by phone at 982-2271.

Air Force to roll back separation dates for enlisted

By Daniel P. Elkins
Air Force Personnel, Services and Manpower Public Affairs

RANDOLPH AIR FORCE BASE, Texas — Air Force officials announced Feb. 2 plans to conduct an enlisted date of separation rollback as part of its ongoing measures to manage the force and maintain a quality enlisted corps.

The DOS rollback affects enlisted members in the grades of senior master sergeant and below with fewer than 14 or more than 20 years of service as of May 31, 2011. The rollback will accelerate the date of separation for Airmen based on their years of service and certain re-enlistment eligibility, assignment availability and grade status reason codes as well as reporting identifiers.

Under the DOS rollback, Airmen must separate no later than May 31 or retire no later than June 1, 2011, if they possess select codes preventing their re-enlistment. Airmen identified for the rollback and eligible for retirement must submit their retirement requests via the Virtual Military Personnel Flight by March 11.

Airmen with at least 180 days of active-duty service and are separated or retired under the DOS rollback are authorized transition assistance benefits. Those include 180 days of extended medical care for themselves and their families and an ID card permitting base commissary and exchange privileges for two years.

Those separated with more than six years, but less than 20 years total active service are eligible for one-half the amount of separation pay, but must sign an Individual Ready Reserve agreement to serve for a minimum three years following their military service obligation. Those declining to serve in the IRR will be ineligible for separation pay.

The Air Force will not recoup unearned portions of education assistance funds, special pay, unearned portions of bonuses or other monetary incentives under the DOS Rollback Program. Most Post-9/11 GI Bill benefits will not be impacted, however, the transferability of benefits to family members may be affected. Airmen should consult their local education centers or the VA concerning transferability.

For more information visit the Air Force personnel services website and select the 2011 Force Management link or call the Total Force Service Center at (800) 525-0102.

Local Reservists return home from deployments

By Master Sgt. Jake Chappelle
446th Airlift Wing Public Affairs

More than 30 Air Force Reservists from the 446th Airlift Wing, who deployed in support of Operation Enduring Freedom and Operation New Dawn, returned home Jan. 24 after four-month mobilizations.

The Reservists, who served in locations from Europe to Southwest Asia, are returning to their families and civilian careers in the Pacific Northwest.

These Reservists performed a wide spectrum of duties and services because one of the capacities of the 446th AW is providing ground support during overseas contingencies. This particular group of heroes came from the aeromedical evacuation, aircraft maintenance, cargo handling, and logistical career fields, making up diverse personnel who are experts in their respective crafts.

While Reservists like Senior Airman Vikash Prakash, 86th Aerial Port Squadron, were working a minimum of 12-hour shifts, six days a week, moving more than 8,000 passengers, 1,000 tons of cargo and supplies on more than 600 aircraft, including moving portions of an Army brigade, 97 tons of their cargo on seven C-17s and eight C-130s, at a high operations tempo at Kirkuk Air Base, Iraq, their families had to deal with their own stressors with little assistance.

"My wife was pregnant with our fourth child while I was gone," said the Camano Island resident. "I can help her out now that I'm back because the baby is due March 17."

Reservists must also leave their civilian employers behind.

Technical Sergeant Brendan Caldwell, 86th APS, who also deployed to Kirkuk Air Base, is fortunate to have an employer who supports the Reserves.

"I'm an operations supervisor for Alaska Airlines, which is similar to my job with the aerial port," said the Seattle resident. "I'm able to apply skills that I get from deployments, such as leadership skills, day-to-day tasks like tracking incoming aircraft and making sure ground operations run smoothly. My military experience skills set is one of the reasons I got my job and they've always supported me with my military duty."

I Corps opens doors to Serbian commander

By Sgt. Cesar Padilla
20th Public Affairs Detachment

The top commander of the Serbian Land Forces Lt. Gen. Ljubisa Dikovic arrived at Joint Base Lewis-McChord Jan. 31 as part of the counterpart visit program.

The Army Chief of Staff's Counterpart visit program invites foreign Army Chiefs of Staff from numerous partner nations to tour U.S. Army installations and receive briefings and tours on areas of interest within the U.S. Army.

Dikovic brought his staff, which included the operations officer for the Serbian Land Forces, Col. Zarko Lazarevic, the military, naval and air attaché for Serbia, Capt. Ljubomir Nikolic, and Capt. Zeljko Orbovic, the staff officer for the Serbian land forces,

Dikovic's tour of JBLM began at the I Corps headquarters building.

"Foreign militaries bring a very different element to JBLM. We are continually learning more by having the leadership from those armies visit the United States," said Brig. Gen. Lloyd Miles, I Corps deputy commanding general.

During the visit, Dikovic and his staff received a briefing covering the Army Force Generation Cycle, the Warrior Leader Training Course, certification and mobilization training of units.

Sgt. Cesar Padilla

Lt. Gen. Ljubisa Dikovic, Serbian Land Forces Commander, and Brig. Gen. Lloyd Miles, I Corps deputy commanding general, are transported via Stryker by Kris Shoemaker, 4th Bde., 2nd Inf. Div., during Dikovic's visit to JBLM, Jan. 31.

The group had a more hands-on experience when it arrived at the Stryker Program Manager Facility, where Soldiers from 4th Brigade, 2nd Infantry Division explained the 10 variations of the Stryker vehicle, and the guest from the Serbian military inspected the insides of Stryker vehicles.

"These visits are fun. There aren't that many times that you can lead a general, let alone a four-star general into a vehicle that you deployed in and tell stories," said Staff Sgt. Robin Eric Rader, squad leader, F Company, 52nd Infantry Regiment.

As the Serbian commander sat behind the wheel of the Common Driver Trainer-Stryker at Pittman Hall, Mission Support Training Facility, he practiced a different training element.

"The simulators gave you that real-life experience, effectively using these simulators and as a training tool, a key to success," said Dikovic through an interpreter.

The Serbian Land Forces commander focused on simulators that he could implement to train his Army. The MSTF also gave demonstrations on the advanced gunnery system and the aviation combined arms tactical trainer.

As the visit came to an end, the demonstration and briefings completed the visit. The Serbian commander's last stop will be at Fort Bragg, N.C. , before he returns to Serbia. He welcomed the new training techniques learned here at JBLM.

"It was a great experience, a great learning experience, I thank everyone who gave us demonstrations and welcomed us with open arms," Dikovic said. "It will help greatly in the building of the Serbian military."

With many differences among militaries of other nations, the I Corps deputy commander said the counterpart visit program helps minimize those differences and sheds light on the things in common between the counties' services.

"There are great similarities between friends and allies, but at the end of the day, it comes down to the heart of the Soldier," Miles said. "The heart of the Soldier is what I have seen as the biggest in similarities between armies."

Reserves, Guard get new digs at Yakima Training Center

By Rick Wood
Northwest Guardian

Joint Base Lewis-McChord Yakima Training Center is undergoing a growth spurt, fueled by returning units and military resource realignment.

Public Works staff engineer Larry Mallo said the centerpiece to the growth is the newly built Armed Forces Reserve Center.

"Instead of having multiple buildings scattered — in Kennewick, downtown Yakima, on post and other places — we've combined them into the Armed Forces Reserve Center," Mallo said. "It pools all of their facilities into one building."

The AFRC was designed to meet the Army's needs today and in the future, he said.

"It'll require less maintenance and less energy to maintain all of those other buildings," Mallo said. "It puts it all in one, centralized location."

One half of the building is dedicated strictly to Army Reserve units and the other is for National Guard, he said.

"The National Guard is also trying to consolidate costs," Mallo said.

Department of Defense Base Realignment and Closure mandates became the impetus for AFRC, he said.

"They determined which units' needs we could meet and made the decision to get everyone over here," Mallo said. "It was better than them being scattered."

Increased numbers of Reserve and Guard members will also translate into more civilian staff to provide services, he said.

Construction on the center started in the spring of 2009 and was completed in October 2010.

The AFRC consists of three buildings. A storage building provides heated and non-heated storage areas, a military vehicle storage area provides housing for Guard and Reserve vehicle maintenance and the main building contains offices, meeting rooms, kitchen areas and a ceremony hall.

Rick Wood

The new Armed Forces Reserve Center at JBLM Yakima Training Center is open for business. The building was completed October 2010.

"This allows units to consolidate equipment here so they can go down and train with it and not have to bring it from off post," Mallo said.

Units are already moving in, he said.

"The construction phase is done," Mallo said. "It's now under warranty."

The buildings are state-of-the-art design and construction, he said.

"The heating, lighting, ventilation are all under computer control," Mallo said. "They are the most efficient and 'green' building on post."

Tenant units have the benefit of being in modern structures that completely meets their needs, he said.

"Everyone that has been in it seems to like it," Mallo said. "It's new and more spacious than what they had otherwise on post."

Most of the buildings at YTC were constructed in the 1950s, he said.

Along with the AFRC, a new hangar and child development center are also slated for this year.

"We're definitely growing," Mallo said.

RickWood:rick.wood@nwguardian.com

The more fire safety knowledge the better

By Laura M. Levering
Northwest Guardian

When it comes to fire prevention and safety, the next best thing to having your own personal fire department is being armed with an arsenal of knowledge. However unlikely the former, the latter is attainable.

Among the Joint Base Lewis-McChord Fire and Emergency Services multiple responsibilities is educating the community on fire safety.

Edward Chavez, JBLM FES fire inspector, said education is knowledge, and knowledge is priceless. His motto, "the more you know, the less we go," is more than a catchy phrase. They are words that motivate him to educate the community in a variety of ways, including hands-on training.

"To us, that's probably the most important service we provide," Chavez said. "It's easy for me to put in a video or give you a pamphlet and say, 'go ahead and read it,' but if I can put you in a situation where you actually have to do something, that's more effective."

Chavez and staff have the capability to train any age in nearly any environment. From learning how to operate and respond to fire alarms to escaping and extinguishing fires, JBLM FES has the means to equip others with lifesaving skills. He hopes more people in the community will take advantage of the capability.

The department typically receives training requests from units on JBLM and organizations including family readiness groups, elementary schools and child development centers. Anyone on the installation is eligible to receive training.

"We can provide any type of fire training you request," Chavez said. "All you have to do is tell us what you're looking for, and we can gear our training toward it."

Adding to the department's resources are a fire safety trailer and digital fire extinguisher. The trailer features a bedroom and kitchen designed to give parents and children a firsthand look at various fire scenarios while teaching them proper ways to respond to a fire. The fire extinguisher uses advanced laser technology for a completely clean, safe and effective training experience.

Ingrid Barrentine

Edward Chavez, JBLM Fire and Emergency Services fire inspector, shows a group of boys from Cub Scout Pack 462 how to properly use a fire extinguisher during a scout tour of a fire station Feb. 1 on JBLM. The scouts toured the facility so they could earn their Bear Badges.

A recent training session with a group of Cub Scouts from JBLM left Chavez feeling confident that the training tools are instrumental in accomplishing his department's goals of serving a fire-wise community, which in turn will result in a safer one.

"The more education we can spread to the community in general, the safer we all will be."

For more information on fire prevention and safety, or to learn more about training opportunities, call the chief of Fire Prevention at 966-7156.

Laura M. Levering: laura.may.levering@us.army.mil

New heart failure clinic to help patients avoid hospital stay

Madigan Healthcare System

February is National Heart Month and the perfect time to learn more about the state of the art cardiology services at Madigan Healthcare System.

To start, the clinic has implemented a new heart failure clinic. This clinic is run by the heart team, which consists of Maj. (Dr.) Samara Laynor, Stephanie Fraser, a physician's assistant, Carol Reiten, nurse practitioner and Heather Colegrove, a registered nurse. By having the heart failure team, the cardiology service can care for heart failure patients on a closer outpatient basis and often avoid hospital admission or emergency department visits.

"Besides the close follow-up by our nursing staff, the patients can also be cared for in our treatment room where they can receive intravenous medications to help with heart failure symptoms and try to avoid admission to the hospital," said Lt. Col. (Dr.) Kurt Kinney, Madigan cardiologist.

The goals of the heart failure clinic are to provide the most advanced level of care available, improve symptoms of heart failure and avoid heart failure admissions to the hospital which are often longer and more expensive. If a patient requires admission for heart failure, the clinic offers to selected patients a system similar to dialysis by using a peripheral catheter or a central catheter which is temporary. The system removes fluid from heart failure patients much faster than intravenous medications alone and allows patients to be discharged sooner and also avoids re-admission to the hospital over the next 30 days.

Madigan is leading the way in this new technology as many local and other military medical centers do not use it. With the heart failure team up and running, the cardiology service is again keeping Madigan's patients healthier and happier.

The cardiology service at Madigan is also leading the way in the Army Medical Command in the catheterization laboratory. The clinic offers one of the most extensive interventional cardiology services in MEDCOM. The lab offers invasive catheterization with left heart catheterization, coronary angiography, right heart catheterization and selective peripheral angiography.

The clinic also places devices such as pacemakers and implantable cardiac defibrillators along with biventricular pacing for severe heart failure patients. Doctors also close atrial septal defects using an amplatzer device so that patients can avoid open heart surgery.

For coronary artery disease care, the Madigan cardiology group offers the most advanced care in MEDCOM. First, the staff does the majority of heart catheterizations for the radial artery, which decreases the risk of bleeding, decreases the amount of time needed to stay in bed and allows patients to leave the hospital sooner. Doctors treat coronary artery disease with the standard balloons and stents to open the diseased segments as well, but for severe disease they also use rotational artherectomy which is a small diamond tipped burr to shave away calcium in the artery or can use laser artherectomy which can get through long areas of disease.

Use of these devices makes the success rate on fixing coronary disease extremely high.

Last, the Madigan cardiology service can also treat the sickest patients with a new 2.5 inch left ventricular device catheter. This system works as a left ventricular assist device to pump blood from the left ventricle to the aorta. It works so well that a patient's heart could stop and the pump would produce enough flow to keep the person alive for a short period of time. The device is used when patients have severe coronary artery disease but cannot undergo cardiac bypass surgery since they are so sick.

"We use the pump during the intervention to keep a good blood pressure while working on the coronary arteries," Kinney said.

Last year, Madigan led the way in MEDCOM by using the device on a patient with severe coronary artery disease which allowed the team to fix his severe disease but maintain a good blood pressure throughout. Without this treatment, the risk of trying to fix the coronary artery disease would be too great.

"The new devices and services represent our commitment to offer Madigan patients the latest in cardiovascular care," Kinney said. "During Heart Month we would like to wish our Madigan patients a happy and heart problem-free month."

The Madigan cardiology service is ready to care for those with heart problems.

Photos by Ingrid Barrentine

Above: Heather Davis laughs as Mike Laier, a stylist with the Salon Professional Academy Tacoma, curls her hair during the third annual Operation Care Fair Feb. 5 at McChord Field. The event featured a free day of wellness and pampering for Soldiers, Airmen and spouses like Davis.

At right: Vera Willis, a McChord Field employee, relaxes as stylist Alycia Hodapp curls her hair.

OPERATION CARE FAIR

THE FRILLY SIDE OF MILITARY LIFE

By Marisa Petrich
Northwest Guardian

Close your eyes and visualize military life. Is it ... pretty?

If you answered no, you might have missed the third annual Operation Care Fair Saturday. The Directorate of Family, Morale, Welfare and Recreation event focused on helping servicemembers and families be happier, healthier, and yes, prettier, this winter.

"We wanted to do something that was kind of different," DFMWR Special Event Planner Elizabeth Thunstedt said. "Everything tends to be very army, hooah, camouflage."

Visitors came to the Joint Base Lewis-McChord McChord Field Collocated Club for free massages, makeovers, and a barrage of aromatherapy, skin care and bath products to sample or buy. There was even a mimosa bar. DFMWR did whatever it took to get fairgoers to focus on the people who usually come last — themselves.

The fair wasn't exclusively about frills, however. A low-impact exercise class took center stage in the afternoon, and different booths provided information on everything from nutrition to health care.

The Washington State University Extension Expanded Food and Nutrition Program came to promote free classes teaching families quick, cost-effective ways to eat right.

"We teach them how to stretch their dollars," EFNP instructor Svetlana Melnichuk said.

The program allows parents to schedule time alone or in groups to learn about portion sizes, tips for picky eaters and plenty of new recipes.

Spouse Tammy Jones, who lives off base, used the fair as an opportunity to scope out a dentist for her daughter, Ireland, and a doctor for herself.

"We don't get pretty around here very much."

Elizabeth Thunstedt

"It kind of helps you expand outside the post," Jones said.

Later she took Ireland, 3, to make her own bath salts at the Hands-on Children's Museum booth.

For others, the main draw was some much needed me time.

"For me personally, being active duty ... I just came off the field. It's nice that I got to come to this," Spc. Ebony Ryan, 51st Signal Battalion, said.

Amber Crozier's husband watched their three boys — and the couple has another on the way — while she treated herself to a massage and some of the event's hors d'oeuvres.

"You know, we take care of the kids at home; we support our husbands. For them to do something like this shows that the military appreciates what we do on the homefront," Crozier said.

In the end, the whole idea was to unwind and forget about the less-than-lovely side of life.

"Like I said, it's pretty," Thunstedt said. "We don't get pretty around here very much."

At left: Harpist Leslie McMichael performs during the third annual Operation Care Fair Feb. 5 at McChord Field. "We wanted to do something that was kind of different," DFMWR Special Event Planner Elizabeth Thunstedt said. "Everything tends to be very army, hooah, camouflage."

Below: Svetlana Melnichuk, center, and Lynette Frye talk about the Washington State University nutrition education program with Joy Rabot, left, and Cindy Parrett during the third annual Operation Care Fair Feb. 5 at McChord Field.

593rd STB raises spirits at veterans home

By Spc. Kendra McCurdy
593rd Sust. Bde. Public Affairs

More than 30 Soldiers from the 593rd Special Troops Battalion went to the Washington Soldiers' Home in Orting, to help recently with two parties at the home.

For both, Soldiers served the veteran residents drinks and light snacks and socialized with the residents.

The first party was for approximately 45 light-nursing residents while the afternoon party was for almost 100 skilled-nursing residents — many of whom are bound to wheelchairs or require walkers.

"Both of our parties were a success; most of that was because of you," said recreational specialist and Soldiers' Home staff person Kathleen Weibe to the group of volunteer Soldiers.

"We're really grateful for what you've done — both here and away," Weibe added.

Many of the home's residents are bound to wheelchairs and rely on the staff to push them to where they need to go.

"Some residents sat a little taller, a little prouder — having Soldiers pushing them today," said Ileen Galligher, a recreational therapist who has worked at the home for 26 years.

Sergeant First Class Joseph R. Bodenbender said he jumped at the opportunity to volunteer as the NCO-in-charge for this event.

"It was nice to see both generations together," said Bodenbender, who is assigned to the 112th Military Mail Terminal. Bodenbender had been to the home before as part of a motorcycle rally.

Most of the residents served their country in the 1940s and 1950s, and many of them asked the Soldiers questions about their jobs and uniforms.

Spc. Kendra McCurdy

Spc. Diandra N. James, from 9th Finance Company, chats with a resident at the Washington Soldiers' Home in Orting, during a recent visit.

Roger Kimpton, 93, said he really liked having this new generation of servicemembers around.

"I'd like to be your age again," he told one Soldier. "I'd like to be in the service again."

Kimpton joined the Navy when he was 17 years old. He worked in the engine room of the USS Hornet when it sank in 1942. He told the story of having to swim from the ship. Now he likes to spend his time playing piano or playing one of his three guitars when his hands don't hurt, he said.

Bill Evans, a Navy veteran from Mineral, Wash. American Legion, was on hand at the home to chat with the residents. Evans also served on a second ship named the USS Hornet, christened after Kimpton's sunken former duty ship.

In addition to the American Legion, several other local organizations gave donations of money and items to be presented to the residents, including blankets, gift cards, pictures and shavers.

Community Ledger

New temporary DFAC serves 201st BfSB Soldiers

Rick Wood

Specialist Tiffany Calma, left, Spc. Turon Dycette and Spc. Iris Fields serve chow in a temporary, renovated 201st Battlefield Surveillance Brigade Dining Facility after reopening ceremonies Feb. 1. The permanent DFAC will open this summer.

Calendar

The following holidays and days of no scheduled activities are planned:

- Feb. 18, DONSA
- Feb. 21, Presidents Day
- May 27, DONSA
- May 30, Memorial Day
- June 17, DONSA
- July 1, DONSA
- July 4, Independence Day
- Aug. 12, DONSA
- Sept. 2, DONSA
- Sept. 5, Labor Day

JBLM gate projects under construction

A major construction project is underway in the vicinity of D-Street Gate. This project will continue until about April 1 and will result in road and gate closures and detours. Another construction project has begun at the McChord Field Main Gate until May 2. Both projects might have significant impact on traffic entering and exiting JBLM. Information on both of these projects can be found on the JBLM Homepage on the Web at http://www.lewis-mcchord.army.mil/des/le_home.htm. For information contact IMWE-LEW-ESPM at 966-3930.

The McChord Field Woodbrook Housing Gate has reopened. Operating hours will be extended during McChord Field Main Gate construction. The gate will be open 5 a.m.to 7p.m., seven days a week through May 2.

The McChord Field North Gate will operate extended hours, 5 a.m. to 7p.m., Monday through Friday, except weekends and federal holidays. The extended operating hours will continue through May 2, to accommodate construction at the McChord Field Main Gate.

Effective Wednesday, 8th Street at A Street and South Drive on Joint Base Lewis-McChord Lewis North will be closed to widen 8th Street to provide a smooth transition to South Drive. This project will last approximately two weeks and should have little impact on inbound traffic entering I Gate off the DuPont-Steilacoom Road entering Lewis North.

Bench Press 2011

JBLM Sports, Fitness and Aquatics Branch presents the 2011 JBLM annual Bench Press and Bench Your Weight contests April 2 at Soldiers Field House. Deadline for entry is March 21; turn in entry forms to McVeigh Sports & Fitness Center's front desk, Bldg. 2160.

Pick up entry forms at JBLM Sports & Fitness Centers. For more information, call 966-2631 or 967-5869.

Computer classes

Giant Campus offers free training to all DOD ID cardholders. You can get a refresher in Microsoft Excel, Word, Outlook, Access and PowerPoint or sharpen your skills in Web Design, Digital Photography, and Facebook.

All classes are available online through self paced tutorials.

Family member scholarships

The Fort Lewis Family Member Scholarship Fund is currently accepting 2011 scholarship applications through March 25. Applications can be downloaded from www.fortlewisscholarship.com/. Applicants are encouraged to use the fill-in form. Family members of active-duty Soldiers, retirees and surviving family members are eligible to receive scholarships without regard to the income level of the family or the rank of the servicemember. The applicant remains anonymous until the process is complete. The Fort Lewis Family Member Scholarship Fund typically awards more than $20,000 per year, which comes from charitable donations from many sources. Applications are judged on a variety of criteria including, but not limited to essay responses, grades, community involvement and leadership. For questions about the scholarship, inquire at ftlewisfamilyscholarship@hotmail.com/.

Spring Flea Market

Sell your wares at JBLM's Spring Flea Market at American Lake Community Center March 5. The cost is $24 for two 6-ft tables and $36 for three 6-ft tables or equivalent space.

For more details, send an email to jblmdfmwrspecialevents@conus.army.mil or call 967-6772.

Family health fair

Come to the Expectant and New Parent Health and Wellness Expo. Great info for new dads and leaders, Tuesday, Feb. 22, 10 a.m. to 2 p.m. at Wilson Fitness and Recreation Center, JBLM Lewis North. Get information on new parent programs, child care resources, car seat safety, prenatal appointments, birth plans, cord blood donation, breastfeeding, immunizations, well-baby visits and much more.

There is something for everyone. Call Army Public Health Nursing, Capt. Tina Latisha Hill at 968-4403/4382 or e-mail tina/latisha.hill@us.army.mil/.

Certify as lifeguard for a summer job

Youths 15 and older can train now for certified lifeguard summer jobs. American Red Cross is holding a training session Feb. 18 to 20 at Kimbro Pool. A competency swim test will be held to qualify for the course.

The cost for certification is $51.50, which includes a pocket mask, lifeguarding book and certifications. For sign-up details, call 967-5026.

AFAS scholarships

Concerned about the soaring cost of higher education for your children?

Maybe the Air Force Aid Society can help. Under its General Henry H. Arnold Education Grant Program, AFAS awards $2,000 each to selected applicants. The program continues to be offered to dependent sons and daughters of Air Force active duty, Title 10 AGR/Reservists on extended active duty, Title 32 AGR performing full-time active duty, retired, retired Reservists with 20 or more qualifying years of service, and deceased Air Force members. Air Force spouses (residing stateside) of active duty and Title 10 AGR/Reservists on extended active duty and surviving spouses of deceased members are also eligible candidates.

Don't think you won't qualify. For more information and an application, visit the Air Force Aid Society's website at www.afas.org/.

McChord Field USO

Stop by the USO on McChord Field located next to the Passenger Terminal, Bldg 1183.

The USO is open Monday through Saturday, 6 a.m. to 6 p.m. The USO has a snack bar consisting of donuts, pastries, fruit, sandwiches, coffee and more.

There is Interenet access, television, and Xbox. All DOD card holders are welcome and everything is free. Call 982-1100 for more information or www.facebook.com/USOPSA or www.usopsa.org <http://www.usopsa.org/.

Recruiting event

Soldiers who have excelled in their current MOS and are ready for new opportunities working in Special Operations, Explosive Ordnance Disposal or as U.S. Army warrant officers can get information during the week of Feb. 21. Recruiters from each of the Special Operations Recruiting Battalion missions will conduct daily briefings at Evergreen Theater on 2nd Division Drive for each of the career opportunities. They will also be going to military units at JBLM to meet with Soldiers and leaders.

The Special Operations Recruiting Battalion, with its headquarters at Fort Bragg, N.C., is a USAREC recruiting battalion with recruiting stations at many military installations throughout the U.S. and Germany. To find out more, call (719) 524-1461, visit the SORB website at www.bragg.army.mil/sorb, or find the Special Operations Recruiting Battalion on Facebook at www.facebook.com/ArmySpecOpsRecruiting/.

Military to Medicine

Military-to-Medicine training and job placement will conduct information sessions Wednesday and Thursday, from 11 a.m. to 3 p.m. at the JBLM Employment Readiness Service located in the ACS Annex, Building 2166, at the corner of South 12th Street and Liggett Avenue.

For information, call 967-3538 or 966-8325.

Medical Mall shuttle

Madigan Healthcare System has a shuttle service in the Medical Mall parking lot that operates Monday through Friday, from 8:30 to 11:30 a.m. and 12:30 to 3:30 p.m.

The patient shuttle is a "stretch" golf cart that can carry up to six patients at a time. The shuttle will drive up and down the parking lot picking up patients and delivering them to Medical Mall main entrance. The shuttle will also return patients to their vehicles and will wait near the turnaround for patients. The shuttle will operate in all weather.

Expected wait times for the shuttle should be less than 10 minutes.

For more information, contact the Madigan Provost Marshal at 968-1515.

Army warrant officers wanted

Have you ever thought about becoming a warrant officer? Joint Base Lewis-McChord servicemembers are invited to attend a briefing on the qualifications and application procedures required to become a U.S. Army warrant officer.

A warrant officer recruiting team from Headquarters, U.S. Army Recruiting Command, Fort Knox, Ky., will be at Stone Education Center, JBLM Lewis Main, Feb. 23 and 24 at 10 a.m. and 1 p.m., Room C-201. Call Chief Warrant Officer 3 Jeffrey Gordon at (502) 767-7614 or e-mail jeffrey.gordon@usarec.army.mil/.

MEB Outreach Office

The Medical Evaluation Board Outreach Counsel's office is moving from its current location at the main JAG Building on post to share offices with the Office of Soldiers Counsel by the Madigan Annex (Classic Madigan).

MEB Outreach provides confidential legal advice to all Soldiers going through an MEB/PEB — including, but not limited to those in the Warrior Transition Battalion. The office also helps its clients with all other legal assistance needs.

The new office location is Building R-9901 off of Madigan Bypass Road; the new phone numbers are 968-5346 or 968-5347.

Tobacco cessation

Madigan Healthcare System can help you dump the habit with tobacco cessation appointments. Okubo patients: the second Friday of the month at 9 a.m. — call 966-7547. Family Medicine: every Wednesday at 9:30 a.m. — call 968-2637, 968-6512 or (800) 404-4506. Nisqually patients: every Wednesday at 1 p.m. — sign up inside at the "Specialty Clinic." All other patients: Call Tricare at (800) 404-4506. Unit and family readiness group classes are available — call Army Public Health Nursing at 968-4382.

Stay current on tobacco use policies/handouts at the MAMC Tobacco Cessation website: https://madigan-sharepoint.mamc.amedd.army.mil/mamctc/default.aspx/.

Blood donors needed

The Armed Services Blood Bank Center that serves Madigan Healthcare System and the Department of Defense with blood products for Overseas Contingency Operations is in urgent need of whole blood. If the Armed Services Blood Bank Center does not meet its quota for blood, this month, it will have to be purchased from local civilian sources, which is expensive.

To donate blood, go to the Armed Services Blood Bank Center Donor Center located at Building 9904, next to the Madigan Cafe. Average time to give blood is between 30 to 45 minutes and you get free juice and cookies. For more information, call 968-1850.

FMWR at your fingertips

Get a tee time, rent equipment, pay your child care bill, sign up and pay for adventure trips and register for sports races online with WebTrac and TeleTrac.

Get your account started today at Eagles Pride Golf Course, Northwest Adventure Center, Parent Central Services or your JBLM Fitness Center — go to JBLMmwr.com and click on WebTrac/Online Registration.

TARC

You may use the TARC, a high-tech, multimedia, and computer resource facility at Stone Education Center, to access the Internet, pursue distance-learning programs, type term papers, make copies and print materials (please provide your own paper).

Hours of operation are Monday through Friday, 8:30 a.m. to 4 p.m.

Education counseling

Army Education Counseling is available at Stone Army Education Center (967-7174) Monday through Wednesday and Friday 8 a.m. to 5 p.m., Thursday between 11 a.m. and 5 p.m.; Madigan (968-2707), Room G-94-6 (ground floor, re-enlistment office), every Tuesday from 7:30 a.m. to 1 p.m.

PWOC

Want to spend time with other women and be refreshed and renewed? Then join the ladies of Protestant Women of the Chapel every Wednesday morning from 9 to 11:30 a.m. at the Main Post Chapel. Check the website www.pwocftlewis.org, for more information.

Mandatory briefing at education center

Are you leaving the service due to retirement, ETS or an administrative discharge?

Did you know you have to attend a mandatory brief at the Stone Education Center?

This briefing is a regulatory requirement and is mandated under the law. They are given Monday and Wednesday at 9 a.m. and Tuesday and Thursday at 3 p.m. Arrive 15 minutes early to the briefing and turn in your clearing paperwork to the person at the front desk.

Buyer beware

"Diploma mills" are schools that offer certificates, degrees and diplomas for a fee. The Army Human Resources Command is initiating an all-out campaign to warn Soldiers of the pitfalls and consequences surrounding the acquisition of false education credentials from unaccredited colleges and universities. If you have any questions regarding the accreditation of any college or university, contact your Army education counselor at the Stone Education Center.

DAV transition help

Disabled American Veterans' transition service officers assist active-duty, reserve and National Guard members with their Department of Veterans Affairs benefits. The Joint Base Lewis-McChord TSOs are prepared to provide free information and assistance with developing evidence and completion of applications for veterans benefits.

JBLM Lewis Main:

Jonathan Williams — 966-1280 — Waller Hall, Building 2140, Room 700.

Jose A. Muniz — 967-6145 — ACAP Center, Building 2013A, Room 012.

JBLM McChord Field:

Tom Higdon — 982-1310 — Airman and Family Readiness Center Annex, Building 552, Barnes Boulevard.

Escape Zone

Do you have a preschooler 5 or younger? Join other families at the Escape Zone on Mondays, Wednesdays and Fridays from 9 to 11:30 a.m. at the McChord Youth Center, 3021 Dogwood St. SW. This is a program for parents and children to meet, have fun and learn about community services and events — and, of course, to make new friends. Parents must remain with their children. No reservations are necessary. For more information, call 982-2695.

Stress management

The Joint Base Lewis-McChord Family Advocacy Program offers a weekly stress-management class, from 1 to 3 p.m. on Tuesdays in the FAP Conference Room, Building 2013B. Get an understanding of stress and its effects on health and readiness. Identify physical and emotional reactions to stress. Learn about stress-management tools and how to use them effectively. Call 967-5901 to schedule a class for your unit or family readiness group.

Alcohol awareness

To help promote healthy drinking habits, Tricare Management Activity has a website to combat alcohol abuse and promote responsible drinking. The website, found at www.tricare.mil/alcoholawareness, provides information, links and news about alcohol, underage drinking, alcoholism and substance abuse.

MEIR course offered

A Medical Effects of Ionizing Radiation course will be offered Tuesday through Thursday at USAPHC-Region West, Training Room B102.

Continuing education credits (up to 15 hours) are available from this course.

Registration for the MEIR course needs to be completed online at http://www.afrri.usuhs.mil/outreach/meir/meirschd.htm#Register. For more information, contact Grace Schwecke at (301) 295-2950 (DSN — 295-2950), or e-mail schwecke@afrri.usuhs.mil/.

JBLM-South Sound growth plan

The road map for improved collaboration in the South Sound — the Joint Base Lewis McChord Growth Coordination Plan — has been posted to the public website http://www.jblm-growth.com/ for review and future use. The consultants have taken considerable time to work on improving the tone of the plan, streamlining recommendations and strategies, and alerting our audience of the importance of JBLM to the region and its incredible opportunities before us.

Attention

Event announcements must be received no later than the Friday before publication. They can be e-mailed to **nwgeditor@nwguardian.com**. Announcements can be viewed online at **NWGuardian.com**. The *Northwest Guardian* office is located in the basement of Building 2026-B. For more information, call 477-0183.

Photos by Ingrid Barrentine

Above: Zack sniffs the grass outside the JBLM Veterinary Treatment Facility as trainer Lisa Harvey looks on.

Above: Dog trainer Lisa Harvey works with Zack, a 15-month-old golden Labrador retriever, at the JBLM Veterinary Treatment Facility at McChord Field. Zack, a combat stress control dog, will deploy to Iraq later this month.

At right: Capt. Alicia Gehling, the OIC of the JBLM Veterinary Treatment Facility at McChord Field, examines a canine urine sample Feb. 7.

Clinic

Continued from Page A1

The clinic is typically packed, especially if any of the more than 350 military working dogs providing force protection or therapy to active-duty servicemembers comes in for an exam or an emergency.

"(Military working dogs) take a higher priority and that's not necessarily understood," Stewart said.

One unfortunately named female enjoys the attention she commands.

Butch routinely heads to a clinic sandbox to do her duty, but in less than a month, the 15-month-old black Labrador will be heading for duty to the sandbox of Iraq with the 98th Combat Stress Control Team. There she will provide much-needed stress-relief therapy for Soldiers suffering from a traumatic brain injuries, post-traumatic stress disorder or a number of other injuries.

Before Butch can head downrange though, she, like all Soldiers preparing to deploy, had to be cleared by medical authorities. In this case, it wasn't a doctor at Madigan Healthcare System, but a veterinarian at the JBLM Veterinary Treatment Facility.

At left: Butch, a 22-month-old female black Lab, rests during a routine check-up at the JBLM Veterinary Treatment Facility.

"She's looking pretty good," said Capt. Alicia Gehling, the clinic's officer in charge.

Therapy dogs like Butch come from nonprofit organizations like America's VetDogs, which provides hundreds of dogs a year to military units, Warrior Transition Units or directly to veterans with individual needs. The dogs deploying to Iraq and Afghanistan go to behavioral health units to offer emotional support for servicemembers dealing with issues like combat stress, sleep disorders and problems at home. Like doctors, the dogs have clinical time as well as walk-abouts, when they meet Soldiers to provide on-the-spot therapy.

Butch soon replaces a combat-stress-control dog already in theater.

"The dogs love taking care of Soldiers and love their job," said Valerie Cramer, a trainer with America's VetDogs.

The organization donates the dogs to the Army, which saves taxpayers an average of $60,000 per dog. Handlers train the dogs for three to six months on stress control, physical therapy and occupational therapy. They also learn to respond to emergencies by alerting others if their owners experiences disease-related episodes like seizures due to epilepsy or diabetes.

America's VetDogs provides dogs to veterans at no charge.

As valuable assets, the dogs don't deploy without protection. Like servicemembers, the dogs wear ear and eye protection and carry backpacks filled with food and water. Fully mobile and ready to fight, they are trained to withstand the extreme noise at weapons ranges and to maneuver around helicopters on landing pads and zones.

"We give them an opportunity to have the best skills to utilize in theater, and the dogs are trained to the highest standard," Cramer said. "They do their job, which is taking care of Soldiers."

For more information, visit www.vetdogs.org or call 866-VETDOGS (838-3647).

Lorin T. Smith: lorin.smith@nwguardian.com

Training, deployment create unique challenges for busy veterinarians

By Lorin T. Smith
Northwest Guardian

Staffing is always a challenge when deployments and training exercises get in the way of animal patient care.

At any time, one of the three military veterinarians at Joint Base Lewis-McChord's Veterinary Treatment Facility can get orders to deploy or require training at another installation. That leaves one civilian doctor to pick up the workload. Sergeant Rita Jo Stewart, NCO-in-charge of the clinic, recommends at least two weeks in advance for appointments, unless there is an emergency issue.

Basic vaccinations, microchips, wellness visits, minimal sick call, dental checkups, health certificates and minor surgery including spaying and neutering, are the usual services provided by the clinic. People moving to new assignments in Japan, the United Kingdom and Hawaii need to make appointments for health certificates at least six months in advance.

"To bring your animal to these places takes extensive preparation work," Stewart said. There are no lab services, repairing broken bones or diagnostic services available. Owners should take their pets to a full-service veterinary clinic for most emergency issues.

Though approval is not yet final, Stewart anticipates a major announcement this year from the U.S. Army Veterinary Command and Medical Command that could expand services by declaring the clinic a veterinary teaching and training facility. Increased funding would bring more staff, allowing more appointments across a broader range of treatments. The McChord Field facility, along with a handful of other DOD clinics, already offers clinical rotations for veterinarians in training. A Michigan State University student is on hand now, learning the ropes.

"We are always looking to grow and expand our teaching opportunities," said Capt. Jennifer McNaught, a veterinarian at the clinic.

Expansion came at a small price, Stewart said. Rates to see a technician are now $10 and $25 to see a doctor. All individual services are priced separately for democratic reasons. They form part of a larger effort by the VETCOM to support smaller clinics that don't attract as much revenue to stay in business that a large clinic like JBLM facility can generate.

"This helps veterinary clinics all over the world," Stewart said. A $2 Congressionally-mandated charge is added to all bills and is charged per visit, not per pet, she said.

The costs also offset a requirement from higher headquarters for annual heartworm tests for pets needing Revolution or Heartgard. This is part of an effort by VETCOM to standardize its veterinary clinics. No matter where people go, they will get the same care at each clinic, Stewart said.

The changes are designed to provide better access to care for servicemembers' privately owned animals, as the clinic refers to the pets.

"Everyone loves the animals and enjoys helping the clients," McNaught said.

Only active-duty servicemembers enrolled in the Defense Eligibility Enrollment Reporting System are authorized to use the veterinary clinic. Reservists on active-duty orders for specific times can use the clinic as well.

All animals living on base must be registered with the clinic and provide registration to the housing office. If residing off-base, the pet must be licensed with the Humane Society or local authority. For more information, call the JBLM Veterinary Treatment Facility at 982-3951.

Still time for winter adventure

A variety of trips are available each weekend through the Northwest Adventure Center, Adventures Unlimited

By Laura M. Levering
Northwest Guardian

Spring is six weeks away, but there is still time to get outside and enjoy an adventure or several before the snow melts.

Northwest Adventure Center on Joint Base Lewis-McChord Lewis North and Adventures Unlimited on McChord Field are the installation's "one-stop outdoor recreation headquarters" for everyone from beginning explorers to avid outdoorsmen.

The centers plan two to three outdoor trips every weekend to locations across the Pacific Northwest using its own experienced adventure guides.

Those looking to hit the slopes one last time before the season ends won't want to miss next week's annual trip to Mount Bachelor in Bend, Ore. The three-day retreat begins the morning of Feb. 18, and ends Feb. 20 after a full day on the mountain. Snowboarding and skiing are the focus of the trip, but there will also be social events planned and optional group dinners.

"We always do an icebreaker the first night," said Rick Kivett, NAC adventure program manager. "We'll go bowling or do something fun so everybody can get a chance to know each other."

The cost for the trip depends on the number of people in a room. Single room occupancy costs $350, while a double is $275 each. The cost for a three per room is $250 each, and the cost for a four-person room is $240 each. Price includes transportation, lodging, equipment and lift tickets. Food is not included, however the hotel does provide a continental breakfast. There are still a few openings for the trip, but Kivett urges anyone interested to reserve their spot as soon as possible.

See **ADVENTURE**, Page B2

Ingrid Barrentine/Northwest Guardian file

Plenty of outdoor adventure is available this winter through the Northwest Adventure Center and Adventures Unlimited.

RESTORATION UP CLOSE

Photos by Ingrid Barrentine

WALKING ON WATER

Estuary boardwalk offers visitors view of restoration

Above: A visitor to the Nisqually National Wildlife Refuge checks out the panoramic view from the Puget Sound Viewing Platform at the end of the new 1.05 mile long boardwalk atop the Nisqually River estuary.

More photos available online
To see a gallery of photos of the new 1.05 mile long boardwalk trail at the Nisqually National Wildlife Refuge, visit our website at **nwguardian.com**

By Marisa Petrich
Northwest Guardian

The best way to watch the changing tide for most is to stand on the beach. But now there's a new option for experiencing the water's ebb and flow: from above.

The Nisqually National Wildlife Reserve's new Boardwalk Trail, which opened Feb. 1, stretches across the Nisqually estuary mudflats for more than a mile. From the boardwalk, visitors can watch water flow in through slough channels just feet below them, and maybe spot some of the more than 300 species of fish, birds and other animals on the reserve.

"It really provides people an opportunity to see the restoration up close," Visitor Services Manager Sheila McCartan said.

The Nisqually NWR finished restoring its 762 acres in November 2009, providing an important habitat for juvenile salmon and local birds. The new walkway replaces the popular Brown Farm Dike Trail, which was removed as part of the project.

Nature lovers benefit along with the fish and fowl, with the boardwalk designed to add a whole new dimension to how people experience the area.

See **BOARDWALK**, Page B2

Above: The Nisqually Estuary Boardwalk Trail is part of the Nisqually National Wildlife Refuge's plan for fish and wildlife habitat restoration.

Army to test new mission essential fitness program in Europe

U.S. Army

Soldiers at Fort Bliss use exercise techniques they learned through the Mission Essential Fitness Program.

Pilot program designed to train 'tactical athletes'

By Troy Darr
Mission Essesntial Fitness Program

HEIDELBERG, Germany — Soldiers in Europe will test a pilot program developed to heighten the strength, power, speed and agility they require to carry out their mission in today's modern combat environment.

U.S. Army Europe and Installation Management Command Europe will team up to conduct the Mission Essential Fitness pilot program from Feb. 13 to June 1 in Vicenza, Italy, in Bamberg and Schweinfurt, Germany. The initiative ties to the Comprehensive Soldier Fitness program's physical pillar.

Four 173rd Airborne Brigade Combat Team units will receive train-the-trainer sessions in February, led by the developer of the program, Doug Briggs, Fort Bliss director of human performance. Briggs developed the program for 1st Armored Division Soldiers at Fort Bliss, Texas.

"Doctor Briggs presented and demonstrated the program to IMCOM Europe at an Installation Physical Activities Coordinators meeting last year. Command Sergeant Major (Tracey) Anbiya attended the meeting and participated in the hands-on session," said Dan Gasparino, IMCOM Europe recreation program manager. "She was impressed and thought it would be an asset to Soldiers who deploy."

Soldiers must be both aerobically and anaerobically fit to meet the demands of combat to defeat the enemy, said Gasparino.

"What the Soldiers needed was a program to train 'tactical athletes,'" Briggs said "This was accomplished by designing a program similar to an NCAA Division I college football program and basing the program on incorporating functional movement patterns as utilized in daily activities."

The MEF program is based on Briggs' concept and is designed to use upper body, lower body and core movements.

"Old-style physical fitness training and many modern variations do not address this demand due to limitations in the time required to achieve a cardiovascular workout," Gasparino said. "By training Soldiers in the same fashion as professional athletes, the MEF program offers the same training methodology to develop the tactical athlete for mission related duties. The program will establish a new training protocol that will address the issue of Soldier fitness, both individually and in a group setting."

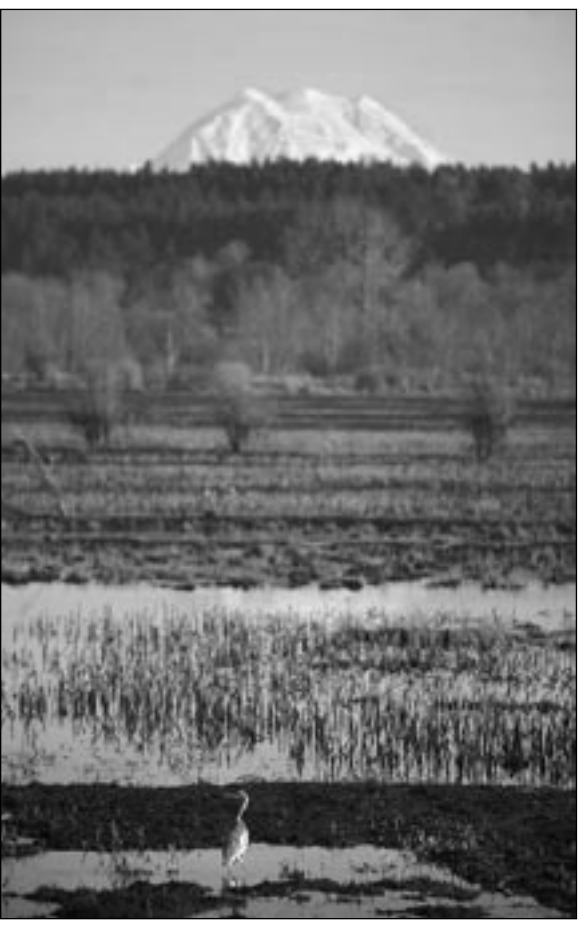
By teaching the Soldiers how to train each other in proper form and technique, the Army will develop a cadre of unit fitness trainers to effectively execute this program.

See **FITNESS**, Page B2

At right: The Nisqually Estuary Boardwalk Trail has a blind where bird-watchers can discreetly observe the many species of birds that visit the natural area.

Below right: A visitor looks toward the Twin Barns and Mount Rainier from the Nisqually Estuary Boardwalk Trail Observation Tower.

Below: The Nisqually National Wildlife Refuge is home to dozens of species of birds including the Great Blue Heron.



Photos by Ingrid Barrentine

Above: At high tide, the 5,524-foot long Nisqually Estuary Boardwalk Trail lets visitors feel like they're walking on water. High tide times at the Nisqually Delta are about 5 minutes ahead of those at Budd Inlet.

Nisqually National Wildlife Refuge

The Boardwalk Trail will be closed for final construction Feb. 21 to 25. Admission to the Nisqually NWR is $3 for four people or $12 for an unlimited annual pass. Jogging, biking and walking pets are not allowed on the reserve.

Bird watching
Phil Kelley invites anyone to join his birding group, which plans to walk the reserve weekly year-round. Meet him outside the visitor's center on Wednesday at 8 a.m. to get involved.

At left: A visitor looks across the Nisqually estuary during high tide from a vantage point along the Nisqually Estuary Boardwalk Trail Feb. 2.

Boardwalk

Continued from Page B1

The trail runs over the estuary, rather than along the side, giving visitors unique perspectives of the Sound and the channels leading to it.

"Because you're in an estuary where the tide is coming in and out, there's a lot of movement in what you're looking at," McCartan said. "You're not just hiking along a forest trail where everything is the same. It's changing constantly."

To preserve the reserve's mission of providing habitat, the trail was designed to have no impact on wildlife. Perching birds have even found a way to use it to their advantage. McCartan found bird guts on the boardwalk the day before the opening — leftovers from a larger bird's lunch.

Phil Kelley, a reserve volunteer and retired Army officer, found other upsides to justify the four-mile roundtrip from the visitor's center.

"I want to say we saw about a dozen species of birds from the new boardwalk that we would not have seen if we hadn't been able to go out there," he said, referring to the bird watching group he leads once a week.

Kelley didn't become serious about birding until after he retired from the Army at Fort Lewis in 1986, but he sometimes thinks about the birds he missed while he was in uniform.

"I look back and say boy, if I'd been a birder when I was in Korea or Germany or Italy, what I would have added to my life list," he said.

The trail offers more to see than birds. Mount Rainier is visible all along the path, and from the end of the boardwalk visitors can see the mouth of McAllister Creek, the trusses of Narrows Bridge, and engines of trains slowing to work their way around the edge of the water. At high tide, the platform is suspended above the completely flooded estuary.

The views are already drawing crowds. The reserve attracted at least 400 visitors each of the first two days after the opening, McCartan estimated. A good weekday last February might have registered 100 visitors.

"There's a significant difference these last two days, and it's because of the boardwalk," she said.

Hours and locations

Northwest Adventure Center
Bldg. 8050, NCO Beach Rd.
JBLM Lewis North
Mon. through Sun., 9 a.m. to 5:30 p.m.

Adventures Unlimited
Bldg. 739, off Barnes Blvd.
JBLM McChord Field
Mon. through Fri., 8:30 a.m. to 5 p.m.
Sat. and Sun., 7 to 11 a.m.
Closed on federal holidays

For more information
For a complete listing of trips, look at the Out and About section on Page B3 of the *Guardian* or go to **jblmmwr.com/outdoor_rec/.**

Adventure

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Adventure seekers and those wanting to sharpen their skills will want to consider the winter survival camping trip Feb. 26. Campers will spend the night outside on Mount Rainier, above Paradise Visitor's Center, where they will learn how to prepare for an outdoor snow trip, build a snow shelter, cook and other survival basics. A guide will equip participants with the knowledge and skills to "survive and thrive" in a winter environment. Due to the level of maturity and problem solving skills required, participants must be at least 18 years old. Cost is $60 and includes a mandatory pre-trip class, transportation and entrance into Mount Rainier National Park, winter camping gear (everything but sleeping bag) and two camp meals.

"We're able to not only provide an activity, but we do it at usually half the cost of what you would find off-post, and we enjoy the teaching of outdoor skills as well."

Rick Kivett

"It's a really good time and a chance to spend the night in an environment that you wouldn't think you could be comfortable," Kivett said. "It's not a misery fest. You actually learn how to make your surroundings so that you can be comfortable."

A more family friendly trip is a daylong waterfall tour on March 5. Participants will travel along the Historic Columbia River Highway, where they will stop and see a minimum of five major waterfalls — one of them being the world famous Multnomah Falls, which plunges more than 620 feet from its origins. Guests will stop in Hood River, Ore., for lunch before heading back to JBLM via the Bridge of the Gods. Cost of the trip is $55 and includes round-trip transportation.

Regardless of your adventure preferences, Kivett assures that the centers on JBLM have something for everyone. Some people use the centers as a way to explore newfound surroundings, and others repeatedly return because they enjoy meeting new people and going places in groups.

"The benefits are as broad as the number of trips that we offer," Kivett said. "We're able to not only provide an activity, but we do it at usually half the cost of what you would find off-post, and we enjoy the teaching of outdoor skills as well."

All trips are open to military ID cardholders and their sponsored guests. Certain trips have minimum age requirements, but the majority is open to everyone.

Anyone with questions is encouraged to stop by one of the centers during normal business hours, or call 967-6263. There is always someone knowledgeable on staff that can assist you with finding the perfect adventure.

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Fitness

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Concepts from both the new Army Physical Readiness Training Manual and the National Strength and Conditioning Association are used in conducting this program.

"The program is designed to train the Soldiers in correct application of exercise techniques and to be able to duplicate these techniques down range utilizing TRX straps, ammo boxes, tires, sledge hammers, logs or anything else available," Briggs said.

"By training the trainer, the trainer is then able to take what we teach them to the field and correctly instruct other Soldiers."

"These proven methods allow the Soldiers to build on their knowledge base and take the information with them when they deploy," Gasparino said.

"By doing the training in-house, using U.S. Army personnel, we ensure that what is being taught is correct, current, and repeatable," Gasparino said. "In essence, we are the quality control."

The training uses items that can be found anywhere and does not require large expenditures of money to purchase pieces of equipment with a large foot print.

"The purpose of the MEF program is to modernize fitness training to offer units an intense multi-station workout that is challenging, fun and improves Soldier and unit health," Gasparino said

The results of the pilot will be briefed to IMCOM-Europe and USAREUR senior leaders to determine future implementation plans.

"The imagination is the only limitation to being able to put together effective functional circuits utilizing what is available," Briggs said.

Out & About

Bella Donna snowshoe

Feb. 12: Explore Mount Rainier's Glacier Vista. Difficulty: easy; Time: 3 hours. Distance: 3 miles. Minimum age: 10. Guide, gear, instruction and transportation are provided. Cost is $30. Meet at the Northwest Adventure Center Saturday at Lewis North at 7:45 a.m. or McChord Field's Adventures Unlimited at 8 a.m. Ladies only.

Winter kayak Lake Union

Feb. 12: Bundle up in layers, throw on a dry suit and explore Lake Union in the middle of winter. No prior kayaking experience required. Trip fee includes transportation, kayak, safety equipment, dry suit and guided tour. Cost is $30. Don't forget to pack a lunch or bring money to buy lunch and dress in warm layers. Minimum age: 12. Meet at the Northwest Adventure Center Feb. 12 at Lewis North at 10 a.m. or McChord Field's Adventures Unlimited at 10:30 a.m.

Snowshoe Hurricane Ridge

Feb. 13: Discover the beauty of the Olympic Mountain Range on snowshoeing trails that offer something for everyone. Minimun age: 10. Guide, gear, instruction and transportation are provided. Cost is $40. Meet at the Northwest Adventure Center Sunday at Lewis North at 7:45 a.m. or McChord Field's Adventures Unlimited at 8 a.m.

Mount Bachelor ski weekend

Feb. 18 to 20: Spend President's Day weekend at Mount Bachelor, one of the largest resorts in North America. Mount Bachelor offers skiers, snowboarders and Nordic skiers' great conditions, plenty of snow, big terrain and short lift lines. It also features four different terrain parks and an Olympic-sized super pipe. Bachelor even offers tubing, snowshoeing, and dog sledding. Cost is $225. Trip includes three nights lodging, transportation, two lift tickets and gear. There is a 10 percent discount for groups of three or more. No McChord pick up. Meet Feb. 18 at the Lewis North Northwest Adventure Center. at 9:00 a.m.

Preregistration required.

Sleigh ride at Leavenworth

Feb. 19: Bundle up for a traditional horse-drawn sleigh ride through open meadows of snow with a beautiful mountainous backdrop. Afterward, enjoy cocoa and apple cider by a wood-burning stove. Cost is $45. Children ages 3 to 12: $35; ages 2 and younger: $20. Meet at the Northwest Adventure Center Feb. 19 at Lewis North at 8:45 a.m. or McChord Field's Adventures Unlimited at 9 a.m.

Ski at Icicle River

Feb. 19: $50. Located in Leavenworth, the Icicle River Nordic Trail System is a popular spot for families because of the dependable snow and gentle terrain. Gear, transportation, ticket and instruction are provided (you'll be fitted for your gear when you sign up). Difficulty: moderate. Time: 3 hours. Distance: 5 miles. Minimum age: 12. Meet at the Northwest Adventure Center at Lewis North at 10:30 a.m. or McChord Field's Adventures Unlimited at 10:45 a.m.

Reflection Lake Snowshoe

Feb. 20: $30. The trail from Narada Falls to Reflection Lake provides a breathtaking experience of a winter snow-capped forest. Difficulty: more difficult. Time: 4 hours. Distance: 3.5 miles. Minimum age: 16. Guide, gear, instruction and transportation are provided. Meet at Northwest Adventure Center at Lewis North at 9:30 a.m. No McChord Field pick up.

Ski-n-Snowboard at Crystal Mountain

Feb. 20: $35. Head for the snow and spend the day at Crystal Mountain! Transportation and gear are provided (you'll be fitted for your gear when you sign up for the trip). Transportation only is $16. Lift ticket not included. Meet at NAC at 6:45 a.m. , McChord at 7. Family accessible.

Snowmobile the Cascades

Feb. 26: $170. Enjoy snowmobiling? Transportation, snowmobile, helmet and snowsuit are provided. Meet at the Northwest Adventure Center at Lewis North at 7 a.m. or McChord Field's Adventures Unlimited at 7:15 a.m

Ice skating at Sprinker Park

March 4: $20 Come on this fun family trip to the indoor ice arena at Sprinker Recreation Center. This trip includes transportation, skate rental, and skate admission. Cost: $20 adult, $18 youth (6 to 17), $15 child (5 and under). Meet at the Joint Base Lewis-McChord Lewis North, Northwest Adventure Center at 7:00 p.m. or McChord Field, Adventures Unlimited at 7:15 p.m. Preregistration Required. Family accessible.

Waterfall tour

March 5: $55 Come explore the great concentration of waterfalls in the continental United States. We will be traveling along the historic Columbia River Highway which has an abundance of small waterfalls viewable from the road. We will stop at least five major waterfalls to include the world famous Multnomah Falls which plunges more than 620 feet from its origins. We will stop in Hood River, Ore. for lunch before heading back home via the Bridge of the Gods. Trip fee includes round trip transportation. Meet at the Joint Base Lewis-McChord Lewis North, Northwest Adventure Center at 8:30 a.m. or McChord Field, Adventures Unlimited at 8:15 a.m. Preregistration required. Family accessible.

Ski-n-Snowboard at Crystal

March 5: $35 Head for the snow and spend the day at Crystal Mountain! You will be fitted for your gear when you sign up for the trip. Transportation and gear is included in the trip fee. Lift tickets are not included but should be purchased at the mountain. Transportation only is $16. Meet at the Joint Base Lewis-McChord North, Northwest Adventure Center at 6:45 a.m. or McChord Field, Adventures Unlimited at 7 a.m. Preregistration required.

Bungee jumping

March 6: $125 If adrenaline is what you crave, you will not be disappointed! Head to the base of Mount St. Helens to bungee jump off the highest bungee bridge in the U.S. — a full 20 stories high. Trip includes transportation, two jumps and a T-shirt. Minimum weight: 90 pounds. Meet at the Joint Base Lewis-McChord Lewis North, Northwest Adventure Center at 9:15 a.m. McChord Field, or Adventures Unlimited at 9 a.m. Preregistration required.

Ski-n-Snowboard at White Pass

March 6: $45 White Pass has over 45 trails accessible by eight lifts that will provide a fun experience for any skill level. You will be fitted for your gear when you sign up for the trip. Transportation and gear are provided. Lift tickets are not included but should be purchased at the mountain. Transportation only is $30. Meet at the Joint Base Lewis-McChord Lewis North, Northwest Adventure Center at 6:15 a.m. or McChord Field, Adventures Unlimited at 6 a.m. Preregistration Required.

Pike Place Market/ Ride the ducks

March 6: $45 Take a tour on an amphibious World War II vehicle to see the Emerald City from both land and water. Then explore the Pike Place Market to see all the shops that it has to offer. Trip fee includes transportation and tickets. Meet at the Joint Base Lewis-McChord Lewis North, Northwest Adventure Center at 9 a.m. or McChord Field, Adventures Unlimited at 9:15 a.m. Preregistration required. Cost: $45 adults (13 and over), Children $35 (3 to 12), $30 Infants 2 and under. Family accessible.